

Conclusions: There seems to be a consensus in the bibliography that written information should not replace verbal information. The latter remains a priority, but must be closely associated to written information so that, in combination, its beneficial effects can be enhanced.

Disclosure of Interest: None Declared

EPV1289

Bibliographic Review of Smith-Magenis Syndrome and its Psychopharmacological Management with Lithium: About a case

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Introduction: Smith-Magenis Syndrome (SMS) is a neurogenetic disorder caused by deletions on chromosome 17p11.2 or mutations in the *RAI1* gene. It is characterized by **intellectual disability**, **behavioral disturbances** like **aggression**, **impulsivity**, **self-injury**, and **sleep disruptions**. A hallmark feature of SMS is **inverted melatonin production**, leading to **daytime sleepiness** and **night-time insomnia**, which exacerbate behaviors. Traditional treatments, such as **antipsychotics** and **SSRIs**, often show limited effectiveness and can cause side effects, including **metabolic syndrome**, **sedation**, and **extrapyramidal symptoms**.

Lithium has emerged as a promising alternative to manage **treatment-resistant behaviors** in SMS. Known for its **mood-stabilizing** properties in **bipolar disorder**, lithium modulates **dopamine** and **serotonin**, reduces **aggression**, and promotes **neuronal plasticity**. However, lithium requires **close monitoring** due to the risks of **nephrotoxicity**, **thyroid dysfunction**, and its **narrow therapeutic index**.

Objectives: This study explores **lithium's role** in managing **severe behavioral disturbances** in SMS, especially in patients unresponsive to conventional treatments. The objectives are: (1) to review the **literature** on lithium's efficacy and safety in SMS and similar neurodevelopmental disorders, and (2) to present a **clinical case** of a 25-year-old SMS patient treated successfully with lithium after antipsychotics and SSRIs failed.

Methods: A **literature review** was conducted using **PubMed** and **Web of Science**, focusing on articles published between 2013 and 2023 on lithium in SMS and related disorders. Additionally, the **clinical case** of a 25-year-old male with SMS, exhibiting **aggression** and **self-injury**, was documented. After other treatments failed, lithium was introduced with regular monitoring of **serum levels**, **renal**, and **thyroid function** throughout six months.

Results: Literature supports lithium's **efficacy** in reducing **aggression** and **impulsivity** in SMS. Lithium modulates **dopaminergic** and **serotonergic systems**, stabilizing mood and reducing disruptive behaviors. In the clinical case, the patient improved within two weeks of lithium therapy. Over six months, **aggression** and **self-injury** diminished significantly, with no adverse effects and stable **renal** and **thyroid function**.

Conclusions: Lithium is an effective option for SMS patients with **treatment-resistant behavioral disturbances**, particularly **aggression** and **self-injury**. It offers a valuable alternative to antipsychotics and SSRIs, enhancing **emotional stability** and **quality of life**. However, careful **monitoring** is required to prevent toxicity.

Further research is needed to confirm lithium's long-term safety and efficacy in SMS.

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EPV1290

The Hidden Burden of Undiagnosed ADHD among Medical Students in Pakistan: A Cross-Sectional Survey of Self-Reported Symptoms

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Introduction: Attention-deficit/ hyperactivity disorder (ADHA) is recognized as a major public health issue, characterized as a persistent neurodevelopmental disorder that presents challenges in various aspects of life, often continuing into adulthood and frequently going undiagnosed.

Objectives: This study aimed to explore the prevalence, types, participants knowledge and perceptions and demographic determinants of undiagnosed adult ADHD among undergraduate medical students in Pakistan.

Methods: This study conducted from July 2023 to December 2023. A nationwide cross-sectional study enrolled 342 undergraduate medical students who met the selection criteria. Data was collected through an online self-administered survey of three main parts, utilizing the WHO 18 questions Adult ADHD Self-Report Scale, Version 1.1 (ASRS-v1.1), to assess adult ADHD symptoms. Data analysis was carried out using SPSS (version 26.0).

Results: Out of 342 participants, 119 medical students, or 34.8%, were found to have adult ADHD. The most prevalent presentation was inattentive dominance, observed in 86 students (72.3%), followed by mixed dominance in 20 students (16.8%), and hyperactive dominance in 13 students (10.9%). There was a statistically significant ($p < 0.05$) association between individuals screening positive for adult ADHD and the presence of co-occurring psychological disorders (e.g., anxiety, depression) and a family history of psychiatric disorders (e.g., ADHD, generalized anxiety disorder, bipolar disorder). Additionally, these individuals believed that adults with adult ADHD could lead a normal life despite their condition. The type of ADHD was significantly associated with the use of medications for psychological disorders, with a notably higher usage among hyperactive dominants (5, 71.4%), and a significantly higher family history of GAD among mixed dominants (2, 10.0%).

Conclusions: This study uncovers a significant prevalence of undiagnosed adult ADHD and an inattentive dominance among medical students in Pakistan, highlighting the need for enhanced awareness and screening. These findings underscore the critical necessity for the implementation of ADHD screening programs.

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EPV1294

From Mood Swings to Psychosis: Exploring the Psychiatric Side Effects of Corticosteroids

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