

EPV0803

The activity of platelet enzymes and subpopulation composition of monocytes in schizophrenia

T. Prokhorova*, I. Boksha, Z. Sarmanova, O. Savushkina and E. Tereshkina

FSBSI "MENTAL HEALTH RESEARCH CENTRE", Moscow, Russian Federation

*Corresponding author.

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Introduction: The studies on various groups of patients with schizophrenia revealed impairments in immune system, glutamatergic, and antioxidant systems contributing substantially in schizophrenia pathogenesis.

Objectives: To search for links between the activities of platelet enzymes involved in glutamate and glutathione metabolism and monocytes' subpopulation compositions in patients with schizophrenia and to identify possible correlations of the biomarkers with clinical data. Research objectives: determination of subpopulation ratio of monocytes; measurement of the activity levels of glutamate dehydrogenase (GDH), phosphate-activated glutaminase (PAG), glutathione reductase (GR) and glutathione S-transferase (GST) in blood platelets; search for correlations between these parameters and the scores by psychometric scales.

Methods: The study included 36 women aged 16-45 years with acute schizophrenia hospitalized in the Mental Health Research Centre with their current condition assessed as depressive-delusional. The control group consisted of 17 women 18-45 years old without somatic or mental pathology. GDH, PAG, GR and GST activities were measured by spectrophotometric methods, and numbers of monocyte subpopulations - "classical", "intermediate", "non-classical" - by flow cytometry. The Hamilton Depression Rating Scale (HAMD-17) was used to assess depression severity. The data was processed using the Statistica 8.0 software.

Results: The detected changes in monocyte subpopulations' composition towards the increase in the proportion of cells having a pro-inflammatory phenotype (CD14++CD16+ "intermediate") indicated the activation of inflammatory reactions. Also, the activities of platelet enzymes of glutathione metabolism (GR and GST) were significantly decreased ($p < 0.05$). Moreover, GDH and GST activities significantly correlated with the scores by HAMD-17 ($r = 0.40$, $p = 0.022$ and $r = 0.45$, $p = 0.030$, respectively). The results indicate the presence of pathological inflammatory process, the decrease in activities of glutathione antioxidant metabolism enzymes and a link to glutamate metabolism involvement (GDH) in the studied patient group.

Conclusions: The identified redistribution in the monocyte subpopulations' composition and decrease in the activity of enzymes involved in glutamate metabolism and antioxidant system indicate the involvement of the immune, glutamate and antioxidant systems in the pathogenesis of schizophrenia and may reflect a functional interaction between these systems.

Disclosure of Interest: None Declared

Psychopathology

EPV0805

Unitarity or multiplicity of the psychosis: neverending question in psychopathology.

J. J. Martínez Jambrina

Psychiatry, Hospital San Agustín, Aviles, Spain

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Introduction:

- Introduce the topic of the continuity of psychoses and its relevance in contemporary psychiatry.
- Present authors as Henry EY, Jim van Os and Germán Berrios as key figures in the discussion on this topic, highlighting Ey, Dr. Jim van Os's significant contributions to the understanding of the continuum of psychosis, Germán Berrios's historical and cultural perspectives, and the importance of Bartolomé Llopis's critical viewpoint. We also review the evolutionary approach about mental disorders as a keypoint in this discussion.

Objectives: Analyzing and comparing the theses of Jim van Os, Ey, Germán Berrios, and Bartolomé Llopis's critical perspective. about the continuum of the psychosis and the importance of this never-ending question for its use in the clinical practice.

Methods: I will present a detailed literature review and a textual analysis of their writings.

Results:

- Provide a brief description of Jim van Os's theses highlighting his key ideas:
- **Dimensional Approach:** promotes a dimensional approach to understanding psychosis, viewing psychotic experiences as continuous variables rather than categorical entities. This challenges the traditional diagnostic system.
- **Psychotic-Like Experiences:** His research focuses on "psychotic-like experiences" (PLEs) in non-clinical populations, including mild hallucinations or paranoid thoughts.
- **Transdiagnostic Perspective:** His work contributes to a transdiagnostic perspective, suggesting flexibility in diagnostic boundaries in psychiatry.
- Next, introduce Germán Berrios's theses on the same topic, emphasizing his historical and cultural perspectives and recognition of individual variability.
- Finally, introduce Bartolomé Llopis's critical perspective:
- Llopis criticizes simplistic models of psychosis, arguing that they fail to capture the complexity of individual experiences.
- He advocates for comprehensive assessments that consider not only symptomatology but also the unique contexts and histories of individuals.
- While Ramón y Cajal is best known for his contributions to neuroscience and neuroanatomy, he did not directly apply Darwinian principles to his work in those fields. However He believed that an understanding of the evolutionary history of

the brain and nervous system could provide valuable insights into their structure and function.

Conclusions:

- Highlight the potential for a more comprehensive and holistic approach to understanding and addressing psychotic experiences within an evolutionary context.
- The relationship between the continuum of psychosis and evolutionism is a complex and multifaceted topic. It involves exploring how the concept of the continuum of psychosis, which suggests that psychotic experiences exist on a spectrum in the general population, may relate to evolutionary theories and perspectives on mental health. We will explain some key points to consider about this and the main psychiatrists which dealt with this question.

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EPV0807

Examining Challenges and Evaluating Supportive Counseling Approaches for Students with Attention Deficit Hyperactivity Disorder (ADHD)"

I. Farmakopoulou¹, A. Metaxa¹ and M. Theodoratou^{2,3*}

¹social work and educational sciences, University of Patras; ²Social Sciences, Hellenic Open University, Patras, Greece and ³Health Sciences, Neapolis University Pafos, Pafos, Cyprus

*Corresponding author.

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Introduction: Introduction: Research indicates that 2-8% of students exhibit ADHD symptoms, a condition impacting personal, social, and academic functionality (Kwon et al., 2018). A significant proportion encounter educational and socio-emotional challenges, often leading to academic disruptions; indeed, 11-21% of such students defer enrollment for two consecutive years (DuPaul et al., 2021). Studies have highlighted pronounced issues related to academic performance within this demographic (Henning et al., 2022). These findings emphasize the critical need for innovative interventions and a deeper understanding of ADHD's impact on young adults in academic contexts.

Objectives: To investigate challenges and evaluate supportive counseling approaches for students with Attention Deficit Hyperactivity Disorder (ADHD)"

Methods: This study utilized a qualitative approach, employing semi-structured interviews to understand the experiences and perspectives of university students with ADHD from across the country. The diverse sample comprised students from various academic disciplines and levels. Data were collected, ensuring participants' comfort, and were analyzed using content analysis method, revealing insightful themes and patterns about ADHD's impact in students' quality of life and academic issues. The findings aim to contribute to a better understanding of ADHD

Results: The results of the study highlight the significant academic and organisational difficulties faced by participants with ADHD. Many struggled intensely to maintain concentration in class, with distractions causing significant attentional lapses and increased anxiety. Procrastination was a recurring problem, leading to last-minute submissions and increased stress. Forgetting to complete academic tasks, such as course registration, had a cumulative negative impact

on participants' academic journeys. These findings highlight the complex challenges faced by people with ADHD in educational settings, and the need for comprehensive interventions. Addressing these multifaceted issues goes beyond academic accommodations and requires inclusive learning environments, counselling, peer support, and specialised faculty training to create a supportive ecosystem conducive to the success of individuals with ADHD.

Conclusions: This study highlights the multifaceted challenges, notably in concentration and task management, faced by individuals, presumably with ADHD, within academic settings. The reported struggles emphasize the urgent need for specialized interventions and support structures, focused on fostering concentration, effective task management, and administrative diligence. The insights provided are instrumental, guiding future research and intervention strategies aimed at addressing the identified needs and fostering an inclusive and supportive learning environment.

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EPV0809

Emotionally charged events as a trigger for the acute development of psychotic symptomatology. A case report

P. Del Sol Calderon^{1,1*}, A. Izquierdo de la Puente¹, R. Fernández², M. García Moreno¹ and C. Delgado¹

¹Psychiatry, Hospital Puerta de Hierro and ²Psychiatry, Hospital Universitario Infanta Cristina, Madrid, Spain

*Corresponding author.

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Introduction: A 21-year-old male presented to the emergency room due to strange behavior

Objectives: Show how emotionally intense events can be a stress factor leading to dissociative or psychotic symptoms.

Methods: Case report and literature review

Results: The patient is in Spain after having attended the meeting with the Pope at the World Youth Day in Portugal. He is an engineering student who, in the week prior to the trip, had high levels of stress related to exam time. He also explained that he had recently had conflicts with his partner. In the psychopathological examination of the patient, a global insomnia of 3 days of duration stands out. In addition, a disorganized and disjointed speech focused on high concern that something bad could happen to his family and partner. In the interview he appears restless, nervous, with a perplexed contact. The patient's companion says that he has been very worried and obsessed about his relationship with his partner, with constant doubts about asking her to marry him. It is decided to start olanzapine, receiving up to 15 mg per day. In the following interviews he shows better contact and a more organized speech.

Conclusions: It is known that emotionally intense situations can be a trigger for the development of psychotic symptoms. There are different manifestations of these stressful situations such as physical symptoms like fainting or but mental symptoms are also described such as dissociative amnesias, or less frequent as in this case psychotic symptoms. They are usually of sudden onset and early remission with good response to anxiolytics or antipsychotics.

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