

accidents are all described as potential associations, with far-reaching consequences. When ADHD is coupled with sleep disorders, cognitive performance deteriorates further and sickness absence is more common. The clinical presentation of the sleep disorders commonly associated with ADHD will be described in detail. State-of-the-art therapeutic interventions will be discussed based on clinical experience and research findings from our Expertise Centre.

Wajszilber D, Santiseban JA, Gruber R. (2018). Sleep disorders in patients with ADHD: impact and management challenges. *Nat Sci Sleep*,14;10:453-480.

Van Veen MM, Kooij JJ, Boonstra AM et al. (2010). Delayed circadian rhythm in adults with attention-deficit/hyperactivity disorder and chronic sleep-onset insomnia. *Biol Psychiatry*. 1;67 (11):1091-6.

Wynchank D, ten Have M, Bijlenga D et al. (2018). The association between insomnia and sleep duration in adults with attention-deficit hyperactivity disorder: results from a general population study. *J Clin Sleep Med*, 14(3):349-357.

Fayyad J, Sampson NA, Hwang I et al. (2017). The descriptive epidemiology of DSM-IV Adult ADHD in the World Health Organization World Mental Health Surveys. *Atten Defic Hyperact Disord*, 91:47-65.

Disclosure of Interest: None Declared

S0034

Synaptic plasticity in depression: from mice to humans

S. Vestring on behalf of RG Normann/Vestring

Department of Psychiatry and Psychotherapy, University Clinic Freiburg, Freiburg, Germany
doi: 10.1192/j.eurpsy.2023.71

Abstract: In the last decade, neuroplasticity has become largely accepted in the etiology and treatment of mood disorders. Animal models of depression showed that severe stress downregulates many forms of plasticity, resulting in an inhibition of long-term potentiation (LTP), a facilitation of long-term depression (LTD) and an impairment of synaptic transmission. Essentially all treatments for mood disorders, including the rapid acting antidepressant ketamine, promote neuroplasticity and plasticity plays a critical mechanistic role in recovery. Therefore, a targeted intervention of LTP/LTD pathways by small molecules or highly specific RNA therapeutics could lead the way to novel and fast acting antidepressants. For instance, an RNA-based modulation of N-methyl-D-aspartate receptor subunits rescued LTP and exerted rapid antidepressive effects in mice models of depression. The translation of such principal, the rescue of plasticity as an antidepressive intervention, from rodents to humans is an ongoing challenge. However, various indirect assessment methods of plasticity in humans, like visually evoked (VEP) potentials and transcranial magnetic stimulation (TMS)-based paired associative stimulation paradigms revealed an impairment of plasticity in depressed humans, which was found corrected after effective treatment.

Disclosure of Interest: None Declared

S0035

The efficacy of psychological interventions for university students: a systematic review and meta-analysis

P. Barnett

UCL, London, United Kingdom

doi: 10.1192/j.eurpsy.2023.72

Abstract: Introduction: Mental health problems are increasingly prevalent among students, necessitating adequate mental health support both for those who with or at risk of developing a mental health disorder.

Objectives: This systematic review examined the efficacy of psychological interventions delivered to student populations and whether interventions with some form of adaptation to the content or delivery of the intervention for students could improve outcomes compared to interventions which had no such adaptation.

Methods: Randomised controlled trials of interventions for students with or at risk of mental health problems were included. Specific adaptation for students (or whether they utilised a student population as a convenient sample) was recorded. Meta-analyses were conducted and multivariate meta-regressions explored the effect of adaptation on the pooled effect size. Eighty-four studies were included

Results: Promising effects were found for both treatment and preventative interventions for anxiety disorders, depression and eating disorders. PTSD and self-harm data was limited, and did not demonstrate significant effects. Relatively few trials adapted intervention delivery to student-specific concerns, and overall adapted interventions showed no benefit over non-adapted interventions. There was some suggestion that adaptations based on empirical evidence and provision of additional sessions, and transdiagnostic models may yield some benefits

Conclusions: Interventions for students show benefit though uncertainty remains around how best to optimise treatment delivery and content specifically for students. It would be beneficial to understand how intervention content which is specific to underlying mechanisms of problems experienced by students as well as more transdiagnostic approaches could further support recovery and prevention of mental health problems while at university.

Disclosure of Interest: None Declared

S0036

The Super Brains app: a psycho-educative program for adults with ADHD

J. S. Kooij^{1,2}

¹Psychiatry, AUMC/VUMc, Amsterdam and ²Adult ADHD, PsyQ, The Hague, Netherlands

doi: 10.1192/j.eurpsy.2023.73

Abstract: Digital treatment for neurodevelopmental disorders is being developed in order to treat patients online when possible, to reduce waiting lists and to improve efficacy and efficiency of treatment. In this presentation, experiences with the so called Start Program of the Super Brains app for adults with ADHD are presented. The Super Brains app has been developed by Rutger den Hollander, who himself has ADHD and owns an ICT company,

together with the speaker of this presentation and Parnassia Groep in the Netherlands.

The Start Program is part of the Super Brains app, and meant for patients referred for treatment, who have to wait on often long waiting lists. Now they have no longer to wait, but can start immediately by preparing for diagnostic assessment by filling in questionnaires, and with psycho-education, lifestyle tips and support by experience experts, who welcome them in the app and show them around.

First data on the use of different parts of the Start Program, the activity of the patients in the app and the satisfaction of patients will be presented. We also aim to study whether the Start Program is effective in reducing severity of ADHD symptoms during the waiting time. Super Brains can be adjusted for use in other (neurodevelopmental) disorders easily (<https://www.superbrains.nl/?lang=en>).

Disclosure of Interest: None Declared

S0037

Psychedelics for depression: from neurobiology to treatment

K. P. Kuypers

Neuropsychology and Psychopharmacology, Maastricht University, Maastricht, Netherlands

doi: 10.1192/j.eurpsy.2023.74

Abstract: Decades ago, the classical psychedelics psilocybin and LSD entered the therapeutic setting and already then showed their therapeutic potential in the treatment of psychiatric disorders. For thousands of years another psychedelic, ayahuasca, is being used by tribes in western Amazonia for healing and divination, and in recent years its use has expanded worldwide.

Research into the therapeutic potential of these substances has re-emerged and (preliminary) findings are promising, showing that after one or two administrations remission is reached in depressed patients that were labeled as treatment-resistant. This is a remarkable finding as the therapeutic effects of treatment with conventional pharmacological agents like SSRIs take longer to lead to remission, with one-third of the patients failing to reach this stage. The fast onset of positive therapeutic effects by psychedelics increases the interest to discover the mechanism of action behind this. There is a debate about the importance of the psychological experience caused by these agents in the therapeutic outcome, while science also tries to understand the neurobiological correlates. The latter will be addressed in my talk and I will link it to psychedelics' therapeutic effects.

Disclosure of Interest: None Declared

S0038

Student mental health: Beyond the data, questions still need to be asked

Y. Morvan^{1,2}

¹Psychologie, SPSE, CLIPSYD, Université Paris Nanterre, Nanterre and ²Psychiatrie du Développement et Trajectoires, Inserm U1018, CESP, Paris, France

doi: 10.1192/j.eurpsy.2023.75

Abstract: Introduction: Student mental health was a public health problem long before the pandemic. However, first one needs to define what mental health means. Fried (2017) showed that there was a great heterogeneity in the symptoms assessed by the depression scales. Similarly, other factors (study design, assessment period, chosen scale and chosen cut-off or threshold, response rate, data management, etc.) can have an impact on the prevalence found. In addition, theoretical and modelling considerations on mental health need to be answered.

Methods: The french *Observatoire de la Vie Etudiante* measured an increase in student psychological distress since 2016, particularly between 2020 and 2021. Data from three surveys conducted in 2016 (n=18,875), 2020 (n=60,014), and 2021 (n=4,901, longitudinal follow-up from 2020) were used to model psychological distress as a latent common cause or a network with emergent properties.

Results: Preliminary results show that from a latent perspective, measurement invariance does not hold. From a network perspective, the modelled systems showed differences in three aspects (*van Borkulo et al., 2022*). For participants in the 2020 and 2021 surveys, an increased vulnerability of the modelled system was observed. Prevention and intervention targets in the system were tested with simulation techniques (*Lunansky et al., 2022*).

Conclusion: Caution is advised for prevalence comparisons when measurement invariance does not hold. The network approach offers an alternative to studying psychological distress as an emergent property of a complex system. However, regardless of the statistical approach, with subjective measures and without measurement error control and qualitative data or cognitive interviews: it is difficult to partition between a change or increase in the phenomenon we wish to measure and a change in the way people tend to respond to a questionnaire, since the representation they have of the specific questions designed to describe this phenomenon might also have changed.

Disclosure of Interest: None Declared

S0039

How co-production helped to shape Well Parent Japan: A culturally appropriate parenting intervention for mothers of children with ADHD

S. Shimabukuro

Institute of science and technology, okinawa university, okinawa, Japan
doi: 10.1192/j.eurpsy.2023.76

Abstract: This presentation will talk about co-production findings from three completed studies to develop and evaluate a culturally appropriate Japanese version of the New Forest Parent Training Programme (NFPP), named Well Parent Japan (WPJ). Dr Shimabukuro will also present an on-going prospective study aiming to provide support for Japanese mothers and teachers of children with ADHD in a school setting. Dr. Shimabukuro will share the experiences worked with different stakeholders at the different stage of the study and highlight the benefits of co-production in the research and how WPJ was shaped. This presentation will also discuss difficulties and challenges when evidence-based parent training intervention is transferred from research to practice.

Disclosure of Interest: None Declared