

Methods: This is a descriptive cross-sectional study conducted over a three-month period from October 1 to December 31, 2022, involving 720 diabetic and/or hypertensive patients followed at the primary health centers (CSB) in Kalaa Kbira Sousse. The assessment of sleep disorders was performed using the Pittsburgh Sleep Quality Index. Anxiety and depression were assessed using the Hospital Anxiety and Depression Scale.

Results: Among the 720 patients included, the majority were women (70.6%), with a gender ratio M/F of 0.41. The average age of the participants was 63.45 ± 13.16 years. The chronic illness was hypertension in half of the cases (49.3%), diabetes in a quarter of the cases (26.3%), and both conditions together in a quarter of the cases (24.4%). Anxiety was present in nearly half of the participants (47.1%), depression affected 40.2%, while anxiety-depressive disorder concerned half of the cases (46.5%). The prevalence of sleep disorders was 54.3% according to the Pittsburgh Sleep Quality Index (PSQI) with a median score of 6 [IQR: 3-9]. The subjective quality of sleep was rated as poor in 41% of cases. The prevalence of sleep disorders was 46% among diabetics, 54.6% among hypertensive patients, and 62.5% among those with both conditions simultaneously. In multivariate analysis, factors associated with poor sleep quality according to the PSQI included age ≥ 65 years ($p=0.026$), comorbidities ($p=0.012$), anxiety-depressive disorder ($p \leq 10^{-3}$), poorly controlled diabetes ($p \leq 10^{-3}$), and insulin therapy ($p=0.022$).

Conclusions: Understanding the mental health challenges faced by individuals with diabetes and hypertension is crucial for developing comprehensive care strategies that address both physical and psychological needs.

Disclosure of Interest: None Declared

EPV0505

Combined spinal cord sclerosis, alcohol and bipolar disorder

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Introduction: The alcohol use disorder has consequences on the metabolic, gastroenterological and especially neurological levels.

The somatic complications of alcohol use disorder add to the psychological and psychiatric complications and repercussions. This involves presenting the case of Mr D;D admitted as part of the emergency for psychiatric evaluation.

Objectives: Interest in highlighting multidisciplinary care for somatic and psychiatric liaison

Methods: Presentation of clinical case

Results: Patient case

Conclusions: The management of patients with a psychiatric disorder or a request for psychiatric evaluation within the framework of the emergency liaison requires multidisciplinary and coordinated care.

Close collaboration allows early diagnosis and better overall patient care.

Disclosure of Interest: None Declared

EPV0506

The relationship between depressive symptoms and medication adherence among individuals with hypertension: An updated systematic review

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Introduction: Hypertension, a major global public health challenge, is often associated with mental health conditions, particularly depression. Several studies suggest a bidirectional relationship between depressive symptoms and hypertension, which may negatively affect individuals living with hypertension's ability to maintain essential self-care practices, including adherence to prescribed medications and necessary lifestyle modifications.

Objectives: This study aims to build upon our previous systematic review (doi: 10.5455/msm.2024.36.65-72) by incorporating new data to further investigate the relationship between depressive symptoms and various aspects of self-care, with a particular focus on medication adherence among individuals diagnosed with hypertension.

Methods: The electronic database CINAHL was added to those of PubMed, Scopus, and PsycInfo, with the search extending from April 2023 to the present. Given the substantial diversity among the studies, a narrative synthesis of the results was conducted.

Results: A total of five new studies were included alongside the existing eighteen, involving 11,733 individuals with hypertension who met our eligibility criteria. Among these studies, ten reported a statistically significant association, highlighting the negative impact of depressive symptoms on medication adherence. The remaining thirteen studies did not confirm this association.

Conclusions: This systematic review reaffirms the diverse landscape of research examining the relationship between depressive symptoms and medication adherence in individuals with hypertension. It is advisable to conduct more robust longitudinal studies to thoroughly explore this relationship.

Disclosure of Interest: None Declared

EPV0507

The Impact of HIV and SSRI Treatment on Thrombocytopenia Risk

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Introduction: Cytopenia is a common hematological issue in HIV/AIDS patients. Despite early disease identification and less toxic HAART reducing its prevalence, persistent thrombocytopenia remains. SSRIs, prescribed for depression in this population, can also cause thrombocytopenia. This review explores the