

**Introduction:** The emergence of social media platforms like X has created a unique space for mental health discussions. This study aims to analyze the language and themes used in social media discussions to appreciate sentiments about PMS and PMDD by looking at a sample of the most popular tweets on platform X.

**Objectives:** We hypothesize that this content can provide insight into public perceptions and guide educational campaigns.

**Methods:** An advanced Twitter/X search for “PMS” and “PMDD” was conducted, filtering for English content. The top 100 tweets for each search term were explored through two different sentiment analysis tools which include Dr. Daniel Soper’s Sentiment Analyzer Tool and Text2Data Application Programming Interface (API) Natural Language Processing (NLP) Analysis. Tweets were also analyzed using a word cloud generator to identify the most frequently used terms. Connecting words were eliminated from the final output.

**Results:** Negative sentiment was more prevalent than positive among the tweets for PMDD, with an overall sentiment analysis of an average of -24.3 per the Daniel Soper Sentiment Analyzer tool, suggesting a negative and serious tone. The most frequently appearing terms in these tweets were “month” (mentioned 17 times), “bad” (16), “love” (15), “feel” (14), “MAFS” (14), “support (14). Per Text2Data’s API NLP analysis, the top 150 words had a negative sentiment of -0.59 with a magnitude of 1.69. Negative sentiment was more prevalent than positive among the tweets for PMS, with an overall sentiment analysis of an average of -15.2 per the Daniel Soper Sentiment Analyzer tool, suggesting a somewhat negative and serious tone. The most frequently appearing terms in these tweets were “new” (11), “price” (10), “oxford” (9), “feel” (14), “people” (9), “want” (9). Per Text2Data’s API NLP analysis, the top 150 words had neutral sentiment of +0.15 with a magnitude of 1.59.

**Conclusions:** This study emphasizes a less negative sentiment associated with PMS compared to PMDD. It also highlights how more emotionally charged terms were used among tweets discussing PMDD compared to PMS. This may reflect public perception of the two conditions. Additionally, social media can be a way to gauge public interest and perception of medical topics.

**Disclosure of Interest:** None Declared

## EPV2003

### Navigating OCD During Pregnancy: A Case Study and Therapeutic Insights

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**Introduction:** Obsessive-Compulsive Disorder (OCD) during pregnancy can worsen due to hormonal changes, psychological stress, and concerns about the baby’s health. It presents unique challenges for diagnosis and treatment, balancing the mother’s mental health with fetal safety. This case focuses on a woman

who developed OCD in her third trimester, emphasizing the challenges in managing the condition.

#### Objectives:

- To describe the impact and progression of OCD during pregnancy.
- To assess the effectiveness of Cognitive Behavioral Therapy (CBT) and evaluate pharmacological options.
- To analyze the risks and benefits of managing OCD therapeutically in pregnant women.

**Methods:** A clinical case of a 32-year-old woman at 28 weeks of gestation, with newly diagnosed OCD, is presented. Symptoms began in the second trimester with intrusive thoughts about harming her baby and compulsive checking and cleaning behaviors. The patient was treated with CBT, and SSRIs were considered due to symptom severity. Follow-up continued through pregnancy until delivery.

**Results:** CBT led to a significant reduction in compulsions and improved management of obsessive thoughts. However, moderate symptoms persisted, leading to consideration of SSRIs, which were ultimately avoided due to concerns about side effects. The patient’s delivery was uncomplicated, and continued CBT postpartum resulted in significant improvement.

**Conclusions:** This case illustrates the complexity of treating OCD during pregnancy, where hormonal changes and concerns about fetal health can exacerbate symptoms. Early intervention with CBT can be effective, and treatment decisions must carefully balance maternal and fetal well-being.

**Disclosure of Interest:** None Declared

## EPV2004

### Unresolved Grief Resurfacing: managing delayed perinatal grief after subsequent birth

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**Introduction:** Delayed perinatal grief occurs when the grieving process for a lost baby is reactivated after the birth of a healthy child. This case presents a 39-year-old mother who, after losing her first baby at 36 weeks due to Patau syndrome, experienced delayed grief following the birth of a full-term baby two years later. Despite receiving one psychological consultation at the time of the loss, the lack of follow-up contributed to the reactivation of her grief postpartum, presenting with sadness and anxiety.

#### Objectives:

- To describe the process of delayed perinatal grief in a mother who lost a baby due to Patau syndrome.
- To evaluate the psychological impact of the lack of follow-up after the loss on the subsequent development of reactivated grief.
- To propose therapeutic interventions for the management of mothers experiencing delayed perinatal grief.