

display system, where peptides derived from viral proteins were expressed on the phage surface.

Interestingly, immune reactivity was not uniformly increased or decreased but varied depending on the specific antigen. These findings suggest that psychiatric disorder-associated immune alterations may not merely reflect pathogen exposure but also differences in immune response patterns. Further investigation of these differential responses could inform novel diagnostic, preventive, and therapeutic strategies for severe psychiatric disorders.

Disclosure of Interest: None Declared

CRS018

Viral exposure and its effects on subsequent development of a mental illness: Results from the VIRAL-MI consortium project

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Abstract: Background: Infectious diseases are known to significantly increase the risk for later development of a mental disorder. Nonetheless, only few studies utilized big-data strategies to evaluate whether cumulative viral infection increases the risk of a subsequent mental illness, and whether risk and resilience factors likely to modify these associations. **Methods:** This study assessed the likelihood of mental illness development among individuals with recurrent exposure to pre-determined viruses ($n = 53,416$). The viral blood tests included in the analysis was based on consensus agreement of the VIRAL-MI consortium members, and was based on test validity, mandatory vaccination profiles, and the test's ability to detect acute infection. Broadly, these tests included positivity to the following viral infections: Cytomegalovirus, Epstein-Barr virus, Hepatitis, Herpes, Toxoplasma and Influenza. Data was obtained through the Clalit Health Services, the largest healthcare organization in Israel. **Results:** Overall, 663,231 tests were obtained from the cohort of 53,416 cases. Kaplan-Meier analyses indicated that individuals infected with more than three viruses were significantly more likely to develop a mental disorder (Log rank 14.55, $p < .001$). Of the investigated disorders, only anxiety disorders presented a significantly differential pattern of cumulative risk, in the same direction (Log rank 10.06, $p = .007$). **Conclusions:** Cumulative viral infections may have significant contribution to the development of a mental disorder. Limitations and integration with previous research will be discussed.

Disclosure of Interest: None Declared

Symposium

SP002

Are side effects necessary for antidepressant treatment?

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Abstract: The recent development of the so-called “psychedelics” reminds us that unfortunately some medications which we used in psychiatry have a large burden of side effects, like the anticholinergic side effects of the older tricyclic antidepressants as well as the extrapyramidal motoric side effects of so-called typical neuroleptics. These side effects were sometimes also related to the efficacy of these medications. Interestingly, it seems that the neglect of side effects is still an unresolved issue in clinical psychopharmacology, since there are researchers and clinicians who argue that the psychedelic experience induced with psychedelics are associated with therapeutic efficacy. Furthermore, studies in this field not even mention these side effects as such and argue, when confronted with the issue, that these are necessary for the therapeutic outcome. Even more so, there are researchers and clinicians who think that these side effects allow the patients to understand their unconscious, like in the early days of psychoanalysis. However, recent preclinical animal models demonstrated antidepressant-like behavioral effects and synaptic actions that are not only linked to the serotonergic activation (mainly via the 5HT_{2A} receptor), but also via opioid and glutamatergic pathways which share neurobiological mechanisms of network reconfiguration likely by intracellular plasticity cascades. It seems to be important from my point of view to develop antidepressant medications devoid of the side effect of psychedelic experience in order to produce a safer, non-hallucinogenic medication that has therapeutic potential for depressed patients.

Disclosure of Interest: S. Kasper Consultant of: In the past 3 years Dr Kasper served as a consultant or on advisory boards for Angelini, Biogen, Boehringer, Esai, Janssen, IQVIA, Mylan, Recordati, Rovi, and Schwabe; , Speakers bureau of: In the past 3 years Dr. Kasper served on speakers bureaus for Angelini, Aspen Farmaceutica S.A., Biogen, Janssen, Recordati, Schwabe, Servier, and Sothema.

SP003

What about the trip? The relationship between ketamine's acute and antidepressant effect

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Abstract: Ketamine has been established as a rapid and potent antidepressant. However, despite its groundbreaking efficacy, it has several limitations, including the transient nature of its antidepressant effects following a single infusion, as well as the phenomenology of acute intoxication. This state is characterized by altered consciousness, manifesting as dissociative or psychotomimetic phenomena, along with cardiovascular changes, such as fluctuations in systolic and diastolic blood pressure.

The presentation explores whether these phenomena should be regarded as mere side effects or if they might play a role in ketamine's antidepressant mechanisms. Furthermore, it addresses