

Case 3: Patient C (72 years old): perplexed gaze, hypomimic facies, psychomotor slowing, thought blocking, no delusional symptoms, and major affective symptoms. She received 10 sessions of ECT, with little response in the affective and cognitive spheres. Care continued in the Convalescence Unit (subacute), and she was later institutionalized in a senior residence.

ECT was effective in two of the three patients in terms of psychotic, affective, and cognitive symptom response. In the third patient, where symptoms were more indicative of a neurocognitive disorder, ECT was ineffective, requiring long-term follow-up coordinated between Psychiatry and Neurology.

Conclusions: ECT is effective in treating major depression with psychotic symptoms in elderly patients, although it may have limited response in cases of cognitive impairment. Therefore, a comprehensive approach and multidisciplinary follow-up are required to manage these cases.

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EPV0636

Approach to depression in Parkinson's Disease. A case report

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Introduction: Parkinson's Disease is associated with depigmentation of the substantia nigra and locus coeruleus, with specific pathophysiological alterations. It is characterized by tremor at rest, bradykinesia, postural instability and rigidity. But there are also other comorbid psychiatric disorders that accompany it, such as cognitive impairment, psychotic symptoms (hallucinations and delusions), mood disorders and sleep disorders, among others.

Objectives: The main objective of this work is to review the current scientific evidence on the management of depression in Parkinson's Disease.

Methods: The case of a 75-year-old man with a neurological history and a diagnosis of depression with a poor evolution is presented. A detailed search was performed on UpToDate using the search terms "Parkinson's Disease" and "Depression".

Results: This is a 70-year-old man with a history of Parkinson's disease and comorbid depression with a poor evolution. A multitude of therapeutic options have been tried, such as SSRIs, SNRIs, antipsychotics, tricyclic antidepressants and an intensive psychotherapeutic approach. Despite what has been described, the expected improvement is not obtained and, given the difficulties in the treatment of his Parkinson's Disease, an update is necessary according to the scientific evidence collected.

According to the scientific evidence consulted, among the antidepressants most studied in Parkinson's Disease are SSRIs, SNRIs and tricyclic antidepressants. The choice of antidepressant

treatment will depend on the patient's main symptoms and the risk-benefit assessment of starting treatment. The importance of cognitive-behavioral treatment is also highlighted.

Conclusions: Depression is one of the most common psychiatric disorders seen in PD. Depressive symptoms in PD are associated with increased motor disability and decreased quality of life. It is estimated that up to 50% of patients have depressive symptoms. In conclusion, the approach to depression in Parkinson's Disease must be multidisciplinary and comprehensive, with both pharmacological and psychotherapeutic treatment.

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Music therapy and pharmacotherapy as a combination treatment: a case of periodic depression in comorbidity with subthreshold autism

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Introduction: This case study investigates the combined use of pharmacotherapy and music therapy in treating a 44-year-old male patient with recurrent depression and subthreshold autism traits. These traits contributed to emotional rigidity and reduced treatment outcomes, requiring an interdisciplinary approach to enhance treatment effects.

Objectives: To explore the efficacy of pharmacotherapy and music therapy in treating recurrent depression complicated by subthreshold autism traits, focusing on emotional regulation and coping strategies in a neuroatypical patient.

Methods: The patient was treated in outpatient psychiatry with citalopram (10 mg/day) and nortriptyline (100 mg/day) while attending 18 months of individual music therapy at Aalborg University Hospital. The music therapy involved listening and improvisation aiming at addressing neuroatypical emotional rigidity and sensitivity.

Results: While pharmacotherapy alleviated depressive symptoms, music therapy enabled expression and management of difficult emotions improving emotional flexibility and enhancing coping strategies. The patient was not diagnosed with Asperger's syndrome, but exhibited traits of autism that influenced the treatment response.

Conclusions: The combination of pharmacotherapy and music therapy proved beneficial for the patient, offering a non-verbal approach to emotion regulation. This case highlights the value of interdisciplinary approaches for treating depression in patients with subthreshold autism, especially in complex, treatment-resistant cases.

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