

specific symptoms, i.e., rumination (R) (Thomsen, 2006) and perseverative thoughts (PT). According to Martin & Tesser (1996), rumination could be defined as “[...] a class of conscious thoughts that revolve around a common instrumental theme and that recur in the absence of immediate environmental demands requiring the thoughts”. Following this definition, this symptom can be represented along a continuum ranging between healthy individuals and patients with full-blown mood disorder.

Objectives: The present study aimed at investigating the psychophysiological markers underlying the risk to develop mood disorders, in a community sample selected for two important psychiatric transdiagnostic domains, i.e., perseverative thoughts and ruminations (PT/R).

Methods: In order to prompt a rumination state, we developed a new mood induction paradigm based on presentation of brief, validated videoclips able to evoke sadness, psychological suffering and feelings of loss. Subjective reports and high-density EEG data from 20 students with high ($\geq 80^{\text{th}}$) and 20 with low ($\leq 20^{\text{th}}$ percentile) PT/R were collected. Subjective data analyses included self-perceived valence and arousal for ‘love abandonment’, ‘loneliness’ and ‘city documentary’ (i.e., neutral) clips. sLORETA source analyses on EEG bands were carried out to unmask the cortical areas involved in rumination.

Results: Regardless of group, emotional clips elicited greater valence and arousal scores than neutral videos. Between-group sLORETA analysis revealed greater delta and theta activity in low vs. high PT/R participants in left superior parietal lobule during viewing of ‘love abandonment’ clips. Within-group analysis carried out in low PT/R participants showed that, compared with neutral clips, the ‘love abandonment’ and ‘loneliness’ conditions elicited greater alpha activity in superior (left) and middle (right) frontal gyri, respectively. On the contrary, high PT/R participants showed similar right (pre)cuneus alpha increase, regardless of emotional content.

Conclusions: Results suggest a decreased sensitivity to negative videoclips in high PT/R individuals, together with the loss of the specialized frontal hemispheric valence-dependent asymmetry that is typically found in low PT/R participants.

Disclosure of Interest: None Declared

Psychotherapy

EPP226

Assessing the impact of psychological support on healthcare workers in conflict zones: a 5-Session intervention in North Kivu and Ituri

E. Dozio^{1*} and V. Wamba²

¹Mental Health and Psychosocial Support, Action contre la Faim, Paris, France and ²Mental Health and Psychosocial Support, Action contre la Faim, Goma, Congo, The Democratic Republic of the

*Corresponding author.

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Introduction: North Kivu and Ituri in the Democratic Republic of the Congo (DRC) are among the provinces most severely affected by humanitarian needs. The security situation is highly unstable, with over 530,000 people displaced. Those remaining face urgent needs, and the conflict has severely impacted their mental health. An assessment of healthcare staff in local centers revealed significant distress due to both their exposure to patients in crisis and the surrounding violence and insecurity.

Objectives: The aim of the protocol developed and proposed to healthcare staff was to implement preventive and curative psychological support actions designed to address all the psychosocial risks identified, as well as to alleviate emotional distress, improve well-being and strengthen the resilience mechanisms of healthcare centre staff.

Methods: A 5-session protocol was proposed to healthcare staff. The sessions focused on psychological distress specific to professional situations in the context of conflict and humanitarian emergencies: vicarious trauma and self-help strategies using emotional regulation exercises. We measured several dimensions of participants’ psychological and professional well-being at the start and end of the programme: the PCL-5 to assess post-traumatic stress symptoms, the HADS to measure levels of anxiety and depression, the Maslach Burnout Inventory (MBI) to assess three dimensions of burnout: emotional exhaustion, depersonalisation and personal fulfilment. Finally, the ProQoL scale was used to assess participants’ quality of working life.

Results: Analyses of the scores differences between pre and post intervention, among a pre-sample of 65 participants (21% women; 78.5% men) showed significant improvements. Anxiety and depression levels decreased significantly (HAD-A: $t = -7.71$, $p < 0.001$; HAD-D: $t = 7.30$, $p < 0.001$). On the MBI, participants showed a significant reduction in emotional exhaustion ($t = 5.83$, $p < 0.001$) and depersonalisation ($t = 8.85$, $p < 0.001$) and an increase in the sense of personal accomplishment ($t = -5.12$, $p < 0.001$). The results also show a clear reduction in post-traumatic stress symptoms (PCL-5: $t = 8.64$, $p < 0.001$). On the ProQoL scale, compassion satisfaction also increased significantly ($t = -5.70$, $p < 0.001$), indicating that carers feel more gratified by their role despite the challenges they face. Secondary traumatic stress ($t = 5.38$, $p < 0.001$), and burnout ($t = 2.82$, $p = 0.006$), although significantly reduced, remain areas of concern.

Conclusions: The intervention had significant positive effects on several dimensions of the psychological and professional well-being of healthcare workers, contributing to better stress management, increased satisfaction, and reduced burnout. These results highlight the importance of implementing support programs for healthcare professionals working in challenging contexts.

Disclosure of Interest: None Declared

Intellectual Disability

EPP227

Psychiatric and cognitive characterization of Jacobsen syndrome (Del11q)

A. Garriz-Luis^{1,2*}, E. Rodríguez-Toscano^{1,2}, M. Burdeus-Olavarrieta¹, C. Arango^{1,3}, M. Parellada^{1,3}, N. Logo¹ and C. M. Díaz-Caneja^{1,3}

¹Department of Child and Adolescent Psychiatry, Institute of Psychiatry and Mental Health; ²School of Psychology and ³School of Medicine, Universidad Complutense, Madrid, Spain

*Corresponding author.

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Introduction: Jacobsen Syndrome (JS), or 11q Deletion Syndrome, is a rare genetic disorder affecting approximately 1 in 100,000 births, with a female-to-male ratio of 2:1 (Grossfeld *et al.* Am J Med Genet A. 2004; 129A(1):51-61). It is caused by a deletion on chromosome

11's long arm, leading to diverse clinical features, affecting mainly the immune and cardiac systems (Dalm *et al.* J Clin Immunol. 2015; 35(8):761-8). Core neuropsychiatric symptoms include intellectual disability, psychomotor delays and distinctive physical traits. Recent reports highlighted attention deficits and autism-like characteristics (Akshoomoff *et al.* Genet Med. 2015; 17(2):143-8). Although previous studies identified varied cognitive profiles in JS, most focused on medical features, and a detailed psychiatric and cognitive characterisation is lacking.

Objectives: This study aims to describe and analyse the psychiatric and cognitive profiles of individuals with JS as well as its associations, within a Spanish sample.

Methods: Twenty-nine participants aged 2 to 45 years were recruited from the Spanish association "11q España". Psychiatric data were collected through interviews with parents and cross-referenced with medical reports, and behavioural symptoms were assessed using the Child Behavior Checklist (CBCL). Cognitive functioning was evaluated using Wechsler scales and the Merrill-Palmer-Revised scale.

Results: The cohort's average age was 12 years, with a female majority (68.9%). Psychiatric or neurodevelopmental comorbidities were present in over half (51.72%), with ADHD being the most common. According to the CBCL, 54.4% had internalising problems, and 54.5% had externalising problems. The average Intellectual Quotient (IQ) was 50.18, and the mean Developmental Quotient 36. When grouped by disability, 17.3% had borderline functioning, 17.3% mild, 21.7% moderate, 26% severe, and 17.3% profound ID. Higher IQ was associated with increased depression diagnoses and anxious/depressed symptoms.

Conclusions: This study provides a detailed neurocognitive profile of individuals with JS, confirming its heterogeneous presentation. Psychiatric comorbidities, especially ADHD, were common, and cognitive functioning ranged from borderline to profound ID, with no cases of normal cognition. Notably, participants with higher cognitive abilities were more prone to depression, highlighting the need for targeted mental health support tailored to individuals with JS.

Disclosure of Interest: None Declared

Psychopathology

EPP228

Prevalence of autistic traits and their relationships with other psychopathological domains in young adults seeking psychiatric attention: a cluster analysis

G. Ingrosso^{1*}, B. Demartini^{2,3}, F. Serio¹, V. Nisticò^{1,2,4}, G. Broglia¹, A. Bertani^{3,5}, R. Faggioli³, O. Gambini^{1,3}, G. Massimetti⁶, L. Dell'Osso⁶ and B. Carpita⁶

¹Department of Health Sciences, University of Milan; ²University of Milan, "Aldo Ravelli" Research Centre for Neurotechnology and Experimental Brain Therapeutics; ³Department of Psychiatry, ASST Santi Paolo e Carlo; ⁴Department of Psychology, University of Milano-Bicocca; ⁵ASST Santi Paolo e Carlo, Centro Giovani "Ettore Ponti", Milan and ⁶Clinical and Experimental Medicine, University of Pisa, Pisa, Italy

*Corresponding author.

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Introduction: Nearly two-thirds of individuals with a mental disorder start experiencing symptoms during adolescence or early

adulthood, and the onset of a mental disorder during this critical life stage strongly predicts adverse socioeconomic and health outcomes. Subthreshold manifestations of Autism Spectrum Disorders (ASD), also called autistic traits, are known to be associated with a higher vulnerability to the development of other psychiatric disorders. Current psychopathological research has pointed out the shortcomings of a categorical approach to mental illnesses (e.g., the concept of comorbidity) whilst a dimensional approach allows the description of patients across multiple syndrome dimensions that, in turn, constitute broad spectra of interrelated psychopathologies.

Objectives: This study aimed to assess the presence of autistic traits in a population of young adults seeking specialist assistance, and to evaluate the study population across various psychopathological domains in order to determine their links with autistic traits.

Methods: We recruited a sample of 263 adolescents and young adults referring to a specialized outpatient clinic, and we administered them several self-report questionnaires for the evaluation of various psychopathological domains: the *Autism Quotient*, the *Ritvo Autism and Asperger Diagnostic Scale-Revised*, RAADS-R, the *Empathy Quotient*, EQ, the *Sensory Perception Quotient – Short Form*, SPQ-SF35, the *Beck Depression Inventory*, BDI-II, the *State-Trait Anxiety Inventory*, STAI-Y1 and Y2, the *Eating Attitude Test-26 items*, EAT-26, the *Prodromal Questionnaire-short version*, PQ-16, the *Personality Inventory for DSM-5*, PID-5-BF, the *Pathological Narcissism Inventory*, PNI. We then conducted a cluster analysis based on the prevalence of autistic traits (AQ, RAADS-R), empathy (EQ) and sensory sensitivity (SPQ-SF35) scores.

Results: The cluster analysis identified three distinct groups in the sample: an autistic traits (AT) cluster (22.43%), an intermediate cluster (45.25%), and a no-AT cluster (32.32%). Moreover, subjects with higher autistic traits exhibited significantly greater symptomatology across multiple psychopathological domains, including mood, anxiety, eating disorders severity, psychotic symptoms, and personality traits such as Detachment and Vulnerable Narcissism.

Conclusions: The study highlights the importance of identifying autistic traits in young individuals struggling with mental health concerns, and suggests a relationship between autistic traits and greater overall psychopathological burden. Additionally, the findings underscore the necessity of adopting a dimensional approach to psychopathology, in order to better understand the complex interplay of different psychiatric symptoms and facilitate tailored interventions.

Disclosure of Interest: None Declared

EPP229

Unveiling Neuropsychiatric Phenomena: The Impact of Linguistic Precision on Clinical Insight

V. H. Santos^{1,2*}, F. M. Tehrani³, N. Castro⁴, B. Sousa¹, Z. C. e Sá¹, T. Carvalhão¹ and S. Fontes¹

¹Department of Psychiatry and Mental Health, Cova da Beira Local Health Unit; ²Faculty of Health Sciences, University of Beira Interior, Covilhã, Portugal; ³Mental Health Services in the Capital Region of Denmark, Child and Adolescent Mental Health Center, Copenhagen, Denmark and ⁴Department of Psychiatry and Mental Health, Viseu Dão-Lafões Local Health Unit, Viseu, Portugal

*Corresponding author.

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Introduction: Precision of language in neuropsychiatry is vital for the accurate understanding of complex psychopathological