

implementation of alternatives to coercion in mental health care.
<https://www.wpanet.org/alternatives-to-coercion>

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S0081a

Service user perspectives on coercion in mental health

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GAMIAN-Europe is a patient-driven pan-European organisation, representing and advocating for the interests and rights of persons with psychosocial disabilities.

While recovery is a deeply personal journey it is also a product of interaction facilitated or impeded through the dynamic interplay of many forces, such as among characteristics of the individual, of the environment and of the exchange. To move recovery forward, recovery-oriented systems in recovery-facilitating environments are needed. Mental health professionals can either facilitate or hinder this journey. Service users and families want to feel they are more than their medical concerns, more than 'the suicidal' in room five. Respecting individuals and their human rights, active and engaged listening, including patients in their own healing plan, promoting wellness and engaging with compassion build trust between patients and health care professionals, leading to willingness to follow through with care plans. At the same time, by creating emotional connections and environments, not only can frequent burnouts be prevented, but productivity can be increased.

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Nutritional psychiatry

S0085

Food for mood: Relevance of nutritional Omega-3 fatty acids for depression and anxiety

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Polyunsaturated fatty acids (PUFAs) are essential fatty acids which are provided to the body through the diet. The brain is one of the richest organs in the body and has a high need in PUFAs. There are 2 main families of PUFAs, n-3 (or omega 3) and n-6 (or omega6). While it is quite easy to find n-6 PUFAs in westernized diets, the need in n-3 PUFAs is poorly reached, leading to decreased level of docosahexaenoic acid (DHA) in the brain. In humans, poor levels of blood n-3 PUFAs and brain DHA are associated to a higher prevalence of cognitive disorders and depression. However, the mechanisms underlying the effect of DHA on brain functions are poorly understood. Using mice models of n-3 PUFAs dietary deficiency or supplementation, we revealed that in the brain, DHA regulate neuroinflammatory pathways, in particular through its effect on microglia, the main innate immune system cell in the brain. In addition, n-3 PUFAs are key actors of endocannabinoid-

dependent synaptic plasticity. While neuroinflammation and eCB-dependent synaptic plasticity are crucial to cognition and emotional behaviour alterations, our results bring to the clinical scene the importance of controlling dietary n-3 PUFAs to protect the brain from the adverse effect of stress or inflammation. Altogether, our work brings a better comprehension of how dietary n-3 PUFAs participate to brain physiology and protect from the development of mood and cognitive disorders. It opens new avenues for the use of these lipids in the protection and treatment of brain diseases.

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Keywords: omega-3; synaptic plasticity; neuroinflammation; depression; anxiety; microglia

Novel pharmacotherapeutic strategies for regaining control over alcohol intake in alcohol use disorder

S0086

Role of oxytocin in modulating addictive behaviour

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Background: The brain oxytocin system is involved in a wide range of addictive behaviors, inhibiting prime- and cue-induced relapse in preclinical models of substance use disorders. Animal studies linked oxytocin's effects on drug ingestion to modulation of neurotransmission in the nucleus accumbens (NAc). We set out to investigate whether oxytocin can modulate alcohol cue-induced functional connectivity between the brain reward system and cortical regions.

Methods: Fifteen male heavy social drinkers were enrolled in a randomized double-blind placebo-controlled cross-over functional magnetic resonance imaging study (fMRI) investigating the effect of 24 IU oxytocin on alcohol cue-modulated functional connectivity.

Results: Results of the functional connectivity analyses show that oxytocin application significantly reduced connectivity between the NAc and cuneus and thalamo-occipital connectivity, while enhancing connectivity between the paracingulate gyrus and precentral gyrus (two-sided seed-level false discovery rate $p_{FDR} < 0.05$). These effects were specific to the alcohol presentation and were absent during processing of neutral pictures. In addition, the NAc-cuneus connectivity significantly correlated with subjective alcohol cue-induced craving during the scanning session ($r = 0.538$, $p = 0.024$). Conclusion: Results provide initial evidence for condition-specific and significant attenuation of NAc connectivity by oxytocin in a sample of heavy social drinkers that was related to lower subjective alcohol craving during the fMRI task. Oxytocin-induced attenuation of NAc connectivity was specific to processing alcohol stimuli and might reflect an attenuation of alcohol-cue saliency by oxytocin that could lead to a reduction of the sensitivity towards the appetitive aspects of alcohol cues.

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Keywords: alcohol use disorder; Functional Magnetic Resonance Imaging; Psychopharmacology; oxytocin