

health disorders. Individuals may become vulnerable while experiencing displacement, during transition, settlement or resettlement, and also through their life across and across generations. In this perspective, our answers to policymakers becomes more nuanced. We may argue for integrated, multi-modal interventions, cross-disciplinary collaborations, cross-pollination of ideas and knowledge and embedding lived experience to bridge gaps and make use of limited resources in sustainable ways. This presentation will detail aspects of the application of a syndemic lens to the evidence base on SUD among forcibly displaced people and generate discussion on what scientists, clinicians and policymakers can and may do with these insights.

**Disclosure of Interest:** None Declared

### S0027

#### The role of journal editors in closing the gender gap

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**Abstract:** Journal editors can promote gender equality in various ways. The main ones are consideration of gender when inviting editorial board members, peer reviewers, and authors of solicited opinion pieces or reviews. As in many areas, the problem can be that the pool of suitable women is perceived to be small and the same women are asked to perform multiple tasks in addition to their academic and clinical duties. Journal editors need to seek women who are less well known but competent for the task required. To increase the pool of qualified candidates, editors should promote training using existing resources, such as online peer reviewer courses, or develop in-house initiatives, such as *The Lancet Psychiatry's* Editorial Board Development Programme. It is important to make public commitments to gender balance, for example as part of a diversity pledge, with specific targets, and to collect and report data with regular updates. Gender balance should be an integral part of information templates in manuscript handling systems, such as asking authors and peer reviewers to consider women when recommending alternative peer reviewers. Where relevant, journal editors can also consider gender balance in their use of images, cover art, podcast or interview subjects, profiles, news and features, and social media content.

**Disclosure of Interest:** None Declared

### S0028

#### The efficacy of cognitive remediation in children and adolescents: results from a new meta-analysis.

A. Moscoso on behalf of No conflict of interest

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**Abstract:** This presentation will share data from a new meta-analysis of RCT studies using cognitive remediation to treat children and adolescents with ADHD. For this matter, 25 studies were

accessed, and results will focus on outcomes immediately after the end of the program and in follow-up. Outcomes include subjective measures of functioning (through validated scales), neuropsychological measurements and academic performance. Comparisons regarding length of training, intensity, concomitant use of pharmacological treatments will also be provided. These findings will build on previous meta-analysis on the issue that were performed in the past.

**Disclosure of Interest:** None Declared

### S0029

#### Interplay between plasticity, environment and depression

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**Abstract:** Plasticity is the ability to modify brain and behavior, ultimately promoting an amplification of the impact of the environment on the individual's mental health. Thus, plasticity is not beneficial per se but its value depends on contextual factors. High plasticity is beneficial in favorable, but can be detrimental in adverse living conditions, while the opposite applies to low plasticity. Consequently, resilience and vulnerability are not univocally associated to high or low plasticity. Here I will present recent findings supporting this theoretical framework and showing the role of the serotonin system in enhancing plasticity. First, we explored the Sequenced Treatment Alternatives to Relieve Depression-STAR\*D dataset and analyzed the outcome of the SSRI citalopram treatment according to socioeconomic status (SES) and SSRI dosage. The results showed that SSRIs are plasticity-enhancer drugs as they amplify the influence of the living conditions on mood in a dose-dependent fashion. Second, we exploited a meta analytic approach to investigate the contribution of the serotonin-transporter-linked promoter region (5-HTTLPR) to depression vulnerability considering time as moderating factor. We found that the 5-HTTLPR x stress interaction is a dynamic process, producing different effects at different time points and confirming that individuals with high plasticity are both at higher risk and more capable to recover from depression. Overall, our findings indicate that treatments and conditions enhancing plasticity have a therapeutic value that depends on context.

**Disclosure of Interest:** None Declared

### S0030

#### Mental Health of University Students during the COVID-19 Pandemic – A Prospective Cross-National Study

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**Abstract:** This prospective study aimed to examine changes in mental health and differences due to educational status (ES) and country among young adults aged 20-40 from four countries during the COVID-19 pandemic in a three-month period.

The total of 1714 participants (932 women): students ( $n = 321$ ) and non-students ( $n = 519$ ) aged 20-30, educated ( $n = 388$ ), and non-educated ( $n = 486$ ) adults aged 31-40 from Poland ( $n = 445$ ), Slovenia ( $n = 430$ ), Germany ( $n = 417$ ), and Israel ( $n = 422$ ) responded to online survey in February 2021 and May-June 2021. The used measurements were: Perceived Stress Scale (PSS-10), Generalized Anxiety Disorder (GAD-7), and Patient Health Questionnaire (PHQ-8).

A repeated-measures two-way mixed-factor ANOVA was performed to examine changes over time, educational status (ES), and across countries for mental health indicators. The results showed stability over time in anxiety and depression while a small decrease in stress. Students scored significantly higher in stress, anxiety, and depression compared to non-/educated adults and in depression compared to non-studying peers. Participants from Poland and Germany scored higher in anxiety and depression than from Slovenia and Israel. Moreover, Polish participants reported the highest stress among all countries.

The student population is more vulnerable to mental health issues than non-studying peers and adults with and without an academic degree, particularly in Poland and Germany.

**Disclosure of Interest:** None Declared

### S0031

#### Neuronal plasticity and fast antidepressant response

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**Abstract:** Neuronal plasticity has for a long time been considered important for the recovery from depression and for the antidepressant drug action, but how the drug action is translated to plasticity has remained unclear. Brain-derived neurotrophic factor (BDNF) and its receptor TRKB are critical regulators of neuronal plasticity and have been implicated in the antidepressant action. We have recently found that many, if not all, different antidepressants, including serotonin selective SSRIs, tricyclic as well as fast-acting ketamine, directly bind to TRKB, thereby promoting TRKB translocation to synaptic membranes, which increases BDNF signaling. We have previously shown that antidepressant treatment induces a juvenile-like state of activity in the cortex that facilitates beneficial rewiring of abnormal networks. It is important to note that enhanced plasticity does not necessarily promote recovery, but may also be maladaptive if the environment is adverse. Our findings open a new framework for the antidepressant action and for treatment of depression: antidepressants directly bind to TRKB and allosterically promote BDNF signaling, thereby inducing a state of plasticity that allows re-wiring of abnormal networks for better functionality, when optimal supportive therapy is provided at the time of enhanced plasticity.

**Disclosure of Interest:** E. Castrén Speakers bureau of: Janssen-Cilag

### S0032

#### Mental Health of Health and Medical Students during the COVID-19 Pandemic: National Studies

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**Abstract:** Since the COVID-19 pandemic's beginning, psychiatrists and researchers have been worried about mental health degradation, especially for caregivers and students. Health students are still students and yet caregivers.

Two national studies were done in 2021. First on all health students from April 4<sup>th</sup> to May 11<sup>th</sup> 2021 (during the 3<sup>rd</sup> lockdown in France, 1 year after the first one). Second only on medical students from May 27<sup>th</sup> and June 27<sup>th</sup> 2021. Both used online surveys

In the first, 16,937 health students answered, including 54% of nurse students. Regarding Kessler-6 scale for psychological distress, 14% had moderate (8-12), and 83% had high ( $\geq 13$ ) levels of psychological distress. In multivariate analysis, being unable to isolate themselves and having financial difficulties were associated with an increased risk of

psychological distress. On the opposite, being a man and not living alone were associated with a reduced risk of psychological distress. In the second, 11,754 participants (response rate: 15.3%) were included. Prevalence of 7-day anxiety symptoms, 7-day depressive symptoms assessed by Hospitalization Anxiety and Depression Scale (HADS), 12-month MDE (using Composite International Diagnostic Interview- Short Form), and 12-month suicidal thoughts were 52%, 18%, 25%, and 19%, respectively. Burnout syndrome (evaluated by Maslach Burnout Inventory) concerned 64% of clinical students and residents and 30% of preclinical students.

These 2 studies highlighted the elevated level of mental distress in health students, especially medical students in France. Preventive and curative actions are needed to help them.

**Disclosure of Interest:** None Declared

### S0033

#### Managing sleep disorders in ADHD: identification, consequences and clinical management

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**Abstract:** Adequate sleep quality and quantity are essential for optimal occupational and psychological health as well as cognitive function. In up to 78% of adults with ADHD, several sleep disorders are associated.<sup>1,2</sup> These include delayed circadian rhythm, insomnia, sleep-related movement and breathing disorders and altered sleep duration.<sup>3,4</sup> Such sleep problems have consequences in the family and somatic health spheres. In the workplace, adult ADHD coupled with untreated sleep disorder leads to significant occupational impairment. Low employment status, unpredictable behaviour, relationship difficulties, mood lability, risk of injury and