

**Objectives:** The current research aims at evaluating how social anxiety interacts with self-esteem and self-compassion and to assess whether self-compassion mediates the relationship between social anxiety and self-esteem.

**Methods:** In this research, 388 adult participants with elevated social anxiety level (LSAS score  $M = 81.47$ ,  $SD = 21.20$ ) were recruited via open calls posted on the Internet and completed measures of social anxiety, self-compassion, and self-esteem.

**Results:** In accordance with the view that individuals with social anxiety tend to have negative mental representation of the self, we found that both self-esteem and self-compassion correlated negatively with social anxiety, and positively with one another. More importantly, self-compassion partially mediates the relationship between self-esteem and social anxiety.

**Conclusions:** These findings suggest that self-compassion may play an important role in buffering against social anxiety and suggest that enhancing self-compassion might be beneficial for reducing symptoms of social anxiety

**Disclosure:** No significant relationships.

**Keywords:** social anxiety; Self-compassion; SAD; self-esteem

EPV0023

The prevalence of anxiety disorders among young people in europe: A systematic review and meta-analysis

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**Introduction:** This systematic review estimates the pooled prevalence (PP) of anxiety disorders (ADD) among 5-to-18-year-old YP living in Europe, based on prevalence rates established in the last five years (LFY).

**Objectives:** Trends of prevalence rates across countries, gender and level of education were analysed. The random effects pooled prevalence rate (REPPR) for AD was calculated.

**Methods:** A search strategy was conducted on three databases. Studies were also identified from reference lists and grey literature. Eligible studies were evaluated for reliability, validity, bias, and the REPPR for AD was calculated.

**Results:** The European REPPR for AD is calculated at 7.9% (Figure 1). The REPPR for each anxiety disorder is shown in Figure 2.

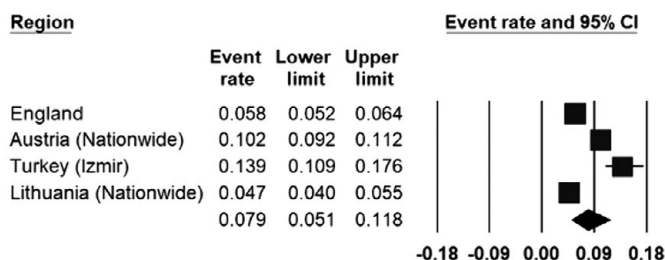


Figure 1: Forest plot showing the prevalence rates of any anxiety disorder

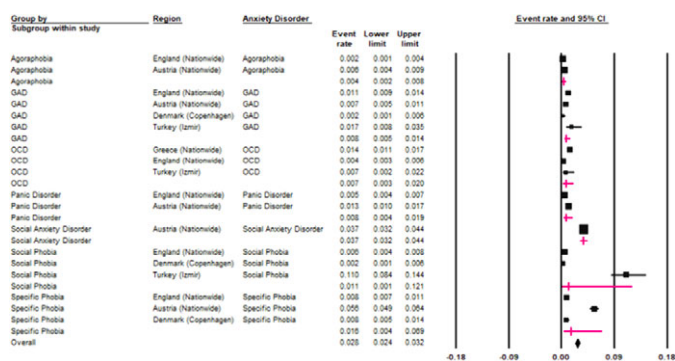


Figure 2: Forest plot showing the prevalence rates of anxiety disorders

**Conclusions:** Based on the results in this systematic review, AD are the most prevalent mental disorders among young people in Europe. Early diagnostic and intervention strategies for AD may improve the mental health and wellbeing among young people.

**Disclosure:** No significant relationships.

**Keywords:** Europe; Child; Anxiety; prevalence

EPV0024

The risk of anxiety symptoms in young adult offspring of parents with mental health problems: Findings from the rainie study

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**Introduction:** Previous research has suggested that offspring of parents with mental health problems, including depression and anxiety, are at an increased risk of developing anxiety disorders. Few studies have investigated this relationship in young adults.

**Objectives:** To investigate the risk of anxiety symptoms in young adult offspring of parents with mental health problems

**Methods:** We used data from the 1989-1991 cohort of the Western Australian Pregnancy (Raine) Study, which is a multi-generational birth cohort study following mothers and their offspring from pregnancy to 28 years of age. The Depression, Anxiety, and Stress Scale (DASS) was used to assess maternal anxiety and depression whereas a self-reported questionnaire was used to assess paternal emotional problems. Anxiety symptoms among offspring at age 20 were measured by using the short form of the Depression, Anxiety, and Stress Scale (DASS 21). A multivariable negative binomial regression model was used to quantify the associations.

**Results:** After adjustment, maternal anxiety [RR 1.60 (95% CI 1.11-2.32)] and paternal emotional problems [RR 1.32 (95%CI 1.03-1.68)] were associated with an increased risk of anxiety in offspring at age 20 years. Conversely, maternal depressive symptoms [RR 1.04 (95%CI 0.84-1.32)] were not associated with an increased risk of anxiety in offspring.

**Conclusions:** The present study suggests that maternal anxiety and paternal emotional problems were associated with an increased risk

of anxiety in young adult offspring. However, maternal depressive symptoms were not associated with an increased risk of anxiety in the offspring. The findings suggest the potential for targeted screening and intervention of anxiety problems in the offspring.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; depression; mental health problem. offspring; parent

## EPV0027

### Valproate induced encephalopathy: Paradigm of normal ammonia levels

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**Introduction:** Valproic Acid (VPA) is one of the most commonly used mood stabilizer drugs. Although uncommon, serious adverse effects have been reported. One particularly relevant side effect is the induced encephalopathy, usually secondary to Hyperammonemia. However, some descriptions have shown an altered mental state with normal serum levels of ammonia.

**Objectives:** We aim to present a case of VPA induced-encephalopathy without hyperammonemia and emphasize its suspicion when patients taking VPA present altered mental states.

**Methods:** We present a clinical case of VPA induced-encephalopathy without Hyperammonemia and a qualitative review of this topic using the Pubmed database.

**Results:** A 66-year-old woman, with a history of Major Depressive Disorder, previously medicated with Venlafaxine 75mg/day and Mirtazapine 30mg/day, was admitted in our acute psychiatric inpatient unit due to a first manic episode. During the stay, her antidepressants were interrupted, and she was started on VPA, then optimized to 750mg/day. After that, she presented an altered mental state with confusion and prostration. Analytical results were normal including normal ammonia levels and no imagiological abnormalities. Despite these results, we decided to stop VPA empirically. The patient clinical status resolved the day after.

**Conclusions:** Studies have shown that only a few patients have developed encephalopathy with normal serum levels of ammonia. Although the pathogenesis behind this remains unknown, a few mechanisms have been proposed. Therefore, it is important to remind that even without abnormal analytical status, VPA is a possible cause of encephalopathy. We also emphasize the need for further studies on the mechanisms behind this phenomenon.

**Disclosure:** No significant relationships.

**Keywords:** Normal Ammonia levels; Valproate; Mood stabilizer; Encephalopathy

## EPV0028

### Pontine hemorrhage as beginning of bipolar disorder or organic mania. A case report

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**Introduction:** Published evidence describes the appearance of manic episodes in patients who suffer localized brain lesions with no prior psychiatric history.

**Objectives:** A case report is presented alongside a review of the relevant literature regarding the relationship between Bipolar disorder and strokes.

**Methods:** We present the case of a 54-year-old man who, after suffering a pontine hemorrhage, developed a depressive mood for which he was treated with Sertraline 50 mg. The following month the patient developed hypomanic mood, disinhibition, insomnia and megalomaniac ideation. He was treated with Risperidone 2 mg and the antidepressant was withdrawn. The symptomatology disappeared shortly after but a few months later he developed a major depressive disorder (inhibition, ideas of ruin and guilt, low mood, decreased intake and daily activities...). He was treated again with antidepressants (Citalopram 30mg) and lithium was introduced in the absence of a total response.

**Results:** Mania secondary to brain lesions has been observed in multiple studies, where an association is made mainly with lesions at the frontal, temporal, subcortical limbic brain areas and in lesions causing hypofunctionality on the right side. Most of the cases described occurred in male patients with no prior psychiatric record and with associated vascular risk.

**Conclusions:** It is important to carry out an exhaustive medical history to be able to identify the cases of secondary mania so as not to ignore the underlying neurological condition in the approach.

**Disclosure:** No significant relationships.

**Keywords:** bipolar disorder; stroke; secondary mania

## EPV0029

### A first manic episode in an elderly patient

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**Introduction:** The bipolar disorder is characterized by instability mood. It normally happens in the middle-aged. In elderly patients with a first manic episode, you have to dismiss organic pathology.

**Objectives:** To present an elderly patient with a first manic episode

**Methods:** A descriptive study of a clinical case and literature review

**Results:** A 67-year-old man, married. Consulted Mental Health 5 years ago, about low mood after his early retirement. With no psychiatric treatment. Somatic antecedents: Acute myocardial infarction, hypertension and dyslipidemia. Came to the hospital accompanied by his son-in-law presenting rapid speech and thinking, bright clothing, risky behaviour, irritability, grandiosity delirium ideas and less sleep; being necessary a hospital admission. Blood and urine analysis: with no abnormalities. No toxics in the urine. Asenapine 20mg and Lorazepam 3mg were prescribed with clinical improvement. Brain CT: with no abnormalities. After that, Lithium 400mg per day was prescribed to avoid the induction of