

depression, anxiety disorder, and sleep disorders, are associated with a decline in students' productivity by 17.4%, 12.2%, and 11.0%, respectively.

Conclusion: The prevalence of mental health issues among university students during and after the war highlights an urgent need for interventions to support their well-being and academic performance. These efforts are critical for fostering a resilient and capable generation essential for Ukraine's postwar recovery and future development.

Keywords: Mental health, mental conditions, war, academic productivity, students.

Disclosure of Interest: None Declared

SP061

Inflammatory Factors in Early Stages of Psychosis

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doi: 10.1192/j.eurpsy.2025.143

Abstract: Growing evidence suggests that inflammation plays a critical role in the early stages of psychosis, potentially contributing to disease onset and progression. Several studies have identified elevated levels of pro-inflammatory cytokines, such as interleukin-6 (IL-6) and tumor necrosis factor-alpha (TNF- α), in individuals at clinical high risk (CHR) for psychosis and in those with first-episode psychosis (FEP). However, inconsistencies across studies highlight the need for further research to clarify the relationship between immune dysregulation and psychosis onset.

This talk reviews the current literature on inflammatory markers in early psychosis and their potential implications for pathophysiology, early detection, and treatment strategies. Notably, inflammation may serve as a promising biomarker for identifying individuals at risk and monitoring disease progression. Additionally, anti-inflammatory interventions are being explored as potential adjunctive treatments for psychosis.

Beyond the review of existing evidence, we will present **original data** from the **PREGAP study** conducted at the **Early Intervention Service (EIS) of Basurto University Hospital**. This dataset includes inflammatory marker assessments in CHR and FEP individuals, providing novel insights into immune alterations in early psychosis. Understanding the role of inflammation in psychosis could open new avenues for personalized medicine, early intervention, and improved treatment outcomes. Future research should focus on large-scale longitudinal studies to confirm the clinical utility of inflammatory markers and identify potential therapeutic targets.

Disclosure of Interest: None Declared

SP062

Compulsivity and Treatment Resistant Schizophrenia

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doi: 10.1192/j.eurpsy.2025.144

Abstract: Obsessive-compulsive symptoms (OCS) are a prevalent and under-recognized complication of clozapine treatment in schizophrenia, with significant implications for clinical practice and patient outcomes. This synthesis of four longitudinal studies explores the interplay between psychosis, clozapine dose, and OCS, emphasizing their phenomenology, prevalence, and impact.

OCS, particularly checking compulsions, affect up to 47% of clozapine-treated patients, with risk factors including psychosis severity, duration of clozapine therapy, and antiserotonergic properties of the drug. A two-phase model of OCS development is proposed: during active psychosis, compulsions emerge as goal-directed responses to hypervigilance, while post-remission, they persist as maladaptive habits mediated by clozapine's serotonergic effects. While clozapine improves psychotic symptoms, its dose and plasma levels are positively correlated with OCS persistence after psychosis remission, suggesting a dose-dependent effect.

Notably, OCS significantly reduce subjective well-being independently of depressive and psychotic symptoms but do not impair general functioning, highlighting the ego-syntonic nature of compulsions. Screening for and addressing OCS in clinical practice is critical for optimizing therapeutic outcomes.

This integrated perspective advances our understanding of the nuanced relationship between schizophrenia, clozapine treatment, and OCS, with implications for personalized treatment strategies.

Disclosure of Interest: E. Fernández-Egea Grant / Research support from: Dr Fernandez-Egea is supported by the 2022 MRC/NIHR CARP award (MR/W029987/1) and this research was supported by the NIHR Cambridge Biomedical Research Centre (BRC-1215-20014). The views expressed are those of the author(s) and not necessarily of the NIHR or the Department of Health and Social Care. , Consultant of: EFE has received consultancy honoraria from Boehringer-Ingelheim (2022), Atheneum (2022) and Rovi (2022-24), speaker fees by Adamed (2022-24), Otsuka (2023) and Viatrix (2024) and training and research material from Merz (2020) and editorial honoraria from Spanish Society of Psychiatry and Mental Health (2023-).

SP063

Mind Altered, or calmed down: the enigma of substance use and psychosis

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doi: 10.1192/j.eurpsy.2025.145

Abstract: Cannabis use is highly prevalent among individuals at risk for psychosis, yet its role remains paradoxical—offering both temporary relief and potential harm. In this session, we present preliminary results from a study examining cannabis perception, use patterns, and motivations in cannabis users with and without psychosis. Findings reveal that cannabis users with psychosis consume over three times more THC but do not perceive significantly greater risks. They also exhibit a higher risk of cannabis addiction, which may influence their risk assessment and experience of cannabis effects. Both groups reported similar reasons for use and quitting, though individuals with psychosis were more likely to cite cost as a reason for quitting. These insights suggest that financial concerns could be a target for intervention.

Understanding why individuals vulnerable to psychosis turn to substances is crucial for refining treatment strategies, as addressing these underlying motivations may enhance therapeutic outcomes.

Disclosure of Interest: None Declared

SP064

Recent progress in women's mental health research and future priorities

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doi: 10.1192/j.eurpsy.2025.146

Abstract: Introduction: Women face a greater incidence of mental health issues than men, stemming from societal expectations, gender stereotypes, organizational structures that prioritize male leadership, and the need to balance work responsibilities with home life. Research indicates that women are twice as likely to suffer from depression, generalized anxiety disorder, and post-traumatic stress disorder (PTSD) compared to men. They are also more likely to battle eating disorders.

Methods: The authors will review the current literature on this topic.

Results: 43% of female executives experience burnout, compared to 31% of their male counterparts (Mc Kinsey 2024). Research is definitely needed to better understand the pathophysiology and socioeconomic mechanisms that drive sex-specific risk factors of psychological disorders in women. There is also an urgent need for studies that addressed the specific needs of women including insights around: the biological, life stage, socioeconomic, political and cultural factors associated with being female that have a significant impact on women's mental health.

Conclusion: A mental health reform is necessary to prevent mental illnesses in women, provide specific care to vulnerable women and increase the overall well-being of women living with existing mental health conditions.

Disclosure of Interest: None Declared

SP065

Health records 'big data' in mental health research – should 'Clinical Informatics' be considered a discipline within Epidemiology?

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doi: 10.1192/j.eurpsy.2025.147

Abstract: Background: Traditionally, the discipline of Epidemiology, regardless of clinical specialty, has tended to focus on public health in community populations, although its study designs are

widely applied in more clinically oriented research. The emergence and rapid accumulation of digital health records have resulted in data resources that are both large in sample size and granular in detail presenting unprecedented opportunities for understanding course and outcome in mental health.

Methods: Drawing on over 15 years of experience in building and achieving research output from electronic mental health records data in south London, this presentation will consider the role of Epidemiology as a discipline in this field.

Results: There is no fundamental difference between studying disease incidence in community populations and using healthcare data to study disease course and outcome in clinical populations, and there are similar considerations of sample representativeness and cohort cohesion. Psychometrics principles are also strongly applicable to measurement issues in clinical data, although computer science collaborations particularly underpin the natural language processing and m-health advances required to improve information availability in routine data. Clinical Informatics and Epidemiology face common analytic challenges from data density and complexity, as well as in realising novel clinical trials opportunities.

Conclusions: Clinical Informatics does benefit from the public health focus that Epidemiology brings, as well as its methodological frameworks. However, multiple disciplines are key to setting up and maintaining data resources and achieving research output, so it is equally important to flatten hierarchies and enable a genuine cross-cutting team science approach.

Disclosure of Interest: R. Stewart Grant / Research support from: GSK, Takeda

SP066

Anxiety and depression in young people in the UK: demographic differences and growing treatment gaps

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doi: 10.1192/j.eurpsy.2025.148

Abstract: Background: Rates of common mental disorders (CMD), such as anxiety and depression, treated in primary care have increased among young adults in the UK. However, it remains unclear whether this increase reflects a greater tendency to seek help for CMD or a rise in CMD symptoms over time. Additionally, it is not clear if these increases are more pronounced in specific socio-demographic groups. This research examined the temporal trends of primary care-recorded CMD and self-reported CMD symptoms in young adults.

Methods: We included participants born between 1980 and 2003 in two datasets: UK primary care records from the *Clinical Practice Research Datalink*, and longitudinal cohort data from *Understanding Society*. We estimated the annual incidence of primary care-recorded CMD overall and by sex, age, birth cohort, ethnicity, country, region, and deprivation from 2009 to 2019, and explored changes over time using incidence rate ratios. We compared these trends to annual estimates of self-reported CMD symptoms from longitudinal cohort data between 2009-10 and 2019-20, calculating ratios to explore changes in CMD symptoms over time by socio-demographic group.