

actions. The tendency to think conspiratorially has also been associated with the severity of some psychopathological symptoms, such as anxiety and depressive symptoms.

**Objectives:** The aim of the study was to assess the differences in general and COVID-19 conspiracy thinking between Polish and Spanish respondents, as well as the relationship between conspiracy thinking and the severity of anxiety and depression symptoms.

**Methods:** 192 Polish citizens (average age of  $39.7 \pm 8.61$  years; women: 151, men: 41) and 190 Spanish citizens (average age of  $48.3 \pm 10.03$  years; women: 139, men: 51) were recruited. The GCBS (Brotheron, et al.), the COVID-19 CBS (Dębski, et al.) and the HADS (Zigmond & Snaith) tools were used. The Shapiro-Wilk test, the Mann-Whitney U test and Spearman's correlation coefficient were implemented.

**Results:** In Spain, the highest average score in terms of conspiracy thinking about COVID-19 was obtained by the statement: "Governments deliberately spread false information about COVID-19 in order to conceal the actual state of the pandemic" (mean = 2.784), while in Poland this statement was: "SARS-CoV-2 tests are unreliable, they may be positive in the case of infection with another virus" (mean = 2.912). Spanish citizens obtained significantly higher scores than Poles on the Malevolent global conspiracies scale (median 9 vs 8,  $p=0.024$ ), as well as in two false beliefs about COVID-19: "Wearing face masks causes oxygen deficiency..." (median 3 vs 2,  $p=0.000$ ) and "There is a drug that can effectively cure COVID-19 patients, but information about it is confidential..." (median 3 vs 1.5,  $p=0.026$ ). Among Polish citizens, the belief: "Health workers receive financial benefits for diagnosing COVID-19..." was higher (median 2 vs. 1,  $p=0.000$ ). In the Spanish group, most of the GCBS subscales correlated positively with the anxiety and depression symptoms. COVID-19 CBS also correlated with anxiety. In the Polish group positive correlations were noted between two GCBS scales and the severity of depression symptoms. There were no significant associations between GCBS and COVID-19 CBS with the anxiety symptoms in that group.

**Conclusions:** The group studied in Spain showed a significantly higher intensity of conspiracy beliefs in more issues than the group studied in Poland. At the same time, conspiracy thinking in the Spanish group showed more pronounced relationships with the severity of anxiety and depression symptoms than in the Polish group.

**Disclosure of Interest:** None Declared

## EPP122

### Proactive Model of Remote Interaction for Treating Post-COVID Anxiety and Depression in the Context of War in Ukraine

O. O. Khaustova<sup>1\*</sup>, A. O. Burdeinyi<sup>1</sup> and O. S. Chaban<sup>2</sup>

<sup>1</sup>Department of Medical Psychology- Psychosomatic Medicine and Psychotherapy and <sup>2</sup>Bogomolets National Medical University, Kyiv, Ukraine

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.463

**Introduction:** Remote interaction offers new opportunities for medical-psychological rehabilitation, providing access when in-person consultations are limited. The proactive model of psychosomatic medicine, focusing on prevention and can to enable

continuous monitoring and active patient engagement, crucial for those affected by post-COVID syndrome and war.

**Objectives:** Analyze the effectiveness of a medical-psychological rehabilitation program for anxiety and depressive post-COVID disorders, as well as post-traumatic symptoms resulting from war, in the context of remote interaction.

**Methods:** The study sample consisted of 240 individuals with anxiety and depressive post-COVID disorders. The tools used in the study included the PHQ-9, GAD-7, and PCL-5.

**Results:** By day 63, according to the PHQ-9, depression in the study group decreased to  $6.942 \pm 5.073$ , while in the control group it remained at  $15.567 \pm 6.540$  ( $p < 0.001$ ;  $t = 11.437$ ). According to the GAD-7, anxiety reduced to  $3.991 \pm 3.589$  in the study group, whereas in the control group it remained higher at  $12.966 \pm 3.980$  ( $p < 0.001$ ;  $t = 18.355$ ). According to the PCL-5, PTSD symptoms decreased to  $13.295 \pm 8.727$  in the study group, while in the control group they remained high at  $29.177 \pm 13.541$  ( $p < 0.001$ ;  $t = 10.836$ ).

**Conclusions:** The study results indicate that the medical-psychological rehabilitation program, delivered through remote interaction, effectively reduces symptoms of depression, anxiety, and post-traumatic stress in individuals with post-COVID disorders amid wartime conditions.

**Disclosure of Interest:** None Declared

## EPP123

### Insomnia during the COVID-19 pandemic: Evidence from a Longitudinal Cohort study in Singapore

P. Satghare<sup>1\*</sup>, E. Abdin<sup>1</sup>, S. Shafie<sup>1</sup>, B. Tan<sup>1</sup> and M. Subramaniam<sup>1</sup>

<sup>1</sup>Research, Institute of mental health, Singapore, Singapore

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.464

**Introduction:** Since the outbreak of Coronavirus Disease 2019 (COVID-19) pandemic, sleep and mental health of the population have been disrupted worldwide. Predisposing, precipitating, and perpetuating factors of insomnia may signify shared mechanisms that relate insomnia symptoms to psychiatric disorders during stressful periods like pandemic. However, long term repercussions of COVID-19 pandemic on sleep features such as insomnia, and psychological health remains poorly elucidated even after the alleviation of the pandemic measures.

**Objectives:** The current study aims to identify the longitudinal trajectory of insomnia, in terms of prevalence and associated risk factors, during and post COVID-19 pandemic era among the general population of Singapore.

**Methods:** Current study consists of longitudinal online and in person surveys involving two-point assessments-Phase1 (during pandemic) from May 2020-June 2021 and Phase2 (post pandemic) from October 2023-August 2024. Singapore residents aged 21 years and above, fluent in English, Chinese or Malay language participated in the study. Participants answered an interviewer-administered questionnaire across both timepoints, including Socio-Demographic information, Insomnia Severity Index, Generalised Anxiety Disorder-7, Physical Health Questionnaire, Depression Anxiety Stress Scales and Covid-19 related stressors-Exposure to Covid-19, current and future perceived risk of infection.

**Results:** 597 participants completed both assessments at phase1 and phase2. The prevalence of insomnia increased from 8.83% in

phase2 as compared to 8.24% in phase1 ( $p < 0.00$ ). Those aged 50 years and above (vs 21-34 years) ( $p < 0.02$ ), highest educational attainment of primary school (vs University) ( $p < 0.05$ ), being economically inactive (vs employed) ( $p < 0.01$ ), having mild levels of anxiety ( $p < 0.007$ ) and having severe levels of depression, anxiety or, stress ( $p < 0.005$ ) was seen to be significantly associated with insomnia.

**Conclusions:** Insomnia prevalence rose from 8.24% in phase1 to 8.83% in phase2 and was significantly associated with anxiety disorder, psychological distress, and perceived stress among Singapore residents in both phases. These findings could be ascribed to the failure in re-establishment of pre-COVID-19 pandemic norms, social situations and working dynamics that might have led to sleep curtailment and insomnia. Study findings can be utilised to design effective targeted interventions like cognitive behavioural therapy, therapist assisted relaxation and meditation programs to improve sleep and reduce psychological distress. Mentioned interventions can be delivered via smartphone applications enabling easy access, monitoring, delivery, and utilization by the vulnerable groups.

**Disclosure of Interest:** None Declared

## Depressive Disorders

### EPP125

#### Investigating amygdala habituation in major depressive disorder: an fMRI study in UK Biobank

L. Fortaner-Uyà<sup>1,2\*</sup>, C. Verga<sup>2</sup>, S. Cademartiri<sup>1</sup>, E. Tassi<sup>3,4</sup>, P. Brambilla<sup>3</sup>, E. Maggioni<sup>4</sup>, C. Fabbri<sup>5</sup>, F. Benedetti<sup>1,2</sup> and B. Vai<sup>1,2</sup>

<sup>1</sup>University Vita-Salute San Raffaele; <sup>2</sup>Division of Neuroscience, IRCCS San Raffaele Hospital, Psychiatry and Clinical Psychobiology Unit; <sup>3</sup>Department of Neurosciences and Mental Health, Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico; <sup>4</sup>Department of Electronics - Information and Bioengineering, Politecnico di Milano, Milan and <sup>5</sup>Department of Biomedical and Neuromotor Sciences, University of Bologna, Bologna, Italy

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.465

**Introduction:** Major depressive disorder (MDD) is a severe psychiatric condition with a high risk of suicide. Research on MDD and suicidality has identified structural and functional abnormalities in the cortico-limbic network as candidate biomarkers, but little is known about the temporal dynamics of these brain regions. Recently, abnormal amygdala habituation to emotional stimuli has been highlighted as a reliable fMRI phenotype linked to emotional dysregulation and increased suicide risk.

**Objectives:** Our study aimed to assess amygdala habituation to emotional stimuli in MDD and explore differences between suicide attempters (SA) and non-attempters (nSA). Additionally, we examined the relationship between amygdala habituation and depressive symptoms.

**Methods:** 414 MDD patients (239 SA, 175 nSA) selected from the UK Biobank underwent fMRI during a block-designed emotion processing task, including faces and shapes conditions. We obtained bilateral amygdala activation for each block using FSL. Habituation was quantified using two methods: the regression approach (REG) and First minus Last block (FmL). One sample T-tests were used to investigate whether habituation rates

significantly differed from zero. Group differences were analysed using Mann-Whitney U-tests. Generalized linear models (GLM) were applied to examine relationships between habituation and depression severity, controlling for age, sex, group (SA vs. nSA), and handedness.

**Results:** In both MDD and SA groups, no significant habituation was observed for either emotional or non-emotional stimuli ( $p_{FDR} > .05$ ). However, the nSA group showed significantly positive habituation rates for left amygdala in both conditions and for right amygdala in faces condition using REG ( $p_{FDR} < .05$ ), suggesting a possible sensitization process. Moreover, nSA showed significantly higher habituation rates than SA in all conditions with REG ( $p_{FDR} < .01$ ). GLM analyses revealed no significant associations with depression severity.

**Conclusions:** Our results suggest that MDD is characterized by a lack of amygdala habituation to emotional stimuli, potentially offering new insights into its pathophysiology. This biomarker may help in developing novel therapeutic strategies targeting the amygdala and its regulation within the cortico-limbic system.

**Fundings:** The current study was supported by the Italian Ministry of Health, GR-2019-12370616.

**Disclosure of Interest:** None Declared

### EPP126

#### Is there a risk of addiction to ketamine during the treatment of depression? A systematic review of available literature

G. Ingrosso<sup>1,2\*</sup>, A. Cleare<sup>1</sup> and M. Juruena<sup>1</sup>

<sup>1</sup>Institute of Psychiatry, Psychology and Neuroscience, King's College London, Centre for Affective Disorders, London, United Kingdom and

<sup>2</sup>Department of Health Sciences, University of Milan, Milan, Italy

\*Corresponding author.

doi: 10.1192/j.eurpsy.2025.466

**Introduction:** Depression is a leading cause of disability globally, and while conventional treatments, such as antidepressants and psychological therapy, benefit many patients, a significant proportion fail to achieve symptom relief. Ketamine has demonstrated both rapid and sustained efficacy in treating depression, especially in treatment-resistant cases. However, concerns regarding the addictive potential of ketamine during long-term depression treatment persist among clinicians.

**Objectives:** The review aimed to assess the prevalence of addiction phenomena associated with ketamine treatment of depression in adult populations.

**Methods:** The review followed PRISMA guidelines and was pre-registered on PROSPERO (CD42023435468). A comprehensive search was conducted in Medline, Embase, PsycInfo and Global Health databases, with additional relevant studies identified through reference lists. Data extraction and study selection were performed by two independent reviewers. Risk of bias was assessed using appropriate tools based on study design.

**Results:** Sixteen studies were included, comprising six randomised controlled trials, three single-arm open-label studies, one retrospective study, three case series and three case reports, for a total of 2174 patients. The studies employed various routes of administration, including intravenous, intramuscular, intranasal, oral and sublingual. Ketamine was administered in the racemic