

Objectives: This case encourages us to extend the use of TCE in selected patients to reduce depression major symptoms and comorbidity produced by polymedication. It would improve therapy adherence with less drugs in prescription.

Methods: It is presented a clinical report and literature review of a patient treated in our hospital who takes around 20 different drugs (benzodiazepines, mood stabilizers, antiepileptics, antipsychotic drugs, analgesics, morphics...) and 7 of them were prescribed by a psychiatrist.

Results: After 8 sessions, the patient has a preserved reality judgement and no idea of death. The maintenance treatment passed to 3 different kind pills after the intervention (duloxetine, quetiapine and lormetazepam) with persistence of pain, insomnia and amnesia.

Conclusions: Treatment was effective with well-known side-effects. The persistence of pain and physical symptoms aims us to encourage the multidisciplinary treatment with Rheumatology and Internal Medicine.

Conflict of interest: No

Keywords: depressive disorder; ECT; sarcoidosis

EPV0444

Immune-modulation therapy for depressive disorders

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Introduction: High levels of pro-inflammatory markers (e.g. TNF- α , IL-6, C-reactive protein) have been reported in patients diagnosed with major depressive disorder (MDD). Inflammation has been considered a potential factor that may worsen the MDD evolution, therefore drugs that interfere with inflammatory processes have been suggested as add-on to antidepressant therapy in partial or resistant cases.

Objectives: To evaluate the current data in favour of recommendation for anti-inflammatory drugs as augmentation agents in the treatment of MDD.

Methods: A literature review was conducted in the main electronic databases (PubMed, EMBASE, CINAHL, Cochrane Database of Systematic Reviews, Thomson Reuters/Web of Science) using the search paradigm "anti-inflammatory drugs" OR "immune modulators" AND "major depressive disorder". All papers published between 1990 and 2019 were included in the primary analysis, than they were filtered by using pre-determined inclusion and exclusion criteria.

Results: Infliximab is an anti-TNF α chimeric monoclonal antibody that decreased depression severity in patients with an increased initial level of inflammation markers in clinical trials. Adalimumab is a monoclonal antibody with anti-TNF α properties that decreased the severity of depressive symptoms after 12 weeks in patients with psoriasis, while etanercept (also an anti-TNF α inhibitor) confirmed its efficacy over the affective symptoms during an 84 week-extension trial in patients with the same dermatological pathology. Tocilizumab and sirukumab are studied as add-on to antidepressant drugs, but the results are still inconclusive.

Conclusions: Although immune modulation therapy is a new type of intervention for MDD, it may be a promising intervention for MDD with partial response to antidepressants.

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Keywords: immune-modulation therapy; anti-cytokine therapy; pro-inflammatory markers; Depressive disorders

EPV0445

Evidence-based psychotherapeutic interventions for young people with mood disorders: a systematic review.

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Introduction: Mood disorders are amongst the most common groups of mental disorders in young people (YP). Depression may affect 8-20% of all YP and may result in a cascade of negative developmental outcomes predicting long-term morbidity and poor functioning. In view of this, the COST action 'European Network of Individualized Psychotherapy Treatment of Young People with Mental Disorders' (TREATme) was set up to help improve mental health services in YP.

Objectives: One of the overarching aims of TREATme is to carry out a systematic review to assess for the effectiveness of psychotherapeutic interventions in YP. In this study, we present results from the systematic review of treatment effectiveness of youth interventions for mood disorders.

Methods: Following PRISMA guidelines, we systematically searched for clinical trials targeting mood symptoms in YP in PubMed and PsycINFO. The PICOS model was used to define inclusion and exclusion criteria. Included studies were selected by reaching consensus between six independent raters.

Results: The systematic search yielded 4181 papers. The title and abstract were reviewed and a consensus was reached to accept 608 papers for full-text review. As per inclusion criteria, a consensus was reached to include 91 papers into the review for effectiveness of psychotherapeutic interventions in mood disorders.

Conclusions: The results of this systematic review provides an overview of the current evidence base of youth psychotherapeutic interventions for mood disorders. Discussion of findings will emphasize the importance of personalizing psychotherapy treatment to target effectively mood disorders in YP.

Conflict of interest: No

Keywords: young people; Systematic Review; psychotherapy; Mood disorders

EPV0450

Biological and psychosocial predictors of treatment resistant depressive disorders

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Introduction: 30-60% of all depressive disorders show signs of resistance to treatment, which is an additional burden in the socio-economic aspect, significantly impairs the quality of life of patients, is the cause of disability and social maladaptation of depressed patients.

Objectives: To identified biological and psychosocial predictors of treatment resistant depressive disorder (TRD).

Methods: Based on comparative socio-demographic, Clinical and patho-psychological, psycho-diagnostic, laboratory biochemical and neurophysiological analysis 187 patients with TRD were examined.

Results: Neurochemical studies have shown that in TRD marked imbalance for prooxidant and antioxidant systems with upward last one, also infringement mechanisms of active transport of Na into the extracellular environment, which is a marker of violation of the integrity of cells and their subsequent damage. Neuroimmunological research in TRD showed significant dysregulation systems, cellular and humoral immune deficiency with the appearance of activity. The predominance of rhythm changes in brain structures in the right hemisphere, expressed interhemispheric asymmetry that preferentially localized in the frontal and parietal lobe of the right hemisphere, reducing synchronization signals in the frontal, parietal and central temporal cortical areas with potentiation reduce integration in both hemispheres was identified as neurophysiological predictors for TRD pathogenesis. Non-adaptive coping variants prevalent in patients with TRD, the result is a lack of medical compliance (48.3% of cases with TRD), which creates additional difficulties in treatment of such patients.

Conclusions: The principles and components of a complex treatment system for TRD were defined. The implemented system showed positive clinical dynamics, changes in social functioning and quality of life in patients with TDR

Conflict of interest: No

Keywords: treatment resistant depressive disorders; psychosocial predictors; biological predictors

EPV0453

The use of vasopressin type 1b receptor antagonists as psychotropic agents- a literature review

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Introduction: Vasopressin is involved in the regulation of the HPA axis through vasopressin 1a (V1a) and 1b (V1b) receptors located in the limbic system, and this axis is a key structure in the regulation of social behaviors and response to stressful stimuli.

Objectives: To assess the level of evidence in favour of V1b receptor effects in Clinical and preclinical models of psychiatric disorders.

Methods: A search of major electronic databases (Cochrane, PubMed, PsychInfo, EMBASE) was performed, using keywords "vasopressin type 1b receptor", "major depression", "anxiety disorders", and "psychiatric disorders". Also, the database clinicaltrials.gov was questioned using the same keywords.

Results: ABT-436 is a V1b receptor antagonist that was investigated for major depression and showed positive results, while the tolerability was good overall, main adverse events being nausea, decreased systolic blood pressure, increased heart rate. HPA attenuation was observed during this trial with ABT-436 after 7 days. A single-dose interaction study with ABT-436 was conducted in moderate alcohol drinkers and no significant interaction was detected between the two substances. TASP0233278, TASP0390325, V1b-30N, and SSR149415 have exerted anxiolytic and antidepressant effects in several preclinical models of depression and anxiety. Also, V1b receptors antagonists have been explored for the treatment of aggressive behaviors and stress-related disorders in preclinical models.

Conclusions: Antagonism of the V1b receptors is a promising therapy for affective, anxiety, stress-related and substance-related disorders, but most data are derived from preclinical trials and more research is needed before considering it a clinically valid option.

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Keywords: vasopressin receptors; major depressive disorder; HPA axis; anxiety disorders

EPV0461

The role of acupuncture in the treatment of depression in china

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Introduction: Depression is recognized as a major public health problem that has a considerable impact on individuals and society. For treating depression, antidepressants are the most popular choices. However, their undesirable side effects and delayed onset of therapeutic action are still raising concerns. The number of studies investigating the effectiveness and adverse effects of acupuncture in treating depression has increased gradually in the past decades. However, as most clinical studies or reports were published in Chinese-language journals, various acupuncture methods and their effects remain unknown for the western world.