

disorders are based on signs and symptoms. These classification systems provide a uniform language to assess psychiatric and neurological disorders across the globe. Clinicians use these diagnoses to communicate with their patients and with other clinicians, and to request, when applicable, reimbursement from payers. Unfortunately, currently available psychotherapies and pharmacotherapies work only in a small proportion of patients within these diagnostic categories. This clinical heterogeneity in treatment response within diagnostic categories is likely explained by biological variation between patients that is not being accounted for in the current classification system for mental disorders. In addition, there is transdiagnostic overlap allowing for novel opportunities to develop innovative quantitative biological endpoints and treatments beyond the current diagnostic framework. The European College of Neuropsychopharmacology (ECNP) New Frontiers meeting 2024 addressed these issues, and indicated a high need for a biology-informed framework to establish more precise diagnosis and treatment for mental disorders. The ECNP, following the 2024 New Frontiers Meeting, is coordinating a global initiative to design and implement a Precision Psychiatry Roadmap. By mobilizing resources and harmonizing translational methodologies and datasets, the aim is to discuss, design, and implement an iterative framework that incorporates biology-informed evidence into symptom-based syndromes, allowing for more discovery and implementation of mechanism-based effective treatments for mental disorders.

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JS010

The research domain criteria (RDoC) project as a biological framework for research on mental disorders

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Abstract: The U.S. National Institute of Mental Health (NIMH) Research Domain Criteria (RDoC) offers a framework to facilitate clinical research for psychopathology. Unique features include an emphasis on transdiagnostic dimensions spanning normal and abnormal ranges of function, novel independent variables (mechanisms, not diagnoses), and the integration of different kinds of observations (neural, psychological, self-report). In this talk, principles and pragmatics of RDoC approach are illustrated with examples from RDoC-framed clinical research, and the clinical significance is discussed.

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JS011

Suicide and self-harming behaviour in Europe: Current trends and prospects

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Abstract: Suicide and self-harming behaviors represent significant public health challenges across Europe, with profound implications for individuals, families, and communities. This presentation aims to explore current trends in suicide and self-harm, highlighting variations across different European countries and demographic groups. Recent data indicate a concerning rise in self-harming behaviors, particularly among adolescents and young adults, often linked to factors such as mental health disorders, social isolation, and the impact of the COVID-19 pandemic. Furthermore, the stigma surrounding mental health issues continues to hinder open discussions and access to care, exacerbating the problem. Looking ahead, this presentation will propose future directions for research and practice, advocating for a multidisciplinary approach that integrates psychological, social, and medical perspectives. By fostering collaboration among healthcare providers, policymakers, and community organizations, we can enhance our understanding of suicide and self-harm, ultimately leading to more effective prevention and intervention strategies. This session aims to stimulate dialogue and inspire innovative solutions to address these pressing issues in Europe, promoting mental well-being and reducing the incidence of suicide and self-harming behaviors.

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JS012

The mental health of the child and youth population in Europe: Prevention as paradigm

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Abstract: Youth mental health is under significant strain, with long-lasting impacts on European citizens and societies. Alleviating this burden requires a preventive approach. We will review current preventive strategies for youth mental health, including school-based universal, selective, and indicated primary prevention interventions. Additionally, we will discuss novel care systems for youth mental health currently available across Europe and their potential for implementation in various settings.

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