

EPV0256

General population's perceptions regarding marriage in patients with Bipolar disorder

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doi: 10.1192/j.eurpsy.2025.1091

Introduction: The general population's views on marrying individuals with bipolar disorder are shaped by a combination of personal experiences, cultural beliefs and media portrayals, and this emphasize the challenges for successful, supportive relationships among them.

Objectives: To explore these perceptions we performed a qualitative analysis of public attitudes toward marriage in individuals with bipolar disorder.

Methods: A cross-sectional study was carried out using a convenience sampling approach among the general population. The survey was distributed through social media platforms and, in addition to collecting socio-demographic and clinical data, it provided a detailed account of the symptoms and outcomes associated with bipolar disorder. It also included open-ended questions aimed to evaluate perceptions of the potential advantages and disadvantages of being in a relationship with someone who has bipolar disorder. The responses were analyzed, and common themes reflecting public opinion were identified.

Results: A total of 304 participants, mostly aged between 20 and 30, were included, with women making up 80.9% of the group. The majority held a university degree. A family history of psychiatric conditions was reported by 35.6% of the participants, and 23.35% mentioned living with someone who has a psychiatric disorder. Additionally, around 87% of the participants acknowledged having consulted a psychiatrist at least once in their lifetime.

Responses regarding potential disbenefits of being married to a patient with bipolar disorder included 9 themes. The most representative ones were 1) the fear of dealing with mood swings and recurrent mood episodes (10.2%); 2) the impossibility of having a stable relationship (7.2%), 3) the risk of physical and/or verbal violence (6.4%); 4) the elevated risk of separation (4.6%); and 5) the risk of suicide (3.9%). Other themes included concerns about 6) transmitting the pathology to their descendants; 7) dealing with a partner who refuses treatments; 8) having an irresponsible companion; and 9) facing financial problems.

About 8.9% of the participants stated that they were willing to get married with a patient with bipolar disorder in order to help him survive his illness; 6.2% of them qualified him as intelligent and affectionate; and 5.2% considered manic episodes as an opportunity to alter routine.

Conclusions: Public perceptions of marriage with individuals with bipolar disorder are shaped by a complex interplay of stigma, fear, and misinformation. While negative stereotypes are prevalent, there is also a recognition that with the right support, successful marriages are possible. Addressing the knowledge gaps and promoting empathy are crucial steps in reducing stigma and

supporting individuals with bipolar disorder in their personal and marital lives.

Disclosure of Interest: None Declared

EPV0256

The Effect of Emotion Regulation Strategies on Functioning in Individuals with Bipolar Disorder

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doi: 10.1192/j.eurpsy.2025.1092

Introduction: Bipolar disorder is a chronic disorder characterized by intense fluctuations in mood, which seriously affects the mental health and quality of life of the individual (APA, 2022). The most prominent features of this disorder include episodes of mania, hypomania and depression. In between these episodes, individuals may generally experience periods of emotional stability; however, the severity and frequency of emotional fluctuations may show individual differences. Bipolar disorder affects not only individuals' mood, but also their cognitive functioning, social relationships, and overall mental health. In this context, the strategies these individuals use to cope with emotional difficulties play an important role in mental health. Especially in manic episodes, individuals often struggle with an uncontrolled increase in excessive positive emotions, while in depressive episodes they have to cope with intense negative emotions (Gruber, 2011). Research shows that individuals with bipolar disorder often resort to dysfunctional emotion regulation strategies, which may have a negative impact on the frequency and severity of episodes. However, studies on the effectiveness of emotion regulation strategies in individuals with bipolar disorder are limited. In particular, more research is needed on how these strategies play a role in different stages of the illness and to what extent the effects of these strategies on individuals' overall functioning differ.

This study aims to examine the effects of emotion regulation strategies used by individuals with bipolar disorder on functioning.

Objectives: The aim of this study is to examine the effect of emotion regulation strategies used by individuals with bipolar disorder on their functioning. In particular, it is aimed to analyze the differences between functional and non-functional strategies on functioning.

Methods: This study was planned according to a descriptive correlational design. Data will be collected from individuals diagnosed with bipolar disorder using the Cognitive Emotion Regulation Scale, Difficulty in Emotion Regulation Scale-Short Form (DERS-16), Young Mania Rating Scale, Brief Psychiatric Functioning Rating Scale and Sociodemographic Data Form. Participants will fill in these scales and the effect of emotion regulation strategies on functioning will be evaluated. The data will be subjected to appropriate methods for statistical analysis.

Results: Data extraction is still on going in detailed style by principal authors. Description of studies and the key findings will be presented.

Conclusions: The results of this study aim to determine the different effects of functional and dysfunctional strategies on functioning in individuals struggling with bipolar disorder and to provide recommendations for interventions that can improve the mental health of these individuals.

Key Words: bipolar disorder, emotion regulation, functioning, coping.

Disclosure of Interest: None Declared

EPV0257

Impact of Apheresis on Lithium Levels in a Patient with Multiple Myeloma and Bipolar Disorder: A case report

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doi: 10.1192/j.eurpsy.2025.1093

Introduction: Managing lithium levels in patients with coexisting medical conditions can present several challenges. Here, we report a case of a bipolar disorder (BD) patient on lithium therapy who underwent apheresis in the hematology department for autologous stem cell transplantation preparation.

Objectives: Bipolar disorder and multiple myeloma are both challenging conditions to manage individually, but their combination presents unique difficulties. This report details the case of a patient with both conditions, emphasizing the impact of a major medical intervention on psychiatric health.

Methods: Presentation of a patient's case regarding the impact of apheresis on lithium levels.

Results: A 52-year-old woman presented in January 2024 with bilateral hip pain, and MRI revealed lesions on the T12 vertebra, which were identified as multiple myeloma on a PET scan. She underwent neurosurgical intervention for the spinal lesions and was planned for autologous stem cell transplantation by the hematology team, involving apheresis and filgrastim administration. The patient has a 20-year history of BD and has never been hospitalized in a psychiatric facility. Her condition has remained stable with lithium and quetiapine, especially when lithium levels were maintained between 0.8-0.9 mEq/L. During acute episodes, increasing the quetiapine dosage and adding clonazepam have proven effective. It was noted that her most recent hypomanic episode occurred in January 2024, due to the interruption of her medications during her admission to the neurosurgery ward. When the patient was admitted to the hematology ward for apheresis, she was taking 1200 mg/day of lithium and 600 mg/day of quetiapine, with a blood lithium level of 0.56 mmol/L. Since her blood lithium levels were considered low, the dosage was increased to 1500 mg/day. One week later, the patient developed complaints of increased amount of speech, overspending and irritability. She was evaluated in consultation and hypomania was considered as

a result of psychiatric examination. Her blood lithium level had decreased to 0.46 mmol/L at that time. Clonazepam 0.5 mg/daily was added to her treatment. The apheresis treatment was completed after 10 days. Four days after the completion of the apheresis therapy, her lithium level increased to 0.81 mmol/L and her hypomanic symptoms have improved.

Conclusions: Although lithium is well-documented to be effectively removed via hemodialysis and peritoneal dialysis, its removal through apheresis is not documented. Managing BD in patients undergoing apheresis presents challenges due to its impact on plasma lithium levels. This case underscores the importance of individualized treatment strategies, including frequent monitoring of serum lithium levels and timely dose adjustments. Clinicians must remain cautious in patients undergoing plasma exchange to maintain mood stability and adjust treatments as necessary.

Disclosure of Interest: None Declared

EPV0258

Enhancing Lithium Monitoring: A Comparative Analysis of Saliva, Erythrocyte, and Plasma Levels in Psychiatric Patients

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doi: 10.1192/j.eurpsy.2025.1094

Introduction: Lithium is a key treatment for bipolar affective disorder, effectively managing mania, depression, and reducing suicidality. Due to its narrow therapeutic range, regular monitoring of plasma levels is essential to avoid toxicity. However, blood plasma testing can be costly and inconvenient. Non-invasive alternatives, such as saliva testing, have been explored, but with inconsistent results. Previous studies have shown discrepancies in saliva collection and storage, variations in processing methods, and differences in lithium detection techniques. Recent research suggests that erythrocyte lithium levels may better reflect brain concentrations and predict treatment response. This study investigates the correlation between lithium concentrations in different types of biological media, aiming to find a more convenient and effective monitoring method for patients.

Objectives: This study aimed to examine the correlation between lithium concentrations in saliva, plasma, and erythrocytes at multiple daily time points in patients undergoing lithium carbonate treatment.

Methods: A total of 77 patients were recruited from the Clinical Department of Psychiatry, Sestre Milosrdnice University Hospital Center, Zagreb, Croatia, between January and August 2024. Participants included inpatients and day hospital patients diagnosed with bipolar affective disorder, treatment-resistant depressive disorder, or depressive disorder with a high suicide risk. All participants were newly initiated on lithium carbonate therapy, receiving