

**Objectives:** The primary objective of this research is to explore the existentialist understanding of psychopathology, particularly focusing on Sartre's contributions to making psychopathological experiences comprehensible.

**Methods:** Narrative review of relevant literature.

**Results:** The findings highlight that psychopathological conditions often arise when individuals are alienated from their own projects of being. These conditions are shaped by personal histories, societal structures, and choices made in "bad faith" (self-deception). Past events, such as family dynamics, social oppression, and traumatic experiences, play a critical role in shaping the individual's choices and actions. Sartre argues that when individuals distance themselves from their authentic desires and intentions they experience existential alienation, which manifests as psychopathology. A key result is the understanding that psychopathology should not be seen as a mere malfunction of the brain, as suggested by the biomedical model. Rather, it is a comprehensible event in the subject's individual and social history. The deviation from an authentic life project is central to understanding the origin of psychological disorders.

**Conclusions:** Sartre's existentialist framework offers significant contributions to the field of psychopathology by making psychological suffering comprehensible through the lens of personal freedom and choice. The rejection of a purely biomedical or deterministic approach allows for a more nuanced understanding of the individual's psychological struggles as part of their broader life context. Psychopathology is thus seen as a breakdown in the relationship between the subject's life project and their historical or existential situation, where the individual either chooses to distance themselves from their authentic self or is forced to do so by external contingencies. Sartre advocates for a "reciprocal" clinical relationship that recognizes the patient's subjectivity, transforming the clinical space into one of genuine listening and understanding. This existentialist clinical model focuses on the subject-in-situation.

**Disclosure of Interest:** None Declared

## Psychophysiology

### EPP317

#### Transdiagnostic investigation of schizophrenia and autism spectrum: Heart rate variability changes during rest, relaxation, and cognitive tasks

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**Introduction:** Autism spectrum disorder (ASD) and schizophrenia (SCH) are distinct diagnoses. However, they share common features such as high heritability, neurodevelopmental origins, and difficulties in social communication. Despite this, the etiology and precise pathophysiology of both conditions remain unclear, and no biomarker can definitively distinguish between them. In addition to higher-level cognitive and social-communication skills, autonomic

regulation capacity is crucial for emotional regulation in social situations, which has been shown to differ in ASD and SCH according to the literature.

**Objectives:** Our study, part of a larger research project, aimed to explore autonomic regulation in ASD and SCH by investigating heart rate (HR) and heart rate variability (HRV) as key markers of autonomic nervous system functioning. We measured these parameters during rest, relaxation (body scan), and cognitive tasks to assess changes in autonomic regulation capacity across different conditions.

**Methods:** Participants underwent an electrocardiogram (ECG) recording during a longer EEG experiment. We analyzed heart rate and HRV data from 114 participants ( $N_{ASD}=38$ ,  $N_{SCH}=37$ , and  $N_{NTP}=39$ ), with a particular focus on the RMSSD parameter as a key marker of parasympathetic regulation. We hypothesized that HRV would be lower in ASD and SCH groups compared to neurotypical controls (NTP), with the differences between groups diminishing during tasks. The experimental setup avoided additional stressors outside of the social context of the study.

**Results:** As hypothesized, we found significant differences in RMSSD between groups during the initial resting state (eyes open  $F(2,111)=6.314$ ,  $p=0.003$ ,  $\eta^2=0.102$ , eyes closed (EC):  $F(2,98)=6.800$ ,  $p=0.002$ ,  $\eta^2=0.122$ ). Although HRV was nominally lower in the ASD group (EC:  $M_{ASD}=26.10$ ), only the SCH group (EC:  $M_{SCH}=19.77$ ) showed a significant difference from the NTP group (EC:  $M_{NTP}=32.78$ ) based on post hoc comparisons. Contrary to expectations, HRV did not significantly change in the SCH and NTP groups during tasks. However, in the ASD group, HRV increased after body scan relaxation and, notably, during cognitive tasks (group main effect in repeated measures ANOVA:  $F(2,105)=6.068$ ,  $p=0.003$ ). This suggests that the structured nature of the task may have a calming effect, observable in autonomic regulation.

**Conclusions:** Our findings indicate distinct autonomic regulation patterns in ASD and SCH, with structured situations potentially having a calming effect, particularly in individuals with ASD. In the next phase of our research, we will systematically examine the relationship between electrophysiological parameters and key symptoms such as attachment insecurity, mentalization deficits, disorganization, and the severity of clinical symptoms, all of which have significant implications for clinical conditions and everyday functioning.

**Disclosure of Interest:** None Declared

### EPP319

#### Objective Measures of Stress: Association of Speech Features and Cortisol

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**Introduction:** Stress is a physiological and psychological response that contributes to the development and worsening of psychiatric