

adolescence on the development of multiple adverse outcomes in young adulthood.

Methods: This study used data from 8,122 participants in the ALSPAC cohort, in the UK. The Development and Wellbeing Assessment (DAWBA) was administered to capture child anxiety and depression symptomatology. We focused on the DAWBA generalized anxiety and mood subscales at 8, 10 and 13 years, and created a measure of comorbid anxiety and depression symptoms (i.e., anxiety + depression) at each time point. Further, a range of mental and physical health, and functional problems were assessed at 24 years. Latent Class Growth Analyses was used to detect trajectories of anxiety, depression and comorbid anxiety and depression, separately; and logistic regression to examine how persistent anxiety, depression or both associated with adverse outcomes at 24 years.

Results: All three classes with persistent anxiety, depression or both associated with presenting any mental health and functional problem at 24 years. However, persistent high anxiety was not associated with any physical health problem at 24 years. Finally, high levels of comorbid anxiety and depression was the domain that exerted the greatest negative impact at 24 years.

Conclusions: Children and adolescents with comorbid anxiety and depressions are at highest risk for suffering from more adverse outcomes at 24 years, compared to those presenting anxiety and depression alone.

Disclosure of Interest: None Declared

EPV0171

The impact of nonpsychotic postpartum psychiatric disorders (NPPDs) on offspring

J. Stojanov^{1*}, M. Stanković² and A. Stojanov³

¹Service for acute psychotic disorders, Special Hospital for Psychiatric Disorders, Gornja Toponica, Serbia; ²3. Center of Mental Health Protection, Clinical Centre Nis, Nis, Serbia, 2. Faculty of Medicine, University of Nis, Nis, Serbia and ³4. Clinic of Neurology, Clinical Center Nis, Nis, Serbia

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1522

Introduction: Non-psychotic postpartum psychiatric disorders (NPPDs) are among the most common underdiagnosed mental disorders with a preserved reality test after delivery.

Objectives: NPPDs have been shown to have an association with infant growth, attachment, sleep, temperament and ultimately offspring's emotional, behavioural, cognitive and social development.

Methods: Most prevalent NPPDs are postpartum mood and anxiety disorders, as well as obsessive-compulsive disorder, post-traumatic stress disorder and eating disorders.

Results: The high methodological quality of the reviewed studies strengthens the association between NPPDs and different disorders in the neurodevelopmental period with a negligible impact on mental status in adolescence and adulthood. NPPDs showed an effect on offspring's emotional, behavioural, cognitive and social development, due to common developmental mechanisms.

Conclusions: Timely accurate identifying and treating NPPDs, by using NPPDs symptoms screening tools could reduce the incidence of mental disorders in offspring. Although neurodevelopmental disorders and mental disorders related to pregnancy as separate diagnostic categories have been insufficiently researched, the

potential impact of postpartum mental disorders on children's development is an extremely unexplored field that should be focused on in further scientific research.

Disclosure of Interest: None Declared

EPV0172

Autism spectrum disorders - gender differences and the diagnosis dilemma

J. D. C. Moura*, J. Leal, J. F. Cunha, D. Seabra, S. Torres, T. Rocha, I. Lopes and B. Barata

Departamento de Psiquiatria e Saúde Mental, Centro Hospitalar Barreiro-Montijo, Lisboa, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1523

Introduction: Autism Spectrum Disorder (ASD) is a neurodevelopmental disorder characterized by social and communication deficits and restricted and repetitive or stereotyped behaviours. The prevalence of ASD has been thought to be higher in men, which may reflect aspects of the own aetiology of the disorder. Still, it may also be associated with misdiagnosis or missed diagnosis of females with autism due to specific phenotypic traits.

Objectives: To explore the differences between sex/gender in autism's clinical presentation.

Methods: Non-systematic literature review using the most relevant papers found on PubMed and Google Scholar using the following keywords: "autism spectrum disorder", "gender differences", and "autistic women".

Results: Autistic women seem to have a "camouflage" phenomenon, characterized by a high level of functioning, less unusual play or restricted interests, better socio-emotional reciprocity and coping behaviours. Therefore, women with ASD commonly have an anteriority of multiple diagnoses, which delays their access to the support and care they need.

Conclusions: Professionals must be aware of the sex/gender clinical differences to prevent the misdiagnosis or missed diagnosis of females with autism. Moreover, the current clinical criteria used to diagnose ASD may underserve the female population and deserve to be reviewed.

Disclosure of Interest: None Declared

EPV0173

Symptoms of bipolar disorder among adolescents residing at Youth Educational Centers in Silesia in Poland

K. Kamińska^{1*}, M. A. Ciołek¹, I. Rosół¹, M. Potaczek¹, M. Matlakiewicz¹, K. Wilczyński^{2,3} and M. Janas-Kozik^{2,3}

¹Students' scientific association at the Department of Psychiatry and Psychotherapy of Developmental Age; ²Department of Psychiatry and Psychotherapy of Developmental Age, Medical University of Silesia, Katowice and ³Pediatric Centre of John Paul II, Sosnowiec, Poland

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1524

Introduction: According to the Journal of Laws of the Republic of Poland, juveniles considered to be socially maladjusted are referred to the facilities called Youth Educational Centres. The aforementioned decision must be processed by court. Adolescents held there are guilty mainly of truancy, acts of vandalism, and the crime of theft. Other reasons might include substance abuse, fleeing from home and loitering without legal guardian's supervision. The key purpose behind those institutions is adjusting to social standards, as well as rehabilitation of each juvenile delinquent. On the other hand, such behaviors may result from various mental disorders, which are often overlooked and underestimated.

Objectives: The aim of this study was to assess the prevalence of psychiatric disorders among the inmates of Youth Educational Centres with a primary focus on bipolar disorder. The existing knowledge on this subject is insufficient whereas the only available papers are based on retrospective studies of documents, which may have led to underestimation of mental condition in this population.

Methods: Patients were examined in person, using the K-SADS diagnostic interview. The missing details were also collected during reviewing the inmates' documents. The study group consists of juveniles staying in two Youth Educational Centres, a male and female one, located in Silesian Province of southern Poland. Participation in the research was voluntary whereas information gathered during the interview remains confidential.

Results: The study included 80 adolescents who previously had consented to participate. 60% (n=48) of them were males. Among the male patients 27.08% met the criteria for an episode of mania/hypomania, 37.5% for a depressive disorder whereas 22.92% fulfilled the criteria for both mania and depression. Seven boys were diagnosed beforehand, those included: one case of bipolar disorder, one schizoaffective disorder and five of them were receiving outpatient treatment for depressive episodes. Among female inmates: 40.63% met the criteria for both mania/hypomania and depressive disorder whereas as many as 78.13% claimed to have depressive disorder. Two girls have already been diagnosed – one suffered from bipolar disorder, manic depression and schizophrenia and the other was treated for depressive episodes.

Conclusions: Social maladjustment is often accompanied by a mental disorder or may be caused by one. Psychiatric disorders in adolescents, particularly bipolar disorder, usually have an atypical course, which can delay the appropriate diagnosis. Postponement of the crucial treatment is directly related to significant deterioration of the patient's prognosis. In order to provide adequate and necessary support, juveniles referred to the Youth Educational Centres should be examined by a certified psychiatrist before the admission to such facility.

Disclosure of Interest: None Declared

EPV0174

Yoga as an Adjunct Treatment for Attention Deficit Hyperactivity Disorder (ADHD)

S. Srinivas¹, S. Ashraf², A. Bachu³, F. Kim⁴ and K. Shah^{5*}

¹A.J.Institute of Medical Sciences and Research Center, Mangaluru, Karnataka, India; ²Northpointe Psychiatry, Lewisville, TX; ³UAMS-Baptist Health, North Little Rock, AR; ⁴Oklahoma State University/Griffin Memorial Hospital Psychiatry Residency Program, Norman, OK and ⁵Wake Forest University, Winston-Salem, NC, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1525

Introduction: Attention Deficit Hyperactivity Disorder (ADHD) affects about 9.4% (6.4 million) children in the United States. Pharmacological treatment, including stimulants, is a known therapy for ADHD. However, its possible subtherapeutic effectiveness, residual symptoms, and adverse effects have prompted us to explore the current evidence of Yoga as an add-on therapy that has shown synergistic effects in recent studies.

Objectives: 1) We aim to assess Yoga's efficacy as an add-on treatment for ADHD.

2) Assess the current evidence of Yoga as an add-on therapy for ADHD.

Methods: We searched PubMed, PubMed Central, Medline, Web of Science, and Biosis databases with the keywords "Attention Deficit Disorder with Hyperactivity" (MeSH) and "ADHD" in the context of "Yoga" (MeSH). Identified 4 relevant studies that were published until September 30, 2022.

Results: A study by Jensen et al. found improvement in impulsivity, hyperactivity, and restlessness in the ADHD with medications patient group after 20 Yoga sessions. Study utilized Conners' Parents Rating Scales and found improvement in the Yoga group on Oppositional, Global Index Emotional Lability, Global Index Total, Global Index Restless/Impulsive, and ADHD Index scale, changes associated with the number of sessions (Jensen et al. *J Atten Disord* 2004; 7 205-216). In another study, children with ADHD showed significant improvement after 8 weeks of 16 Yoga sessions in accuracy rate and reaction time in the Visual Pursuit Test and Determination Test (Chou et al. *Peer J* 2017; 5 e2883). A nine-year-old male case showed improvement in inattentive and hyperactive-impulsive symptoms on Vanderbilt Assessment Scales from parents and teachers after 6 months of Yoga practice (Gunaseelan et al. *Cureus* 2021; 5, e2883). Another 6-week Yoga intervention randomized trial in pre-school ADHD children showed significant improvement in hyperactivity and inattention with fewer distractibility errors of omission and faster reaction time (Cohen et al. *J Dev Behav Pediatr* 2018; 39 200).

Conclusions: The results suggest that Yoga has beneficial effects as an adjunct treatment to pharmacotherapy in ADHD for reducing hyperactivity and inattentiveness. Additionally, studies indicate its effectiveness in managing stress, anxiety, energy levels, and impulse control by staying focused with the help of breath and mind control. To explore the full spectrum of benefits and effectiveness of Yoga as an add-on therapy for ADHD patients, we recommend robust well-design future studies.

Disclosure of Interest: None Declared