

Introduction: The COVID-19 pandemic has significantly altered daily life and affected the sexual dynamics of couples across various contexts. Enforced lockdowns and pervasive social isolation, coupled with heightened anxiety associated with the pandemic, have profoundly affected mental health and intimate relationships, affecting sexual satisfaction among couples. This narrative review examines the psychosocial effects of these changes on couples' sexuality, focusing on the challenges and coping strategies adopted by couples to mitigate the adverse effects and enhance intimate relationship quality.

Objectives: This review systematically analyzes the psychosocial impacts of the pandemic on couples' sexuality, using post-2020 literature to better understand these dynamics and enhance psychosexual support.

Methods: An extensive literature review was conducted across PubMed, Scopus, and Google Scholar, focusing on keywords such as "COVID-19," "sexual health," "intimacy," "divorce," and "coping strategies." Ten high-quality studies published after 2020 were selected based on their methodological rigor and relevance to couples' dynamics. These studies include a mix of quantitative and qualitative research and systematic reviews, providing a broad yet detailed perspective on the topic.

Results: The findings reveal that the pandemic has significantly diminished couples' sexual desire and relationship satisfaction. Notable psychosocial effects include increased anxiety, stress, depression, and relational conflicts. Modifications in sexual frequency and quality were noted, yet many couples have adopted effective coping strategies such as enhanced communication, couples therapy, shared stress management activities, and the utilization of online psychological support resources, which have helped strengthen relationships during the pandemic.

Conclusions: The pandemic has profoundly influenced couples' sexual and relational health, introducing psychosocial stressors. Despite these challenges, the resilience displayed by couples through diverse coping strategies highlights their adaptive capacity. This review emphasizes the need for mental health professionals to integrate targeted interventions to support couples' well-being and prepare them for potential future crises.

Disclosure of Interest: None Declared

EPV1889

Sexual habits and chemsex use in a monographic consultation for sexually transmitted infections (STI)

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Introduction: The use of recreational drugs for sexual intercourse (*chemsex*) is a widespread practice in certain subgroups of the population in recent years. There is documentation of chemsex in men who have sex with men (MSM) but less data on its use in other populations (men who have sex with women, women, transgender women, transgender men) and its effects on mental health.

Objectives: Evaluate the use of chemsex in the population attended in a sexually transmitted infection (STI) consultation.

Methods: To evaluate the use of chemsex in the population attended in a sexually transmitted infection (STI) consultation, a survey was carried out on all patients who attended the STI consultation of the U. Ramón y Cajal Hospital between January and April 2022. The degree of anxiety and depression was assessed using the HADS scale.

Results: A total of 148 surveys were distributed, with 82 being completed. Among those surveyed, 56% had used drugs at some time in their lives, the vast majority of times associated with sexual relations. The most consumed drugs were alcohol, cannabis and poppers. There were no differences between MSM and non-MSM in this consumption ($p = 0.073$), but there were in the substances consumed: MSM consumed more gamma hydroxy-butyrate acid (GHB/GBL) ($p = 0.031$), mephedrone ($p = 0.031$) and poppers ($p = 0.019$). Using the HADS Scale, 34 patients suffered from anxious (41%) and 11 depressive symptoms (13%), with no significant differences between MSM and non-MSM.

Conclusions: *Chemsex* is a frequent phenomenon among patients attending in an STI consultation, both in the MSM and non-MSM population. It negatively impacts mental health, being associated with anxiety and depression. It is necessary to improve information to reduce drug use in this context.

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EPV1891

Navigating sexual health concerns in the medical profession: A Tunisian perspective

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Introduction: Sexual functioning is an essential aspect of human existence. Sexual dysfunctions are prevalent and negatively affect the quality of life in the general population. Little attention has been paid to the sexual function of health workers.

Objectives: The aim of our work was to evaluate sexual dysfunction among Tunisian doctors and to determine associated underlying factors.

Methods: A cross-sectional study was conducted online, from January to March 2024, via a pre-established questionnaire. Tunisian doctors, who had finished their medical studies, working in the public or private sector and who agreed to anonymously respond to the questionnaire were included. Sociodemographic, economic, clinical data and those related to the medical profession were collected. Sexual function was evaluated with the Arizona Sexual Experience Scale (ASEX).

Results: A total of 80 individuals had fully responded to the questionnaire. The mean age of participants was 36.81 ± 7.49 years and 68,7 % (n=55) of them were male. Ninety five percent (n=76) were married and 77.5 % (n=62) had children. The mean working hours per week was 34.32 ± 5.32 . A regular physical activity was practiced by 35 % (n=28) of individuals. The mean monthly income

was 3592.5 ± 596 Tunisian Dinars. The results of the ASEX showed that 23,8 % (n=19) of participants, 23,6 % (n=13) of male participants and 24 % of female (n=6) participants had sexual dysfunction. Ten per cent of individuals (n=8) have previously consulted a sexologist. Longer working hours, lower monthly income, less physical exercise were significantly associated with increased risk for sexual dysfunction.

Conclusions: Sexual dysfunctions seem to be common among Tunisian doctors. Knowledge about their sexual functioning is important to promote their physical and mental health and to improve the care delivered.

Disclosure of Interest: None Declared

EPV1892

Sleep Health Disparities in Depression: The Role of Sexual Orientation, Education, and Ethnicity

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Introduction: This study explores sleep health disparities among adults with depressive episodes, focusing specifically on sexual and gender minorities (SGM). Given the high prevalence of sleep disturbances in this population, we aim to understand the influence of sexual orientation, alongside sociodemographic factors, on sleep health.

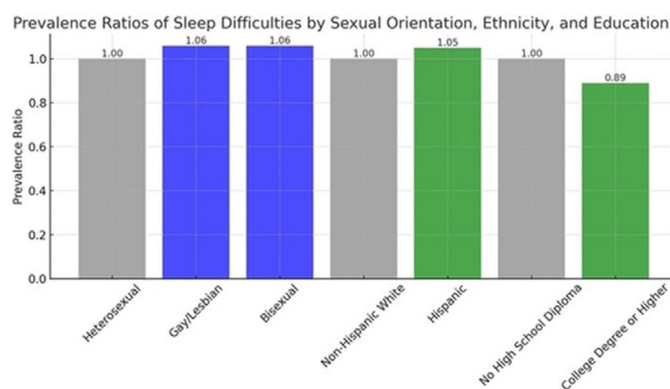
Objectives:

- To determine the prevalence of sleep difficulties among sexual minorities with depressive episodes.
- To assess how sociodemographic factors, including education and ethnicity, relate to sleep health in this population.

Methods: Using data from the 2020-2021 National Survey on Drug Use and Health (NSDUH), we analyzed a sample of 15,244 individuals who experienced depressive episodes. The study employed weighted estimates to accommodate the survey's multistage sampling design. Descriptive statistics were used to assess the prevalence of various factors, including tobacco and nicotine use, age, gender, ethnicity, income, marital status, and education. To evaluate the relationships between these factors and sleep difficulties, we utilized generalized linear models with Poisson distribution and log-link function to estimate adjusted prevalence ratios for each covariate.

Results: The study identified notable disparities in sleep health among individuals with depressive episodes based on sexual orientation and sociodemographic factors. Gay/lesbian individuals and bisexual individuals were both found to have a higher likelihood of reporting sleep difficulties compared to heterosexuals, with an increased prevalence of 1.06 times ($p = 0.038$ for gay/lesbian and $p = 0.009$ for bisexual). Educational attainment appeared to play a significant protective role; those with a college degree or higher were 0.89 times less likely to report sleep difficulties than individuals without a high school diploma ($p < 0.001$). Additionally, ethnicity influenced sleep health, with Hispanic individuals being 1.05 times more likely to report sleep issues than non-Hispanic Whites ($p = 0.015$).

Image 1:



Conclusions: The findings emphasize the presence of sleep health disparities among sexual and gender minorities experiencing depressive episodes. Gay/lesbian and bisexual individuals face a higher risk of sleep difficulties, highlighting the need for mental health interventions that are sensitive to sexual orientation. The protective effect of higher educational attainment suggests that enhancing access to education and related resources may improve sleep health outcomes. The increased prevalence of sleep difficulties among Hispanic individuals points to the need for culturally tailored approaches in mental health care. Addressing these disparities through individualized and culturally sensitive therapeutic strategies can contribute to better sleep health and overall well-being for these populations, underlining the importance of integrated, comprehensive care in managing depressive disorders.

Disclosure of Interest: None Declared

EPV1893

Antiepileptic drugs and sexual dysfunction in patients with epilepsy

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Introduction: Epilepsy is a common disease that is mostly treated with antiepileptic drugs (AEDs). The sexual dysfunction (SD) side effects related to the use of AEDs have not received sufficient attention.

Objectives: The aims of this study were to assess the prevalence of SD and to study the role played by the AEDs among patients with epilepsy.

Methods: A cross-sectional and analytic study was conducted from September to December 2023, among patients with epilepsy follow up in the neurology outpatients of the University Hospital in Gabes (Tunisia), received AEDs, married for at least six months and sexually active. We collected the therapeutics data including type and number of prescribed AEDs and medication adherence, using pre-established form. SD was measured using the Arizona Sexual Experience Scale (ASEX) questionnaire.