

## **P-1383 - CORRELATIONS BETWEEN POST-TRAUMATIC SPECTRUM SYMPTOMS AND SERUM NEUROSTEROIDS LEVELS IN PATIENTS WITH PTSD AND HEALTHY CONTROL SUBJECTS**

C.Carmassi, M.Corsi, I.Pergentini, E.Massimetti, C.Socci, F.Belatti, I.Moroni, D.Marazziti, L.Dell'Osso

<sup>1</sup>Dipartimento di Psichiatria, Neurobiologia, Farmacologia e Biotecnologia, <sup>2</sup>University of Pisa, Pisa, Italy

**Introduction:** Many studies have explored the relationship between abnormalities of the hypothalamic-pituitary-adrenal (HPA) and anxiety disorders, nevertheless data on post-traumatic stress conditions are still controversial.

**Objectives:** To find a link between neurosteroids alterations and PTSD.

**Aims:** To explore cortisol and dehydroepiandrosterone sulfate (DHEA-S) serum levels in a sample of patients with post-traumatic stress disorder (PTSD), recruited from the general population, compared with a group of healthy control subjects.

**Methods:** We recruited 26 patients with PTSD (mean age:  $43.69 \pm 10.03$  years), assessed by the SCID-I / P for the DSM-IV-TR diagnosis, and 26 healthy control subjects (mean age:  $42.12 \pm 10.39$  years), without current or lifetime psychiatry disorders. The neurosteroid levels were measured in 10 ml of venous blood, between 9 and 10 am, at least 2 hours after awakening to minimize the physiological increase of cortisol in the morning. Patients and controls were assessed by Trauma and Loss Spectrum Self-Report [5].

**Results:** Significantly lower cortisol levels, but not DHEA-S, were detected in patients with PTSD ( $t = 15.97$ ,  $p < .001$ ) compared with control subjects. In addition, significant correlations emerged with domains of the TALS-SR.

**Conclusions:** Our results confirm the existence of a relationship between alterations in HPA axis and post-traumatic spectrum symptoms, although further studies are needed.

**References:** 1.Dell'Osso L, Carmassi C, Rucci P, et al. 2009. A multidimensional spectrum approach to post-traumatic stress disorder: comparison between the Structured Clinical Interview for Trauma and Loss Spectrum (SCI-TALS) and the Self-Report instrument (TALS-SR). *Comprehensive Psychiatry*. 50(5), 485-490.