professionals. It reveals that these efforts have dimensions that concern the entire healthcare system, the legal system, social security, labor, and working conditions.

Conclusions: The study highlights the importance of psychosocial support and improved access to these services to bolster trans women's coping mechanisms throughout their gender-affirmation, with particular emphasis on the specific periods identified above. The psychosocial support for trans women should encompass not only them but also extend to their families, significant others, and the community in which they live, adopting a holistic approach.

Disclosure of Interest: None Declared

O117

Bidirectional relationship between premenstrual disorders and autoimmune disease: a nationwide register-based study in Sweden

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Introduction: Premenstrual disorders (PMD) affect millions of women in reproductive age worldwide. Understanding the potential link between PMD and its comorbidities, including autoimmune disease (AD), is crucial for ultimately improving women's health. Although hormonal fluctuations seem involved in the development of PMD and some AD, the relationship between PMD and AD remains unclear.

Objectives: Hence, we aimed to investigate the bidirectional association between PMD and AD.

Methods: Leveraging Swedish nationwide and regional registers, we conducted a nested-case control study and a matched-cohort study. Among 3,630,028 eligible women of reproductive ages during 2001-2022, we identified 104,972 incident PMD, their unaffected full sisters, and 10 unaffected matched women per case. We extracted 41 types of AD diagnosis recorded in the registers. Using conditional logistic regression and Cox regression models, we estimated the odds ratio (OR) and hazard ratio (HR) with 95% confidence interval (CI).

Results: Women with AD had a 12% increased risk of subsequent PMD (95% CI 1.10-1.15) compared to unaffected women, and a 6% increased risk compared to their unaffected full sisters (95% CI 1.01-1.11). Women with PMD had 23% (95% CI 1.20-1.26) and 17% (95% CI 1.10-1.24) elevated risks of subsequent AD compared to unaffected women and full sisters, respectively. Among parous women, a stronger bidirectional association was observed for those both exposed to PMD and perinatal depression (nested case-control OR:1.46, 95%CI 1.38-1.54; matched cohort HR:1.49, 95%CI 1.34-1.66) compared to only PMD (nested case-control OR:1.04, 95%CI 1.00-1.07; matched-cohort HR:1.14, 95%CI 1.07-1.21). The strongest bidirectional association with PMD was found for autoimmune thyroid disease and celiac disease.

Conclusions: Our findings illustrate a bidirectional association between PMD and AD, in particular among parous women with a history of perinatal depression. If confirmed in future studies, healthcare professionals need to be vigilant about the risk of AD in women with PMD and *vice versa.*

Disclosure of Interest: None Declared

Addictive Disorders

O118

Evaluating the Impact of a Photoaging App versus School-Based Educational Intervention on Adolescents' Knowledge, and Attitudes towards Tobacco Use in Omani Public Schools: A Cluster Randomized Trial

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Introduction: Tobacco use among adolescents remains a significant public health concern, particularly in the Middle East region.

Objectives: This study compared the effectiveness of two interventions aimed at preventing tobacco use among Omani adolescents: the home use of photoaging app and a school-based educational module.

Methods: In this randomized controlled trial, 188 adolescents were assigned to either the photoaging app or the educational module group.

Results: The use of photoaging app demonstrated superior efficacy in enhancing perceptions of tobacco's harmful effects, with 78.5% of participants recognizing tobacco as definitely harmful compared to 27.1% in the educational module group (p<0.001). Additionally, the app group showed greater resistance to peer pressure, with 95.7% stating they would "definitely" refuse tobacco if offered by a friend, versus 83.5% in the module group (p=0.031). However, the educational module was more effective in promoting support for smoking bans in public places. While not statistically significant, the photoaging app group showed a trend towards lower susceptibility to tobacco use.

Conclusions: These findings suggest that integrating technology-driven interventions like photoaging apps with comprehensive educational programs could enhance tobacco prevention efforts among adolescents. Future interventions should consider a hybrid approach to leverage the strengths of both methods in combating youth tobacco use.

Disclosure of Interest: None Declared