

Introduction: The emergence of social media platforms like X has created a unique space for mental health discussions. This study aims to analyze the language and themes used in social media discussions to appreciate sentiments about PMS and PMDD by looking at a sample of the most popular tweets on platform X.

Objectives: We hypothesize that this content can provide insight into public perceptions and guide educational campaigns.

Methods: An advanced Twitter/X search for “PMS” and “PMDD” was conducted, filtering for English content. The top 100 tweets for each search term were explored through two different sentiment analysis tools which include Dr. Daniel Soper’s Sentiment Analyzer Tool and Text2Data Application Programming Interface (API) Natural Language Processing (NLP) Analysis. Tweets were also analyzed using a word cloud generator to identify the most frequently used terms. Connecting words were eliminated from the final output.

Results: Negative sentiment was more prevalent than positive among the tweets for PMDD, with an overall sentiment analysis of an average of -24.3 per the Daniel Soper Sentiment Analyzer tool, suggesting a negative and serious tone. The most frequently appearing terms in these tweets were “month” (mentioned 17 times), “bad” (16), “love” (15), “feel” (14), “MAFS” (14), “support (14). Per Text2Data’s API NLP analysis, the top 150 words had a negative sentiment of -0.59 with a magnitude of 1.69. Negative sentiment was more prevalent than positive among the tweets for PMS, with an overall sentiment analysis of an average of -15.2 per the Daniel Soper Sentiment Analyzer tool, suggesting a somewhat negative and serious tone. The most frequently appearing terms in these tweets were “new” (11), “price” (10), “oxford” (9), “feel” (14), “people” (9), “want” (9). Per Text2Data’s API NLP analysis, the top 150 words had neutral sentiment of +0.15 with a magnitude of 1.59.

Conclusions: This study emphasizes a less negative sentiment associated with PMS compared to PMDD. It also highlights how more emotionally charged terms were used among tweets discussing PMDD compared to PMS. This may reflect public perception of the two conditions. Additionally, social media can be a way to gauge public interest and perception of medical topics.

Disclosure of Interest: None Declared

EPV2003

Navigating OCD During Pregnancy: A Case Study and Therapeutic Insights

B. Arribas-Simon^{1*}, O. Martin-Santiago¹, C. Alario-Ruiz¹, O. Segurado-Martin¹, M. J. Mateos-Sexmero¹, P. Pando-Fernandez¹, P. Martinez-Gimeno¹, B. Rodriguez-Rodriguez¹, N. Navarro-Barriga¹, P. Andres-Olivera², M. Calvo-Valcarcel¹, M. Andreo-Vidal¹ and F.-J. Gonzalez-Zapatero¹

¹Psychiatry, Hospital Clinico Universitario, Valladolid and ²Psychiatry, CAUSA, Salamanca, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2387

Introduction: Obsessive-Compulsive Disorder (OCD) during pregnancy can worsen due to hormonal changes, psychological stress, and concerns about the baby’s health. It presents unique challenges for diagnosis and treatment, balancing the mother’s mental health with fetal safety. This case focuses on a woman

who developed OCD in her third trimester, emphasizing the challenges in managing the condition.

Objectives:

- To describe the impact and progression of OCD during pregnancy.
- To assess the effectiveness of Cognitive Behavioral Therapy (CBT) and evaluate pharmacological options.
- To analyze the risks and benefits of managing OCD therapeutically in pregnant women.

Methods: A clinical case of a 32-year-old woman at 28 weeks of gestation, with newly diagnosed OCD, is presented. Symptoms began in the second trimester with intrusive thoughts about harming her baby and compulsive checking and cleaning behaviors. The patient was treated with CBT, and SSRIs were considered due to symptom severity. Follow-up continued through pregnancy until delivery.

Results: CBT led to a significant reduction in compulsions and improved management of obsessive thoughts. However, moderate symptoms persisted, leading to consideration of SSRIs, which were ultimately avoided due to concerns about side effects. The patient’s delivery was uncomplicated, and continued CBT postpartum resulted in significant improvement.

Conclusions: This case illustrates the complexity of treating OCD during pregnancy, where hormonal changes and concerns about fetal health can exacerbate symptoms. Early intervention with CBT can be effective, and treatment decisions must carefully balance maternal and fetal well-being.

Disclosure of Interest: None Declared

EPV2004

Unresolved Grief Resurfacing: managing delayed perinatal grief after subsequent birth

B. Arribas-Simon^{1*}, O. Martin-Santiago¹, C. Alario-Ruiz¹, O. Segurado-Martin¹, M. J. Mateos-Sexmero¹, P. Pando-Fernandez¹, P. Martinez-Gimeno¹, B. Rodriguez-Rodriguez¹, N. Navarro-Barriga¹, P. Andres-Olivera², M. Calvo-Valcarcel¹ and M. Andreo-Vidal¹

¹Psychiatry, Hospital Clinico Universitario, Valladolid and ²Psychiatry, CAUSA, Salamanca, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2388

Introduction: Delayed perinatal grief occurs when the grieving process for a lost baby is reactivated after the birth of a healthy child. This case presents a 39-year-old mother who, after losing her first baby at 36 weeks due to Patau syndrome, experienced delayed grief following the birth of a full-term baby two years later. Despite receiving one psychological consultation at the time of the loss, the lack of follow-up contributed to the reactivation of her grief postpartum, presenting with sadness and anxiety.

Objectives:

- To describe the process of delayed perinatal grief in a mother who lost a baby due to Patau syndrome.
- To evaluate the psychological impact of the lack of follow-up after the loss on the subsequent development of reactivated grief.
- To propose therapeutic interventions for the management of mothers experiencing delayed perinatal grief.

Methods: We present the case of a 39-year-old mother who lost a baby at 36 weeks of gestation due to Patau syndrome. Following the loss, she received a single psychological consultation with no further follow-up. Two years later, she gave birth to a healthy baby at 40 weeks, and six weeks after delivery, she was referred to psychiatry due to symptoms of profound sadness and anxiety, consistent with delayed perinatal grief. The patient was evaluated by the psychiatry team and began treatment with psychological intervention and pharmacological management when necessary.

Results: The psychiatric intervention led to a gradual improvement in symptoms of sadness and anxiety. The patient responded favorably to psychological treatment, incorporating cognitive-behavioral therapy techniques to manage grief. However, feelings of sadness persisted on dates related to the previous loss. Ongoing emotional support was crucial for the recovery process.

Conclusions: Delayed perinatal grief can reactivate after the birth of a new child, especially in cases where the original loss was not adequately followed up. Proper psychological support is essential to help mothers process their grief and prevent long-term emotional complications.

Disclosure of Interest: None Declared

EPV2005

Attachment style, dyadic adjustment and gender roles attitudes of trans men and their partners in Turkey

M. Az^{1*}, N. Direk² and B. E. Onur Aysever¹

¹Department of Psychiatry, Private Office, İzmir and ²Department of Psychiatry, Istanbul Medical Faculty, Istanbul, Türkiye

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.2389

Introduction: It is being thought that the presence and quality of relationships to psychosocial adjustment and well-being is important. Little is known about the romantic relationships of individuals diagnosed with gender dysphoria. In the last thirty years, attachment theory has become one of the main references for adult romantic relationship studies. Despite the importance of attributed to the attachment system for overall psychological well-being and the quality of adult relationships, little research has focused on the attachment of individuals with gender dysphoria

Objectives: The present study focuses on researching the attachment style, dyadic adjustment and gender roles attitudes in trans men and their partners.

Methods: 60 trans men and their 50 partners are included in this study. "Experiences in Close Relationships-Revised", "Gender Roles Attitude Scale", "Childhood Trauma Questionnaire", "Dyadic Adjustment Scale", "Beck Depression Inventory" and "Beck Anxiety Inventory" are conducted to all attendees. Also, we used data form which is included sociodemographic and family features for all participants

Results: Prevalence of insecure attachment style was found high in both groups. Regarding the correlation between attachment style and dyadic adjustment, the dyadic adjustment points in trans men with secure attachment style were found significantly higher than trans men with insecure attachment style (Table 2, $p:0,006$). The average relationship duration of the

participants with secure attachment style was higher than the participants with insecure attachment style. It was found that both groups have egalitarian attitudes in general terms. The egalitarian attitudes subscale points of gender role attitude scale in trans men were found significantly higher than the egalitarian attitudes subscale points of gender role attitude scale in partners ($p:0,025$)

Image 1:

Table 1. Demographic characteristics of trans men and their partners

	Trans men (n=60)		Partner (n=50)		Statistics*	
	M ±SD	Min.-Max.	M±SD	Min.-Max.	Z	p
Age	24,82±4,98	18-41	23,16±5,24	17-36	-2,227	0,026
Years of education	12,51±2,67	5-17	12,6±3,49	4-17	-0,275	0,783
Relationship time(month)	30,64±32,54	1-120	28,08±30,82	1-120	-0,483	0,629

*Mann Whitney U, n: number, M: Mean, SD: Standard deviation

Image 2:

Table 2. Comparison of DAS total and subscale scores of individuals with secure and insecure attachment styles

		Secure attachment		Insecure attachment		Z	p
		M.±SD	Min.-Max.	M.±SD	Min.-Max.		
Trans men (n=60)	Dyadic consensus	55,93±7,03	42-65	48,13±9,45	18-61	-3,140	0,002
	Dyadic Satisfaction	24,61±5,22	14-32	22,5±6,39	11-33	-1,194	0,233
	Dyadic cohesion	17,32±4,46	4-23	16,23±4,15	9-24	-1,217	0,224
	Affectional Expression	16,93±2,84	9-20	15,7±2,69	12-20	-1,781	0,075
	DAS total	114,79±14,4	76-136	102,57±16,94	56-127	-2,725	0,006
Partner (n=50)	Dyadic consensus	54,33±7,67	31-64	52,46±9,97	30-65	-0,302	0,763
	Dyadic Satisfaction	24,46±4,29	16-30	23,62±5,95	7-33	-0,419	0,675
	Dyadic Cohesion	17,88±3,97	10-24	17,65±5,17	6-24	-0,205	0,838
	Affectional Expression	17,25±2,29	13-20	16,23±2,75	10-20	-1,289	0,198
	DAS total	113,92±12,97	82-130	109,96±16,36	72-135	-0,671	0,502

*Fisher's Exact test, n: number

Conclusions: The present study constitutes the first study in Turkey, which researching the attachment style, dyadic adjustment and gender roles attitudes in trans men and their partners, was analyzed. There are few studies in the literature investigating the gender roles