

Identifying ways to minimize avoidable ED readmissions has become a hot research topic worldwide.

**Objectives:** The purpose of this scoping review was to identify influential factors and possible interventions to reduce psychiatric frequent ED visits.

**Methods:** This scoping review was conducted through a systematic search in major scientific databases, including PubMed, PsycINFO, MEDLINE, JSTOR, Scopus, and Web of Science, to identify factors and interventions contributing to decreasing repeat visits to the emergency department for mental health concerns up to January 2022.

**Results:** From 6951 publications, 31 articles met the inclusion criteria and were included in this review. This review showed six influential factors and 26 potential interventions were aimed to reduce the ED visits, such as receiving methadone & having a regular family physician, readiness for hospital discharge assessment & perceived coping skills and strategies; The High Alert Program (HAP) & the Patient-Centered Medical Home (PCMH), the Primary Behavioral Health Care Integration (PBHCI) & the Collaborative Care (CC) Program etc.

**Conclusions:** Worldwide, several initiatives have been taken to reduce ED visits and the associated burden on healthcare systems. Interventions involving comprehensive and multidisciplinary services, incorporating evidence-based behavioral and pharmacological strategies and emphasizing case management were found to be effective. Additionally, there were a marked consideration for diverse mental health groups, such as those with substance use disorder and of young age. This review highlights the greater need for addressing more influential factors, developing accessible interventions, as well as setting up a comprehensive community health care systems aiming to reduce frequent ED presentations.

**Disclosure of Interest:** None Declared

## Others 04

### EPP0716

#### Thyroid disorders in psychiatric patients: a descriptive study in a psychiatric hospital

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**Introduction:** Thyroid disorders can present with psychiatric symptoms similar to depression, and, at the same time, certain treatments, like lithium, can cause changes in thyroid function. Given, therefore, the importance for the treatment and care of patients, the study of thyroid function is one of the parameters that should be requested in patients with psychiatric pathology.

**Objectives:** To study the frequency of thyroid disorders in patients who were admitted to a psychiatric short stay unit.

**Methods:** Retrospective descriptive observational study is carried out in the acute stay unit of a psychiatric hospital. As a sample, all

patients admitted to the unit over a period of three months. During admission, their sociodemographic data, the treatment they receive and their diagnosis are recorded. Secondly, blood tests are performed with different parameters, including TSH values.

**Results:** In the total sample of 172 patients, 8 of them have TSH abnormalities. 7 of them, all women, present hypothyroidism values.

A single male patient presented values of hyperthyroidism.

**Conclusions:** According to the present study, 4.6% of the patients present alterations at the TSH at admission, although except in one case, the values were not markedly altered.

The thyroid study at admission allows detecting cases of altered TSH that are amenable to treatment and monitoring.

**Disclosure of Interest:** None Declared

### EPP0717

#### Repetitive behaviors and life-quality in adults with autism spectrum disorder

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**Introduction:** Autism spectrum disorder (ASD) is characterized by deficits in social communication skills and repetitive behavior patterns. Lower quality of life has been reported by adults with high functioning ASD (Barneveld et al. CP, 2015; 55, 302–310, Dijkhuis et al. Autism, 2017; 21, 896–906, Mason et al. AR, 2018; 11, 1138–1147). Less is however known about which autistic core symptoms are associated with lower life quality. One previous study found that quality of life was lower in adults with ASD who reported more repetitive symptoms during childhood (Moss et al. JADD, 2017; 47, 1830–1837). We therefore aimed to explore the relationship between repetitive symptoms and quality of life in adult ASD. **Objectives:** We present preliminary data on the relationship between self-reported repetitive behaviors and quality of life in a cohort of adults with a diagnosis of ASD. Our hypothesis is that higher levels of repetitive symptoms are associated with lower quality of life.

**Methods:** We recruited 87 individuals, with a diagnosis of ASD, from a psychiatric out-patient clinic in Stockholm County. Mean age was 39.2 years and 52 females, 34 males, and one non-binary participated. The patients were also included in the *Population-Based Autism Genetics and Environmental study* (Pages) in Sweden. The participants answered a survey with questions regarding socio-demographics. They also completed self-assessment forms on repetitive behavior; *The Adult Repetitive Behaviors Questionnaire-2* (RBQ-2A, Barrett et al. JADD, 2015; 45, 3680–3692), and quality of life; *Diener Satisfaction with Life scale (DSWLS)*, item 3–5 (Diener et al. JPA, 1985; 2, 896–906). Depending on the results from the *DSWLS*, the participants were divided into two groups: High or low life quality and group differences were calculated for repetitive symptoms with Student's t-test. R-Studio (version 2022.07.2) was used for statistical analysis.

**Results:** In total 86 individuals were included, one individual was excluded due to missing data. Lower life-quality was more frequently reported by females (71%), as compared to males (52%). Mean age was slightly lower in the group with lower life quality (lower: 38.5 years vs. higher: 40.6 years). The group with lower quality of life scored higher on the RBQ-2A questionnaire (mean = 18.6, Standard deviation [SD] = 8.25, n = 54) as compared to the group who reported higher life quality (mean = 13.8, SD = 6.23, n = 32). Higher scores of repetitive behaviors were significantly associated with lower life-quality ( $t$ -value = 3.0153, degrees of freedom [df] = 78.966,  $p$ -value = 0.0035).

**Conclusions:** Lower self-reported life-quality was associated with higher repetitive symptoms in adults diagnosed with ASD. This highlights repetitive symptoms as an important treatment-target when developing pharmacological as well as psychotherapy-oriented treatments for this group of patients.

**Disclosure of Interest:** None Declared

## EPP0718

### Psychological effects of PTSD and major depression following the wildfires in Fort McMurray: A fifth-year post-disaster study

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**Introduction:** As a result of the wildfire that engulfed Fort McMurray (FMM), Alberta, Canada in May 2016, over 90,000 residents were evacuated from the city. Approximately 2400 homes, or 10% of the housing stock, were destroyed in Fort McMurray. About 200,000 hectares of forest were destroyed by the fire, which reached into Saskatchewan. In the aftermath of a major disaster, a community's infrastructure is disrupted, and psychological, economic, and environmental effects can last for many years.

**Objectives:** Intensive research was conducted in Fort McMurray five years after the wildfire disaster to determine the prevalence of major depressive disorder (MDD) and post-traumatic stress disorder (PTSD) among residents of the community and to determine the demographic, clinical, and other risk factors of probable MDD and PTSD.

**Methods:** An online questionnaire administered via REDCap was used to collect data in a quantitative cross-sectional study between 24 April and 2 June 2021. Patients were asked to complete the Patient Health Questionnaire (PHQ-9) in order to assess the presence of symptoms associated with MDD. An assessment of likely PTSD in respondents was conducted using the PTSD Checklist for DSM-5 (PCL-C). In this study, descriptive, univariate, and multivariate regression analyses were conducted.

**Results:** Out of 249 people who accessed the survey link, 186 completed it (74.7% response rate). There was a median age of 42 among the subscribers. A majority of the sample consisted of 159 (85.5%) females; 98 (52.7%) over the age of 40; 136 (71%) in a relationship; and 175 (94.1%) employed. Our study sample had an overall prevalence of 45.0% (76) of MDD symptoms. The multivariate

logistic regression model revealed four variables that were independently associated with MDD symptoms, including being unemployed, diagnosed with MDD, taking sedative-hypnotics, and willingness to receive mental health counseling. A total of 39.6% of our respondents (65) reported having likely PTSD. Three independent variables: received a mental health depression diagnosis from a health professional, would like to receive mental health counseling, and have only limited or no support from family contributed significantly to the model for predicting likely PTSD among respondents while controlling the other factors in the regression model.

**Conclusions:** The findings of this study indicate that unemployment, the use of sleeping pills, the presence of a previous depression diagnosis, and the willingness to seek mental health counseling are significant factors associated with the increase in the prevalence of MDD and PTSD following wildfires. Support from family members may prevent these conditions from developing.

**Disclosure of Interest:** None Declared

## EPP0719

### Psychoses and professional activity: Impact on medical fitness for work

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**Introduction:** Psychoses constitute an extremely heterogeneous clinical entity, with variable medical and socio-professional prognosis depending on several associated factors.

**Objectives:** - To describe the socio-professional and medical characteristics of patients with psychotic disorders.

- To study the repercussions of these psychotic disorders on the patients' medical fitness for work.

**Methods:** Cross-sectional descriptive study of workers with psychotic disorders referred to the consultation of occupational pathology of Charles Nicolle Hospital in Tunis for a medical opinion of fitness during the period from January 2013 to July 2022.

**Results:** A total of 34 patients were included. The average age was  $41.67 \pm 10$  years. A male predominance was noted with a sex ratio (M/F) of 1.12. Patients with bipolar disorders represented 77% (n=26) of the psychotics versus 23% with schizophrenia (n=8). Two cases had a family history of psychosis. The most represented sector was the health sector in 41% of cases, followed by the tertiary sector in 11.8% of cases. The most prevalent job position was administrative assistant (14.7%). The average professional seniority was  $17.07 \pm 11.18$  years. At the end of the medical aptitude consultation, 17% of the patients (n=6) were considered fit to continue their usual professional activity and 70% of the patients (n=24) had certain restrictions, mainly an exemption from night work in 46% of the cases (n=11) and from security and responsibility functions in 17% of cases (n=4). Temporary unfitness for work was indicated for 18% of patients (n=6) with a median duration of  $8 \pm 3.46$  months. Twenty-three percent (23%) of the patients were judged permanently unfit for their jobs. Early