

**Introduction:** Daydreaming is a normal, very common experience in childhood and adulthood. However, a new phenomenon – termed ‘Maladaptive Daydreaming (MD)’ – which takes daydreaming to an extreme form, is currently being investigated. Maladaptive Daydreaming is not listed as an official disorder in the ICD-10 or DSM-5 presently.

**Objectives:** To review current literature on MD and explore whether MD could be acknowledged and classified as a real psychiatric disorder.

**Methods:** Data gathered via academic papers found through reliable sites, such as, Ovid, PubMed and Cochrane; through articles, videos and online forums to gather patients’ perspectives.

**Results:** There is enough information and literature available to create specific criteria to qualify a diagnosis of MD in patients. Possible aetiologies of Maladaptive Daydreaming have been identified. There has also been exploration into treatment options.

**Conclusions:** There is sufficient evidence for Maladaptive Daydreaming to be classified as an official disorder. Being included in the ICD-10 and DSM-5 would motivate research, expand identification of this disorder in patients, and advance access to help and support for patients.

**Disclosure:** No significant relationships.

**Keywords:** DSM-5; mental health; maladaptive daydreaming; ICD-10

## EPP0159

### Darier-White disease and Psychiatric disorders: A Case Report

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**Introduction:** Darier-White disease (DD) is a rare genodermatosis of dominant autosomic inheritance characterized by the keratinization of epidermis, nails and mucous membrane. It leads to the formation of papules and brown hyperkeratotic plaques, mainly in seborrheic areas. The disease is associated with a mutation on the ATP2A2 gene, mapped in the 12q23-24 chromosome. There is known a relationship between DD and neuropsychiatric diseases, such as bipolar disorder, depression and schizophrenia.

**Objectives:** To discuss the relationship between DD and neuropsychiatric disorders.

**Methods:** We report the case of a patient with diagnosed schizophrenia, alcohol and cannabis dependence who presented skin lesions.

**Results:** The physical exploration of our patient revealed cutaneous lesions and we pointed the diagnostic towards DD. Afterwards, a cross-consultation was done with the dermatology experts. During the physical exploration, the patient shows confluent hyperkeratotic papules, dominant on the sides and center of back and hands, together with nail injuries (see images). The diagnostic was confirmed through anatomic pathology. The patient was treated with 10 mg/day of Acitretin together with emollients twice a day, which improved the patient clinical status and signs. The patient remained stable at a psychiatric standpoint. After 3 years of treatment, the

patient keeps the same medication but with a reduced dose of 5 mg/day, with a 70% decrease of the initial hyperkeratotic lesions.



**Conclusions:** Previous studies concludes that mutations in the ATP2A2 gene, in addition to causing DD, confer susceptibility to neuropsychiatric features. These case report highlight the need for clinicians to asses and recognize neuropsychiatric symptoms in DD.

**Disclosure:** No significant relationships.

**Keywords:** Darier Disease; schizofrénia; Neuropsychiatry

## EPP0160

### The mediating role of state shame, guilt, and pride in the relationship between self-compassion and prolonged grief

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**Introduction:** Most people experience grief-related symptoms after losing a loved one. Approximately 9.8% of bereaved individuals' symptoms persist over the first year post-loss, emphasizing the importance of research in prolonged grief. The role of self-conscious emotions in prolonged grief, such as self-compassion, state shame, guilt and pride has been proposed in previous studies.

**Objectives:** Our aim was to examine the mediating role of state shame, guilt and pride in the relationship between self-compassion and prolonged grief.

**Methods:** This cross-sectional study collected data via online questionnaires based on self-reports (N=177, mean age: 42.26 years [SD=12.32], 97.2% women). Demographic and loss-related variables were measured, and further instruments assessed levels of self-compassion, state shame, guilt, and pride, and prolonged grief. Correlation and mediation analyses were used.

**Results:** Two significant indirect effects were shown in the mediation model. First, lower levels of self-compassion predicted higher levels of state shame, which in turn predicted elevated levels of prolonged grief. Second, higher levels of self-compassion predicted higher levels of pride, which subsequently contributed to lower levels of prolonged grief. Guilt did not have a significant mediating role.

**Conclusions:** The results highlight the possible role of elevated levels of state shame and lower levels of self-compassion and state pride in the development of prolonged grief. It is important for researchers and clinicians to be attentive to the role of self-compassion, state shame and pride in grieving.

**Disclosure:** No significant relationships.

**Keywords:** prolonged grief; shame; self-compassion; pride

## EPP0161

### Examining the association between personality traits and university faculty: a web-survey among Italian students

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**Introduction:** The influence of personality on field of study choice is comparable to that of cognitive skills. Additionally, personality traits seem linked with academic motivation, and engagement. Choosing the most suitable career is also related to students' personal well-being and work success.

**Objectives:** To explore how personality traits are associated with the choice of university courses among Italian students.

**Methods:** A web-survey was spread on social networks between March and June 2020 through Google Forms. Eligibility criteria for

inclusion were: 1) Being a university student between 18 and 35 years of age; 2) Attending a course in an Italian university; 3) Good comprehension of Italian language. On-line informed consent, socio-demographic, and career data were collected during the survey. Personality traits were assessed using the Big Five Inventory (BFI). We computed multinomial linear regressions to calculate potential associations between personality traits and university courses.

**Results:** Lower Conscientiousness, higher Neuroticism, and higher Openness to experience are associated with the attendance of Humanities compared with students of Health faculties. Higher Neuroticism traits are associated with the attendance of a scientific course compared with Health faculties. High Conscientiousness is significantly associated with the attendance of Law-related courses compared with Health courses. Non significant differences were detected in the other domains according to the big five personality model.

**Conclusions:** Our results suggest interesting associations between personality traits and educational choices. Future research may investigate this relationship in high-school students to implement appropriate strategies for better addressing students' educational needs and career outcomes.

**Disclosure:** No significant relationships.

**Keywords:** big five personality; faculty; UNIVERSITY; career

## EPP0162

### Prosocial behavior according to sex in school adolescents immersed in violent contexts in the department of Córdoba, Colombia

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**Introduction:** Four specific forms of violence have been identified in the socialization process of children, and these are: "violent discipline and exposure to domestic abuse; violence at school; violent deaths among adolescents; and sexual violence". (UNICEF, 2017, p2), In this regard Redondo & Inglés (2014) affirm that it is increasingly evident the need to promote prosocial behavior models based on empathy and assertiveness in educational institutions, in order to avoid the appearance of violent demonstrations.

**Objectives:** Analyze the levels of prosocial behavior according to sex in adolescents

**Methods:** A descriptive, cross-sectional study was conducted in 105 (N = 105) adolescents. A sociodemographic survey was used to investigate aspects related to the study objective and the Prosocial Behavior questionnaire by Martorell and Gonzales (1922) to measure prosocial behavior.

**Results:** 57.7% of the adolescents evaluated presented adequate prosocial behaviors. When examining the difference between sex, the expected values were initially verified, which indicated the feasibility of performing a student's T; As can be seen in Table 1, the mean corresponding to the female sex was 49.62%, in contrast to a mean of 49.93% for the male sex, indicating the absence of statistically significant differences.