

specific nutrients (zinc, iron, magnesium, vitamins, and folate) was also inversely correlated with prevalence of depressive symptoms. On the other hand, western dietary patterns, with sweetened beverages, processed food, and foods rich in saturated fatty acids, have been linked to an increased risk. Skipping meals and snacking on unhealthy food also contributes to depressive symptoms.

Conclusions: Relatively modest changes in population diet, tobacco consumption and levels of exercise may have important public mental health benefits preventing a substantial number of new cases of depression.

Disclosure: No significant relationships.

Keywords: Depression; exercise; smoking; diet

EPV1041

Clinical high-risk criteria of psychosis in 8- to 17-year-old community subjects and inpatients not suspected to develop psychosis: not pluripotential or transdiagnostic.

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Introduction: Based on high rates of non-converters to psychosis, especially in children and adolescents, it was suggested that CHR criteria were (1) pluripotential, (2) a transdiagnostic risk factor, or (3) simply a severity marker of mental disorders rather than specifically psychosis-predictive. If any of these three alternative explanatory models were true, their prevalence should differ between persons with and without mental disorders, and their severity should be associated with functional impairment as a measure of severity.

Objectives: To compare the prevalence and severity of CHR criteria/symptoms in children and adolescents of the community and inpatients.

Methods: We compared CHR criteria/symptoms in 8-17-year-olds of the community and of inpatients not clinically suspected to develop psychosis.

Results: The 7.3%-prevalence rate of CHR criteria in community subjects did not differ significantly from the 9.5%-rate in inpatients. Frequency/severity of CHR criteria never differed between the community and the four inpatient groups, while the frequency and severity of CHR symptoms differed only minimally. Group differences were found in only four CHR symptoms: *suspiciousness/persecutory ideas* of the SIPS, and *thought pressure, derealization and visual perception disturbances* of the SPI-CY. These were consistent with a transdiagnostic risk factor or dimension, i.e., displayed higher frequency and severity in inpatients. Low functioning, however, was at most weakly related to the severity of CHR criteria/symptoms, with the highest, yet still weak correlation yielded for *suspiciousness/persecutory ideas*.

Conclusions: The lack of systematic differences between inpatients and community subjects does not support suggestions that CHR

criteria/symptoms are pluripotential or transdiagnostic syndromes, or merely markers of symptom severity

Disclosure: No significant relationships.

Keywords: pluripotential risk factor; transdiagnostic risk indicator; children and adolescents; clinical high risk

EPV1042

Correlation between psychotic risk and depressive “cognitive” symptoms in adolescence.

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Introduction: Prevention of disorders has become a central element of psychiatric research and clinic. Currently, Ultra High Risk (UHR) criteria are internationally recognized for psychiatric risk assessment. Self Disorders (SD) aroused particular interest because they were found to be specific to schizophrenic spectrum disorders and a marker of vulnerability for psychotic onset.

Objectives: To evaluate the correlation between psychotic risk and depressive symptoms in at-risk adolescent population.

Methods: We collected data from 80 patients, aged 14-18, with sufficient skills in the Italian language and an IQ ≥ 70 , excluding patients with disorders related to direct effects of a general medical condition or substance. Psychodiagnostic evaluation included K-SADS-PL, SIPS/SOPS, EASE (for the assessment of SDs) and the CDSS (for the assessment of Depression).

Results: 35 subjects have UHR criteria, while 45 do not have a psychotic risk syndrome or psychotic features. Between the two groups there is a significant difference in the total SCORE of EASE, in domains 1, 2 and 5. In addition, a positive correlation between SDs and depressive symptoms emerged, in particular with pathological guilt and with reference ideas of guilt.

Conclusions: The results confirm the validity of SDs for early detection of psychosis. Depressive features appear to be associated with the presence of abnormalities of experience. This results suggest a close care and monitoring of depressive symptoms in adolescence, because they can mask disorders of different nature, particularly pathological guilt and guilty ideas of reference that are depressive “cognitive” symptoms more correlate with psychotic risk.

Disclosure: No significant relationships.

Keywords: Self Disorders; Ultra High Risk; psychosis prevention; depressive symptoms

EPV1043

Reflexion as the Factor in Shaping Attitudes Towards Love and Sex at Adolescence

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Introduction: Building psychologically close relationships with the partner is an important task of development in adolescence. Dysfunctional relationships is a source of stress, can lead to mental disorder. Reflection is a mental (rational) process aimed at analyzing, understanding, realizing oneself: one's own actions, behavior, speech, experience, feelings, states; reflexion is a condition of orientation in interpersonal relations, formation of attitudes, perceptions, values, refinement and formation of self and partner image.

Objectives: The aim was to study the reflection role in of the romantic relationship attitudes formation at adolescence.

Methods: The techniques were completed by 84 students 17-21 age ($M = 19.23$; $SD=1.21$; $M/F= 83.3 / 16.7 \%$) 1. Attitudes About Love and Sex by C. Hendrick and S. Hendrick (Ekimchik, 2007) 2. Differential Test of Reflection (Osin, Leontiev, 2014) 3. Reflexivity Questionnaire (Karpov, 2004).

Results: The dominant types of reflection are «Systemic reflection» and «Reflexivity of future activity» (A.V. Karpov), which correlates with age-related developmental tasks. «Reflexivity of communication and interaction with others» is found at a rather low level. Cluster analysis highlighted three groups of respondents with different types of reflection: «reflexive» (40 %), «dreamers» (36 %), «communicative» (24 %). The most pronounced types of love are Eros and Agape. There are significant differences in the expression of the love style in three groups of respondents (H-criterion Kraskel-Wallis).

Conclusions: Reflexion features are a factor in the formation of the cognitive-behavioral component of a love in adolescence. Optimal type of reflexion creates conditions for prevention of destructive relationships in youth.

Disclosure: No significant relationships.

EPV1044

Behavioral features in Williams Beuren syndrome: A Tunisian Cohort study

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Introduction: The low prevalence of some genetic neurodevelopmental syndromes associated to psychiatric disorders requests to be integrated in human genome-phenome databases from which pleiotropy can be compiled from by systematic integration of phenotypes associated with genetic loci using phenomic inference tools. Williams-Beuren syndrome (WBS) is a neurodevelopmental disorder related to elastin gene at 7q11.23. Anxiety, depression and attention problems are the main behavioral problems found in WBS with no gender differences. Significant differences between cohorts are reported in particular regarding somatic complaints and aggressive behavior.

Objectives: Here, we report a Tunisian cohort of WBS patients for whom clinical behavioral phenotypes as well as genetic features are detailed.

Methods: Sixteen patients from Sfax, Tunisia were referred for genetic assessment due to a suspected WBS syndrome.

Results: Genetic evaluation using fluorescent in situ hybridization confirmed 7q11.23 microdeletion in only eight patients.

Comparison of detailed behavioral phenotypes revealed differences between age groups, gender groups and genetic groups. Anxiety and depression were recorded in the two older male patients and aggressive behavior was recorded in only two boys. The severity of behavioral features were dependent to familial environment and to parental socio-economic and educational levels.

Conclusions: A more complete understanding of phenomic space is critical for elucidating genome-phenome relationships mediating neurodevelopmental disorder associated to psychiatric diseases for assessing and managing psychiatric and behavioral risks in young syndromic children.

Disclosure: No significant relationships.

Keywords: Williams Beuren syndrome; genome-phenome databases

EPV1045

Nutritional Psychiatry: Knowledge, Attitudes and Clinical Practice of Mental Health Professionals.

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Introduction: In 2016 the United Nations launched their “Decade of action on nutrition” promoting a healthy and sustainable food pattern. The International Society for Nutritional Psychiatry Research held its first International Conference in 2017. Current evidence in this area consists mainly of association studies, while interventional studies with food supplements or altered diet patterns are starting to emerge.

Objectives: To our knowledge practice based research on promoting healthy food and investigating the role of medical professionals is scarce in general and especially so in psychiatry. Hence, our research questions were: 1. What is the attitude of mental health professionals with regard to promoting healthy food in their patients. 2. What is the subjective knowledge and attention in training schemes on this topic.

Methods: We conducted a self-made online questionnaire using a 5 point Likert Scale. Surveys were sent out to 50 mental health professionals of our institution, including psychiatrists, psychiatric residents, General Practitioners and Mental Health Nurse Practitioners. Results were analysed with descriptive statistics.

Results: 40 (80%) of the respondents returned the questionnaire. 65% of respondents considered promoting healthy food as a key task for themselves in their daily practice. 45% of respondents believed their patients would be reluctant to follow advice on healthy diet. 62% had sufficient knowledge on the subject to give professional advice, while 65% answered this topic received insufficient attention during their training.

Conclusions: In this survey we found the role of promoting healthy diet deserves more attention in mental health practice and training. Smartphone applications may ameliorate treatment adherence.

Disclosure: No significant relationships.

Keywords: Nutritional; prevention; treatment adherence; residency training