

Conclusions: The increased exposure of medical students to stress makes it particularly important to identify and address factors that can lead to more serious mental illness.

Disclosure of Interest: None Declared

EPP0493

Transition to Psychosis in Individuals at Clinical High Risk: Meta-analysis

G. Salazar De Pablo^{1*}, J. Radua², I. Bonoldi³, V. Arienty⁴, F. Besana⁴, A. Cabras⁵, A. Catalan⁶ and P. Fusar-Poli⁷

¹Child and Adolescent Psychiatry, Institute of Psychiatry, Psychology & Neuroscience, Department of Psychosis Studies, King's College London, London, United Kingdom; ²Hospital Clinic Barcelona, Barcelona, Spain; ³Department of Psychosis, King's College London, London, United Kingdom; ⁴University of Pavia, Pavia; ⁵University of Rome, Rome, Italy; ⁶Department of Psychosis Studies, IoPPN, King's College London and ⁷Early Psychosis: Interventions and Clinical-detection (EPIC) Lab, Institute of Psychiatry, Psychology & Neuroscience, Department of Psychosis Studies, King's College London, London, United Kingdom

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.797

Introduction: Estimating the current likelihood of transitioning from a clinical high risk for psychosis (CHR-P) to psychosis holds paramount importance for preventive care and applied research.

Objectives: Our aim was to quantitatively examine the consistency and magnitude of transition risk to psychosis in individuals at CHR-P.

Methods: This meta-analysis is compliant with Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA) and Meta-analysis of Observational Studies in Epidemiology (MOOSE) reporting guidelines. PubMed and Web of Science databases were searched for longitudinal studies reporting transition risks in individuals at CHR-P.

Primary effect size was cumulative risk of transition to psychosis at 0.5, 1, 1.5, 2, 2.5, 3, 4, and more than 4 years' follow-up, estimated using the numbers of individuals at CHR-P transitioning to psychosis at each time point. Random-effects meta-analysis were conducted.

Results: A total of 130 studies and 9222 individuals at CHR-P were included. The mean (SD) age was 20.3 (4.4) years, and 5100 individuals (55.3%) were male.

The cumulative transition risk was 9% (95% CI = 7-10% k = 37; n = 6485) at 0.5 years, 15% (95% CI = 13-16%; k = 53; n = 7907) at 1 year, 20% (95% CI = 17%-22%; k = 30; n = 5488) at 1.5 years, 19% (95% CI = 17-22%; k = 44; n = 7351) at 2 years, 25% (95% CI, 21-29%) at 2.5 years, 25% (95% CI = 22-29%; k = 29; n = 4029) at 3 years, 27% (95% CI = 23-30%; k = 16; n = 2926) at 4 years, and 28% (95% CI = 20-37%; k = 14; n = 2301) at more than 4 years.

Meta-regressions showed that a lower proportion of female individuals ($\beta = -0.02$; 95% CI, -0.04 to -0.01) and a higher proportion of brief limited intermittent psychotic symptoms ($\beta = 0.02$; 95% CI, 0.01-0.03) were associated with an increase in transition risk. Other predictors were not statistically significant ($p > 0.05$).

Heterogeneity across the studies was high (I² range, 77.91% to 95.73%).

Conclusions: In this meta-analysis, 25% of individuals at CHR-P developed psychosis within 3 years. Transition risk continued

increasing in the long term. Extended clinical monitoring and preventive care may be beneficial in this patient population.

Disclosure of Interest: None Declared

EPP0494

The influence of paternity leave uptake on parental post-partum depression: An ELFE cohort study

K. M. Barry^{1*}, R. Gomajee², X. Benarous², M.-N. Dufourg³, E. Courtin⁴ and M. Melchior¹

¹ERES; ²INSERM; ³INED, Paris, France and ⁴DLondon School of Hygiene and Tropical Medicine, London, United Kingdom

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.798

Introduction: Many countries are currently expanding their paternity leave policies, which have positive effects on parental mental health.

Objectives: We examined whether two weeks of paid paternity leave are associated with post-partum depression (PPD) in mothers and fathers at two months after the birth of their child.

Methods: Data originated from The Etude Longitudinale Française depuis l'Enfance (ELFE) cohort study. A total of 10 975 fathers and 13 075 mothers with reported information on paternity leave and PPD at two months were included in the statistical analyses. Logistic regression models, using survey-weighted data and adjusted for confounders using Inverse Probability Weights (IPW), yielded Odds Ratios.

Results: Fathers had a median age of 32.6 (inter-quartile range (IQR) 36.9 – 22.6 years), and mothers had a median age of 30.5 years (IQR 34.0 – 27.1 years) at the time of the ELFE child's birth. Fathers who took paternity leave had reduced odds of PPD [0.74 (95% CI: 0.70 -0.78)] as well as fathers who intended to take paternity leave [0.76 (95% CI: 0.70 – 0.82)] compared to fathers who did not take paternity leave. Mothers had an increased likelihood of PPD at two months if their partners took paternity leave [1.13 (95% CI: 1.05 – 1.20)]. Fathers' educational level, work contract type nor the number of children in the family were found to be interactions ($p > 0.25$).

Conclusions: Taking and intending to take a two-week paid paternity leave is associated with lower odds of PPD in fathers. Mothers whose partners take paternity leave experience borderline higher odds of PPD at two months. Offering only a two-week paternity leave may protect fathers against PPD but does not significantly protect may increase mothers' risk of against PPD onset.

Disclosure of Interest: None Declared

EPP0495

The effect of suicide prevention program for community dwelling elderly

K. Kim*, B.-H. Yoon, H. Gwon and S. Park

Naju National Hospital, Naju, Korea, Republic Of

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.799

Introduction: The suicide rate in the elderly population is the highest of all ages in Korea. Suicide prevention programs specialized in the elderly are scarce.