

condition. Early identification and screening tools should be routinely provided to all pregnant and postpartum women.

**Disclosure:** No significant relationships.

**Keywords:** postpartum depression; Covid-19; peripartum; woman mental health

## O0107

### The physical-mental health interface during pregnancy planning

C. Tosh<sup>1</sup>, K. Kavanagh<sup>1</sup>, A. Flynn<sup>2</sup>, S. White<sup>2</sup>, R. Catalao<sup>3</sup> and C. Wilson<sup>3\*</sup>

<sup>1</sup>University of Strathclyde, Mathematics And Statistics, Glasgow, United Kingdom; <sup>2</sup>King's College London, Department Of Women's Health, London, United Kingdom and <sup>3</sup>King's College London, Section Of Women's Mental Health, London, United Kingdom

\*Corresponding author.

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**Introduction:** The physical and mental health of women prior to conception can have a significant impact on pregnancy and child outcomes. Given the rising burden of non-communicable diseases, the aim of this analysis was to explore the relationship between mental health, physical health and health behaviour in women planning a pregnancy.

**Objectives:** To investigate the association between indices of physical and mental health in a large population of women in the UK planning a pregnancy.

**Methods:** Responses to a preconception health digital education tool provided data on the physical and mental health and health behaviour of 131,182 women planning pregnancy. Logistic regression was used to explore associations between mental health and physical health variables. Multiple imputation by chained equations was implemented to handle missing data.

**Results:** There was evidence for an association between physical and mental health conditions (OR 2.22; 95% CI 2.14, 2.3). There was also an association between having a mental disorder and physical inactivity (OR 1.14; 95% CI 1.11, 1.18), substance misuse (OR 2.4; 95% CI 2.25, 2.55) and less folic acid use (OR 0.89; 95% CI 0.86, 0.92).

**Conclusions:** There is a need for greater integration of physical and mental healthcare for women in the preconception period, which could support women, including those who wish to conceive, to optimise their health during this time.

**Disclosure:** No significant relationships.

**Keywords:** preconception; pregnancy; health behaviour; mental disorder

## O0108

### Pharmacogenetics and antidepressant treatment outcomes in pregnancy: a Danish-population based study

M. Mushtaq<sup>1\*</sup>, K. Ishtiaq-Ahmed<sup>1,2</sup>, J. Thirstrup<sup>1,2</sup> and C. Gasse<sup>1,2</sup>

<sup>1</sup>Aarhus University Hospital Psychiatry, Department Of Affective Disorders, Aarhus N, Denmark and <sup>2</sup>Aarhus University, Department Of Clinical Medicine, Aarhus N, Denmark

\*Corresponding author.

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**Introduction:** Depression in pregnancy is common and often requires treatment with antidepressant drugs. Most antidepressants are metabolized by the cytochrome P450 system (CYP), in particular CYP2C19 and -2D6, both of which are genetically polymorphic. Additionally, the activity of these enzymes is altered during pregnancy. **Objectives:** To investigate pharmacogenetic variability regarding CYP2C19 and -2D6 in pregnant users of antidepressants and treatment outcomes.

**Methods:** The study population comprises all women born between 1981-1999, who gave birth to at least one child before December 2015 identified from the large Danish population-based iPSYCH2012 case-cohort study sample linked to information on genetic variants, prescription drug use and outcome data. Pharmacogenetic genotypes and phenotypes of CYP2C19 and CYP2D6 will be categorized into poor, (PM), intermediate, (IM), extensive, (EM), rapid (RM) and ultra-rapid metabolizers (RM) using array-based SNP information. Antidepressant drug use and comedication during pregnancy will be assessed based on prescription data. Outcomes include treatment discontinuation, switching and psychiatric hospitalizations. Cox regression analysis will be performed to estimate the hazard ratios comparing the rates of the different outcomes in people with different phenotypes, compared with EM adjusted for a number of confounding factors.

**Results:** Based on previous research we will be able to identify approximately 6531 pregnant women with a psychiatric history. Among those, we estimate to find 14 PM, 161 IM, 285 EM, 168 RM and 25 UM of CYP2C19, and 27 PM, 218 IM and 408 EM of CYP2D6. Exposure to antidepressants is estimated at 10%.

**Conclusions:** We expect to be able to present the results at the conference.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Antidepressants; pharmacogenetics; Pregnancy

## O0109

### Depressive symptoms in the peripartum: incidence and associated characteristics

S. Pompili\*, A. Mauro, L. Orsolini, V. Salvi and U. Volpe

Unit of Clinical Psychiatry, Polytechnic University of Marche, Ancona, Italy, Department Of Neurosciences/dimsc, Ancona, Italy

\*Corresponding author.

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**Introduction:** The peripartum is a period at high risk for the onset of depressive symptoms. The prevalence of peripartum depression (PD) ranges from 6 to 20% and is burdened with high adverse birth outcomes, poor mother-infant bonding, and a high risk for suicidal ideation and attempts. However, PD is underrecognized and consequently undertreated.

**Objectives:** We aimed at screening depressive symptoms in women during pregnancy and postpartum, and evaluating the socio-demographic and clinical characteristics associated with depressive symptoms.

**Methods:** 199 women, 55 during pregnancy and 144 in the postpartum period, consecutively admitted to the Perinatal Mental Health Service of Ancona (Italy) were administered a socio-demographic and clinical questionnaire together with the Edinburgh

Postnatal Depression Scale (EPDS). Women scoring  $\geq 12$  at the EPDS were considered screening positive.

**Results:** Twenty women (10%) were screening-positive. These women were more often foreigners ( $R^2=0,032$ ;  $\beta=0,178$ ;  $p=0,012$ ), single ( $R^2=0,026$ ;  $\beta=0,163$ ;  $p=0,022$ ), with a positive psychiatric family history ( $R^2=0,114$ ;  $\beta=-0,337$ ;  $p=0,001$ ) and more frequently affected by physical comorbidities unrelated to pregnancy ( $R^2=0,03$ ;  $\beta=0-0,174$ ;  $p=0,014$ ). These women also had more gestational comorbidities such as gestational hypertension ( $R^2=0,02$ ;  $\beta=-0,154$ ;  $p=0,030$ ), shortening of uterus neck ( $R^2=0,05$ ;  $\beta=-0,234$ ;  $p=0,001$ ), and miscarriage threats/placental abruption ( $R^2=0,004$ ;  $\beta=-0,067$ ;  $p=0,001$ ).

**Conclusions:** Our study highlighted the association between depressive symptoms and potentially dangerous gestational comorbidities. Our results further stress the need to screen all women in the peripartum for the presence of depression, in order to identify those at-risk and eventually put in place strategies to prevent further complications to mothers and children.

**Disclosure:** No significant relationships.

**Keywords:** EPDS; incidence and characteristic; postpartum depression; peripartum depression

## O0110

### Premenstrual syndrome as a possible presymptomatic marker for negative outcomes of pregnancy

E. Eros

Health and Well-being Clinic, Psychiatry, Budapest, Hungary  
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**Introduction:** Hungarian Family Planning Service's mission is decreasing the negative outcomes of pregnancy, including perinatal depression.

**Objectives:** Childbirth as a great irreversible life event is a normative crisis of the life, thus pregnancy and post-partum period are times of high risk for psychiatric symptoms. Stress in pre- and post-natal period has short and long-term effect on offspring. Women participating in family planning program should be evaluated for the high risk and specific preventive program are provided for them.

**Methods:** Between 2015-2018, 446 women were participating in family planning service. They were screened for premenstrual syndrome by using the shortened form of PAF questionnaire. We compared healthy and PMS affected patients' data in according to the prevalence of PPD, spontaneous abortion and period needed for conception.

**Results:** Prevalence of PMS in our sample was 51.4%. Overage duration between wished and realized conception was 6.1 months in healthy group vs 9.2 months in PMS group. Post-natal depression was screened by Edinburgh Post-natal Scale and it showed about 4-times higher prevalence between affected women by PMS. Surprising the rate of spontaneous abortion was 2-times higher, although the absolute number is rather low for statistical validation.

**Conclusions:** Women affected by PMS can be considered as high risk for perinatal mood disorders and negative outcomes of pregnancy. PMS can be useful as a presymptomatic marker of perinatal depression and may be increased risk for spontaneous abortion. Psychological aspect should be included into the periconceptional care. Family planning may be an optimal solution to prevent perinatal depression and its complication.

**Disclosure:** No significant relationships.

**Keywords:** premenstrual syndrome; prevention; post natal depression

## O0111

### Social support and prenatal mental health problems: a systematic review and meta-analysis

A. Tilahun\*, W. Peng, J. Adams and D. Sibbritt

University of Technology Sydney, Public Health, Sydney, Australia

\*Corresponding author.

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**Introduction:** Pregnancy is a time of profound physical and emotional change as well as an increased risk of mental health problems. Providing social support is vital to reduce such risk.

**Objectives:** This systematic review and meta-analysis aimed at examining the relationship between social support and depression, anxiety and self-harm during pregnancy.

**Methods:** We searched observational studies from PubMed, Psych Info, MIDIRS, SCOPUS, and CINAHL databases. The Newcastle-Ottawa Scale tool was used for quality appraisal. The Q and the I<sup>2</sup> statistics were used to evaluate heterogeneity. A random-effects model was used to pool estimates. Publication bias was assessed using a funnel plot and Egger's regression test and adjusted using trim and Fill analysis. All the analysis was conducted using STATA.

**Results:** Sixty-seven studies with 64,449 pregnant women were part of the current review. Of the total 67 studies, 22 and 45 studies were included in the narrative analysis and meta-analysis, respectively. From the studies included in the narrative analysis, 20(91%) of them reported a significant association between social support and the risk of mental health problems (i.e. depression, anxiety, and self-harm). After adjusting for publication bias, the results of the random-effect model revealed low social support was significantly associated with antenatal depression (AOR: 1.18, 95% CI: 1.01, 1.41) and antenatal anxiety (AOR: 1.97, 95% CI: 1.34, 2.92).

**Conclusions:** Low social support was significantly associated with depression, anxiety, and self-harm during pregnancy. Policy-makers and those working on maternity care should consider the development of targeted social support programs to help reduce mental health problems amongst pregnant women.

**Disclosure:** No significant relationships.

**Keywords:** Depression; social support; Pregnancy; Anxiety

## Schizophrenia and other Psychotic Disorders 1

### O0112

#### Clinical and immunological profile of patients with schizophrenia

N. Petrova<sup>1\*</sup>, M. Mayorova<sup>2</sup>, L. Churilov<sup>2</sup>, A. Gvozdetkiy<sup>3</sup>, I. Kudryavtsev<sup>4</sup>, P. Sobolevskaia<sup>2</sup> and V. Serazetdinova<sup>5</sup>

<sup>1</sup>Saint-Petersburg State University, Department Of Psychiatry And Addiction, Saint-Petersburg, Russian Federation; <sup>2</sup>Saint Petersburg State University, Laboratory Of Mosaic Of Autoimmunity, Saint-Petersburg, Russian Federation; <sup>3</sup>North-western State Medical university named after I. I. Mechnikov, Chair Of Psychiatry And