

some of these symptoms may overlap and where neuroinflammation plays an important role which is yet to be precisely determined.

Objectives: This article summarizes recent findings and highlights interleukin-15 as a possible link between anorexia nervosa and schizophrenia.

Methods: A review of the current literature in the field of psychoneuroimmunology.

Results: In recent years, research has shown elevated levels of IL -15 in the serum of patients suffering from anorexia nervosa and schizophrenia. It is also interesting to note that IL -15 has structural similarities to IL -2, which previous studies have also shown to be elevated in patients with schizophrenia.

Conclusions: These associations, so far suggesting an important role of inflammation and its mediators, need further investigation in light of possible genetic overlap between anorexia nervosa and schizophrenia identified in genome-wide association studies (GWAS).

Disclosure of Interest: None Declared

EPV0801

Clinical and immunological features of prolonged and chronic endogenous manic and manic-delusional states in the structure of endogenous diseases

S. A. Zozulya*, E. B. Rumyantseva, S. V. Sizov, I. V. Oleichik and T. P. Klyushnik

Mental Health Research Centre, Moscow, Russian Federation

*Corresponding author.

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Introduction: The relevance of studying the clinical and immunological characteristics of prolonged and chronic endogenous manic and manic-delusional states is conditioned by their high prevalence, insufficient understanding of pathogenetic mechanisms, and the need to develop adequate therapeutic approaches.

Objectives: To study the clinical and biological correlations between inflammatory markers of blood plasma, the severity of manic symptoms and psychopathological characteristics of patients with prolonged and chronic endogenous manic and manic-delusional states.

Methods: 70 female patients aged 18 to 55 years (mean age 33.6 ±5.9 years) with prolonged and chronic endogenous manic and manic-delusional states within different nosologies (F31.1-2, F25.01, F25) were examined. Psychometric assessment was performed using the PANSS, YMRS, and GAF scales. The control group consisted of 55 mentally and somatically healthy women of the corresponding age.

Leukocyte elastase (LE) activity, α 1-proteinase inhibitor (α 1-PI) activity, and the autoantibody levels to astrocytic protein S-100B and myelin basic protein (MBP) were determined in blood plasma.

Results: The increase in the level of immune system activation of different degrees (according to the complex of inflammatory and autoimmune markers) associated with the severity of the patient's condition within the examined nosologies was revealed.

The highest level of immune activation, characterized by an increase in the activity of both LE and α 1-PI ($p < 0.01$), and the level of autoantibodies to S-100B and MBP ($p < 0.05$), was characteristic of patients with chronic endogenous manic and manic-delusional states in the framework of schizophrenia. Manic symptoms within different

nosologies had clinical features, however, no differences in the severity of these symptoms on the YMRS scale were revealed ($p > 0.05$).

Positive correlations were found between LE activity and the PANSS subscale of general psychopathological symptoms ($R = 0.3$, $p = 0.006$) and the PANSS total score ($R = 0.3$, $p = 0.03$). The level of antibodies to S-100B correlated with the PANSS negative subscale score ($R = 0.3$, $p = 0.04$). A negative correlation was found between LE activity and the level of social functioning of patients according to the GAF scale ($R = -0.3$, $p = 0.02$).

Conclusions: The immune profile of patients with prolonged and chronic manic and manic delusional states within endogenous psychiatric disorders is determined mainly by nosologic affiliation, which is also related to the clinical features of manic states.

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EPV0802

You are what you eat: diet, microbiota and mental health

A. M. Matas Ochoa*, S. Rubio Corgo and I. Durán Cristóbal

Psychiatry, Infanta Leonor University Hospital, Madrid, Spain

*Corresponding author.

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Introduction: In recent years, there is a growing interest in microbiota and how certain dietary patterns affect our brain.

We know that diet has an important impact in physical and mental health. The mechanism that underlies is already unknown, but there is emerging evidence that diet modulates brain gut microbiota and has implications in mental problems.

Objectives: The aim of this poster is highlight the importance of diet in mental health and the link with microbiota.

Methods: Review of recent literature about diet, microbiota and psychiatry. The studies were collected of the electronic databases PubMed.

Results: New researches highlight the importance of adequate nutrition for mental health. Several studies link healthy diet with a minor risk of mental illnesses or with the improvement of depressive symptoms. Likewise, poor dietary habits could aggravate cognitive decline and increased risk of developing anxiety, depression or other mental illnesses.

It has been shown that a diet rich in fiber, polyphenols and micronutrients improve gut microbial composition and can reduce metabolic endotoxemia and neuroinflammation, and this has been associated with improvements in brain health. Also, prebiotic and probiotics have positive effects.

Therefore, dietary interventions could be a complementary therapeutic approach for patients with mental problems. This is what nutritional psychiatry focuses on.

Conclusions: Microbiota as a potential therapeutic target for mental illness is a hot topic in psychiatry, but also, its interaction with dietary change or the use of probiotics and prebiotics. This action is easy to implement in our clinical practice and could be part of a biopsychosocial treatment to improve or prevent some psychiatric disorders. Nutritional psychiatry is a new field that needs to be developed and the knowledge in microbiota, diet and mental health could help. Hopefully, the research about this topic continues expanding.

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