

perfectionistic features consistent with an obsessive-compulsive personality style whereas BED is associated with impulsivity. ARFID and AN have features that overlap with characteristics of autistic spectrum disorders. Nevertheless, traits of neuroticism are shared across eating disorders and other psychiatric disorders. Another contrast is in the exposure to adversity in childhood. People with binge eating disorder have many forms of childhood adversity including the ramifications of weight stigma and this leaves an imprint on personality development. Thus, there is no one size that fits all in terms of the unfolding links between personality and eating disorders.

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### S0003

#### Anorexia Nervosa as a Metabo-Psychiatric Disorder: Consequences for Assessment and Treatment in Childhood and Adolescence

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Anorexia Nervosa (AN) has the highest mortality of all psychiatric disorders. Patients who experience the onset of AN in their teens suffer on average 10 years from an eating or other mental disorder. Recently many clinicians in the US and Europe have addressed the inadequacy of treatment for this disabling disease which – at least in adult patients - is mainly based on individual psychotherapeutic interventions. Against the background of a recent GWAS and genetic correlations with other mental disorders, but also inverse correlations with important metabolic parameters such as fasting insulin and leptin new treatment strategies must be developed. This presentation wants to elucidate two different interventions, a biological strategy, and a more pragmatic treatment setting in the “real world”. The biological strategy refers to the gut-brain axis which has been shown to be severely affected in AN. Patients show a deep perturbation of the gut microbiome with no significant improvement with weight rehabilitation. Thus, additional ways must be found such as nutritional strategies (e.g., administration of pre- or probiotics, stool transfer) to probably improve the outcome of this disorder. In addition, inpatient treatment which is still the gold standard for treatment of AN in Europe, has not been proven to alter the long-term prognosis of AN. Consequently, other interventions such as home treatment which involve the family and interrupt eating disorder associated habits as disease preserving factors will be introduced and the results of a pilot study in adolescent AN be presented.

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### Educational

#### Impact of the COVID-19 Pandemic on Youth Mental Health

### S0004

#### Has Suicide Really Increased After the COVID-19 Pandemic?

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Despite being preventable, approximately 800,000 people die by suicide each year worldwide. Evidence suggests that suicide rates decrease during crises, but once the immediate threat passes, suicide rates are expected to increase. The COVID-19 pandemic likely affects risk and protective factors for suicide. Studies show mixed results regarding whether suicide behaviours have increased among adults during the pandemic. The results are however different for young people. An increase in suicidal behaviours has been identified in some countries among young people after lockdown period and when returning to schools. Data also suggests that there may have been a rise in deaths by suicide among those younger than 18 years in China, and during the first phase of lockdown in the United Kingdom. Studies have found significant decreases in hospital admissions for suicidal behaviours and visits to emergency departments both for adults and adolescents. Suicide can be prevented if evidence-based methods that exist are implemented in a systematic way. Wasserman, D., Iosue, M., Wuestefeld, A., & Carli, V. (2020). Adaptation of evidence-based suicide prevention strategies during and after the COVID-19 pandemic. *World psychiatry: official journal of the World Psychiatric Association (WPA)*, 19(3), 294–306.

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### S0005

#### Increase in the Use of Alcohol and Other Substances in Adolescents During and After the COVID-19 Pandemic

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The COVID-19 pandemic and its associated restriction measures have a great impact on patterns of substance use throughout the general population. Interestingly, in contrast to initial expectations on an overall negative impact, data of large surveys show a differentiated picture of impact. A recent systematic review (Roberts et al., 221) showed mixed tendencies towards increased alcohol

consumption, contrasting with a clear trend towards the use of other psychoactive (illicit drugs and prescription drugs) substances. patterns of use before COVID-19 (e.g. habit of drinking at home) and availability (illicit drug traffic changes) are among the significant factors. In addition, mental health factors (depression, anxiety) and social isolation are common correlates with substance use. These factors may be of specific importance impacting substance use in adolescents during the COVID-19 pandemic. Exemplary is an increase in the use of sleeping medication among Belgian adolescents and young adults. In the current presentation data of national (Belgium) surveys on substance use in adolescents will be presented and discussed within the context of findings in international surveys.

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### S0006

#### The Effects of the COVID-19 Pandemic on Mother-Infant Mental Health Relationship

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Maternal health cannot be separated from infant, child and adolescent health, which includes mental health as well. Expecting mothers go through a number of changes during their pregnancy. Due to the specific alterations of their physique and immune system, pregnant mothers are more vulnerable to the Covid-19 infection. This highlights the importance of the vaccinations in their cases. During the pandemic, mental health problems such as anxiety, depression and stress aroused in greater numbers. This affected mothers, and younger children as well. Expecting mothers, without pre-existing mental disorder (>50%) reported a weightier level of anxiety in their first trimester. Also, infants can suffer developmental disadvantages, as their infected mothers are separated from them. Even though evidence is not yet clear in this topic, vertical transmission seems to be fairly uncommon. Treatment guidelines, that could help Covid-19 infected mothers to handle their infants, are scarce. Hence the importance of telehealth has started to be outlined. Separation from the children might be necessary, while the mental health of mother and infant is continuously screened, since the long-term consequences of the symptoms are still unknown. Hence, prevention is imperative to avoid any negative effects. Even still, WHO advises mothers to breastfeed safely, with good respiratory hygiene, emphasizing the importance of skin-to-skin contact of newborns and sharing the room with them. On policy level: investment into pre-, peri-, post-natal care, family supporting national programs, inter-sectoral collaborations, monitoring and research are important elements of prevention and treatment efforts during the Epidemic and the post-Covid-19 era.

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## Mental Health Policy

### Benefits and Goals of a Human Rights-Based Approach (HRBA) to Mental Health Care

#### S0007

#### A Human Rights-Based Approach To Acute Mental Health Crisis Care

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The United Nations Convention on the Rights of Persons with Disabilities as well as the new guidance on community mental health services recently published by the World Health Organization formulate clear goals for the future of psychiatry and psychosocial support. Innovative concepts of psychiatric care that focus on full participation, recovery-orientation and the prevention of coercion play an important role in achieving these goals. Implementing and scientifically evaluating the effects of such models in mental health services needs to be prioritized in national mental health planning and budgeting decisions. In this lecture, Dr. Lieselotte Mahler will address the requirements of psychiatric concepts, specifically on acute psychiatric wards, to enable participation and prevent coercion. Using practical examples and evaluated models (e.g. Weddinger Modell, standardized post-coercion review sessions), she will make suggestions on how a psychiatry oriented towards human rights can also be implemented within existing clinical structures. Dr. Lieselotte Mahler will discuss, based on the current state of research as well as practical experience, which challenges exist with regard to patient autonomy and prevention of coercion in clinical practice and how these can be addressed from a human rights perspective.

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#### S0008

#### The Evidence Base For Psychiatric Support For Living Independently And Being Included In The Community

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Functional recovery of subjects with schizophrenia remains an unmet need despite the availability of effective pharmacological and psychosocial treatments. The focus of recovery-oriented approaches is on fostering hope and resilience, fighting self-stigma,