

Cheng et al. (2024) demonstrated that ADHD subtypes marked by inattention were more associated with NSSI than hyperactivity/impulsivity, with anxiety as a significant mediator, especially for females. Ojala et al. (2022) found that childhood inattention predicts mid-adolescent NSSI, underscoring the importance of early detection. Balázs et al. (2018) highlighted the mediating roles of affective and psychotic disorders, with alcohol abuse uniquely influencing girls. Thornton et al. (2024) emphasized the role of cognitive disengagement syndrome (CDS) in predicting self-injurious behaviors.

These findings support integrating emotional regulation therapies into ADHD treatment frameworks. Interventions such as Dialectical Behavior Therapy (DBT), emotion-focused therapies, and ADHD medications addressing ED can mitigate risks of NSSI. Early identification and tailored care strategies targeting inattention and comorbid conditions are critical. Clinicians should screen for ADHD in adolescents presenting with NSSI and vice versa to ensure comprehensive treatment.

This presentation highlights the urgent need for developmentally sensitive approaches to mitigate NSSI risks in adolescents with ADHD, particularly during the vulnerable transition to adulthood. Addressing ED offers a promising avenue for reducing self-injury and improving psychosocial outcomes.

**Disclosure of Interest:** None Declared

## SP075

### Catching met- and unmet care needs in real-world catchment area: the Antwerp experience

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**Abstract:** Increasingly the collection and use of clinical data is considered as extremely important. These data may allow, among other targets, a better profiling of patients and as such help to develop better and more targeted care-pathways. Often these type of data collections are implemented on large, national levels. Although this already provides an important source of information, often the regional specifics are missed on these larger scales. Within the Antwerp region we developed a program allowing a deeper, smaller grained, level analyses of populations mental health care needs and their regional differences. The aim is to use these data to steer changes in the care pathways as offered by the different locally active care-providers.

**Disclosure of Interest:** None Declared

## SP076

### From efficacy to effectiveness of pharmacological and psychosocial interventions

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**Abstract:** European citizens suffering from mental disorders still experience several obstacles in achieving functional recovery. Integration of pharmacotherapy and psychosocial interventions represents an optimal strategy in mental health care, but implementation of psychosocial interventions is rarely available in many European countries. Data from efficacy findings in pharmacological and psychosocial trials to effectiveness in real-world studies will be provided, alongside with a focus on the main barriers and obstacles for implementing psychosocial interventions in clinical practice.

**Disclosure of Interest:** None Declared

## SP077

### Dealing with Dementia: Insights from the Latest German Guidelines

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**Abstract:** The management of Behavioral and Psychological Symptoms of Dementia (BPSD) remains a key challenge in clinical practice. This presentation will provide an overview of the latest German guidelines, highlighting evidence-based recommendations for pharmacological and non-pharmacological interventions. Key updates emphasize a patient-centered approach, focusing on prevention, risk assessment, and the integration of innovative care strategies. By examining these guideline revisions, the session aims to equip healthcare professionals with practical insights to optimize dementia care and improve patient outcomes in line with current best practices in Germany.

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## SP078

### How to manage Depression in Dementia and Parkinson's Disease: A Spanish Consensus

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**Abstract:** Psychological and behavioural symptoms are an inherent part of neurodegenerative diseases such as Alzheimer's disease and other dementias or Parkinson's disease. Despite the growing research on the subject, there are still large gaps in knowledge about their origin, pathophysiology, diagnosis and treatment. In recent years, various initiatives have been carried out in Spain to improve knowledge, especially on the most controversial issues, of various