

BPD patients. We conducted a systematic review based on PRISMA guidelines of published and indexed articles from the following databases; EMBASE, MEDLINE, Google scholar, SCOPUS, Cochrane Library, PsycINFO.

**KEY WORD:** Lithium, Mood stabilizer, borderline personality disorder. Of the 131 retrieved articles, 9 included our inclusion criteria. **Results:** The review of 9 selected studies showed that lithium is useful in reducing emotional and impulsive behaviors, mood stabilization and suicidal tendencies and was more effective than placebo in preventing recurrence of mood disorders. In the study significant heterogeneity was found between all group of patients which could be due to the difference in the selection of participants and different exposure in the pre-study phase. Quantitative data on participants general health and social functioning were not reported and the direction of effect was the same in all studies.

**Conclusions:** No studies reported a negative effect for lithium and compared to other mood stabilization, it is more effective in controlling emotional and mood changes and aggression, also its side effects are less if controlled regularly and consistently. However, due to the small number of studies in this field and small sample size in studies, we suggest that more studies be conducted in all age groups.

**Disclosure of Interest:** None Declared

## EPV1373

### The Psychopathology of Ink: Tattoos as a Window into Personality (Disorders)

T. Grahovac Juretić<sup>1\*</sup>, A. Mančić<sup>1</sup>, E. Dadić-Hero<sup>1</sup>, M. Letica-Crepulja<sup>1</sup> and K. Ružić<sup>1</sup>

<sup>1</sup>Department of psychiatry, University Hospital Centre Rijeka, Rijeka, Croatia

\*Corresponding author.

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**Introduction:** Tattoos, once viewed primarily as symbols of rebellion or cultural affiliation, have become increasingly prevalent and socially accepted across diverse populations. This shift raises questions about the psychological motivations behind body art, particularly in individuals with personality disorders.

**Objectives:** These case studies explore the potential significance of tattoos in the context of personality psychopathology, examining how tattoos may serve as externalized representations of inner conflicts, identity fragmentation, and unmet emotional needs.

**Methods:** Through the lens of theory, we will discuss how tattoos can function as a form of self-expression and self-regulation, offering insight into defense mechanisms such as splitting, projection, and sublimation in individuals with borderline, narcissistic, and antisocial personality disorders.

**Results:** The presentation will also explore the therapeutic implications of tattoos, considering their potential as entry points for understanding the symbolic and emotional worlds of patients with personality disorders. We will also reflect on the clinician's role in addressing tattoos in psychotherapy, balancing sensitivity with inquiry, and understanding how body art may influence the therapeutic alliance.

**Conclusions:** Through the session we aim to deepen our understanding of tattoos as meaningful psychological markers in modern psychiatric practice.

**Disclosure of Interest:** None Declared

## EPV1374

### EEG Features in Young Patients with Syndromally Different Subtypes of Borderline Personality Disorder

A. F. Iznak<sup>1\*</sup>, A. A. Kuleshov<sup>2</sup>, ? V. Iznak<sup>1</sup>, E. V. Damyanovich<sup>1</sup> and V. G. Kaleda<sup>2</sup>

<sup>1</sup>Laboratory of Neurophysiology and <sup>2</sup>Department of Youth Psychiatry, Mental Health Research Centre, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** The study of the neurobiological characteristics of borderline personality disorder (BPD) in youth is actual due to its high prevalence, but quantitative EEG studies of BPD have yielded mixed results.

**Objectives:** The aim of the study was to assess the EEG features in patients with different clinical subtypes of borderline personality disorder (BPD).

**Methods:** Total of 52 patients aged 16-25 years (mean age 20.4 ± 3.2 years) with BPD (F60.31 by ICD-10) were enrolled in the study. Three groups of patients with different subtypes of BPD (with predominance of “affective storm”, “addictive adrenalin mania” and “cognitive dissociation”) were identified based on clinical and psychopathological characteristics. A pre-treatment multichannel resting EEG was recorded with measurements of EEG spectral power and coherence in narrow frequency sub-bands. Between-group differences in clinical and neurophysiological parameters were identified using Mann-Whitney criteria.

**Results:** The groups did not differ in EEG spectral power values, but significant ( $p < 0.05$ ) differences between the groups were revealed in the spatial organization of the EEG namely in the number of “highly coherent” functional connections (with coherence coefficients above 0.9) that was the least in the group with “cognitive dissociation”. Low values of the number of such connections in the alpha2 EEG sub-band (9-11 Hz) in the frontal-central-temporal brain regions reflect a relatively poor functional state of the prefrontal cortex in this group.

**Conclusions:** The noted features of the spatial functional organization of brain activity in patients with different BPD subtypes may underlie differences in their clinical conditions, in control of emotions and behavior.

**Disclosure of Interest:** None Declared

## EPV1375

### The Impact of Intensive Care Unit Patient Care on Hostility Levels Among Relatives

Z. C. Konstanti<sup>1\*</sup>, S. Kotrotsiou<sup>2</sup>, M. Kourakos<sup>1</sup>, S. Mantzoukas<sup>3</sup>, E. Kotrotsiou<sup>4</sup>, V. Koulouras<sup>5</sup> and M. Gouva<sup>1</sup>

<sup>1</sup>DEPARTMENT OF NURSING, UNIVERSITY OF IOANNINA RESEARCH LABORATORY OF PSYCHOLOGY OF PATIENTS, FAMILIES AND HEALTH PROFESSIONALS, SCHOOL OF HEALTH SCIENCES, IOANNINA; <sup>2</sup>DEPARTMENT OF NURSING, UNIVERSITY OF PATRA, PATRA; <sup>3</sup>DEPARTMENT OF NURSING, UNIVERSITY OF IOANNINA RESEARCH LABORATORY OF INTEGRATED HEALTH, CARE AND WELL BEING, SCHOOL OF HEALTH SCIENCES, IOANNINA, Greece; <sup>4</sup>DEPARTMENT OF NURSING, FREDERICK UNIVERSITY, NICOSIA, Cyprus and <sup>5</sup>DEPARTMENT OF ICU, MEDICINE SCHOOL, UNIVERSITY OF IOANNINA, IOANNINA, Greece

\*Corresponding author.

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**Introduction:** Hostility is defined as an enduring tendency in individuals to perceive the opinions and actions of others as negative or to anticipate aggression. This study examines how the Intensive Care Unit (ICU) admission of a critically ill family member influences the hostility levels of their relatives.

**Objectives:** This study aims to assess the hostility levels of family members of ICU patients, focusing on their sociodemographic characteristics and the closeness of their relationship to the patient.

**Methods:** The study included first-degree relatives, close relatives, and intimate friends of ICU patients. Data were collected via written questionnaires completed by relatives during the first week of the patient's ICU stay. Instruments used were a sociodemographic questionnaire and the Hostility and Direction of Hostility Questionnaire (HDHQ).

**Results:** A total of 223 family members (mean age: 41.5 ± 11.9 years), representing 147 critically ill patients, participated. Among the participants, 81 (36.3%) were male and 142 (63.7%) were female. The majority were the patients' children (40.8%), siblings (19.3%), or companions (16.1%). The mean hostility scores for male and female relatives were 20.54 ± 8.16 and 19.36 ± 7.43, respectively, with no statistically significant difference ( $P = 0.271$ ). However, a statistically significant difference ( $P = 0.030$ ) was found between relatives living in the same household as the patient (21.38 ± 8.47) and those living separately (18.92 ± 7.13).

**Conclusions:** This study highlights elevated hostility levels among relatives of ICU patients, suggesting that hostility may fluctuate in response to external stressors such as the critical illness of a loved one. The findings support the notion that hostility, while a personality trait, may also function as an adaptive behavior influenced by situational challenges, such as those faced when a family member is admitted to intensive care.

**Disclosure of Interest:** None Declared

## EPV1378

### The Fine Line Between Chaos and Creation: Exploring the Link Between Borderline Personality Disorder Traits and Creativity

M. Rosa<sup>1\*</sup>, T. Rocha<sup>1</sup>, J. F. Cunha<sup>1</sup>, J. Moura<sup>1</sup>, J. Leal<sup>1</sup>, I. Lopes<sup>1</sup>, D. Seabra<sup>1</sup> and N. Ramalho<sup>1</sup>

<sup>1</sup>DPSM, ULS Arco Ribeirinho, Barreiro, Portugal

\*Corresponding author.

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**Introduction:** Borderline Personality Disorder (BPD) is primarily characterized by emotional dysregulation, impulsivity, and unstable

relationships. While much of the research on BPD focuses on its impairments, recent studies suggest a possible link between certain BPD traits and enhanced creativity. Emotional intensity, cognitive disinhibition, and non-linear thinking—common in individuals with BPD—are also characteristics frequently associated with creative processes. This review aims to synthesize existing literature exploring the connection between BPD traits and creativity.

**Objectives:** The primary objective is to review and summarize the existing literature on the association between BPD traits and creativity, focusing on how emotional and cognitive aspects of BPD may facilitate creative thinking.

**Methods:** A non-systematic review of the literature was conducted by searching academic databases such as PubMed, PsycINFO, and Google Scholar for articles published up to 2023. Search terms included “Borderline Personality Disorder,” “creativity,” “personality traits,” and “emotion regulation.” Articles were selected based on relevance to the topic, focusing on studies that explored the link between BPD traits and creativity.

**Results:** The review identified studies showing a nuanced relationship between BPD traits and creativity. Individuals with BPD traits may access a wider range of emotional experiences, which can enhance creative expression. Impulsivity was linked to spontaneous idea generation and creative risk-taking, although it may also hinder the focus needed for refining creative work. Some research points out that the extreme emotional dysregulation associated with BPD can undermine creative productivity. While emotional intensity might inspire originality, it can also lead to difficulty in structuring ideas, or an inability to complete creative tasks. A few studies even suggest that high levels of interpersonal difficulties, common in individuals with BPD, may further complicate the consistent pursuit of creative projects, as social conflicts or emotional crises might divert focus and energy. In contrast, a smaller body of literature found that individuals with BPD traits might excel in creative fields that value expression, such as art, music, or writing, where emotional intensity and non-linear thinking can be channeled into meaningful creative outputs.

**Conclusions:** While the reviewed literature suggests that certain BPD traits may enhance creativity, the relationship is complex and multifaceted. Emotional intensity and impulsivity, while potentially beneficial for creative output, can also disrupt focus and long-term creative endeavors. Overall, while BPD traits may foster creativity, they also pose challenges to sustaining long-term creative productivity.

**Disclosure of Interest:** None Declared

## EPV1380

### The Rise of Borderline Personality Disorder in Kyrgyzstan: A Two-Year Review

E. Molchanova<sup>1</sup>

<sup>1</sup>Psychology, American University in Central Asia, Bishkek, Kyrgyzstan

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**Introduction:** Borderline Personality Disorder (BPD) was historically an underdiagnosed condition in Kyrgyzstan, often identified only in extreme cases, such as when individuals engaged in self-harm or displayed severe emotional instability. Traditionally, psychiatric consultations for BPD were initiated not by the individuals themselves but by concerned family members, typically parents.