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Abstract: Despite the crucial need for objective diagnostic procedures in psychiatry, the research of the quantitative neural bases of mental disorders is in its infancy, and currently there are no well-validated markers that could be translated into clinical practice. Candidate brain markers for neurodevelopmental, psychotic, and mood disorders have been proposed, but confounding factors and low statistical power leave most of these markers at the very early stage of development. Increasing evidence suggests a crucial role of biological, especially including sex, and environmental factors in shaping behavioral development and psychopathological risk. Moreover, such risk seems associated with greater susceptibility to cardiovascular problems, possibly mediated by alterations in the brain-heart axis. In this context, the study of brain maturation trajectories and brain-heart interactions in relation to sex and environment can provide key insights on the etiology of complex mental illnesses.

This lecture will provide an overview of our recent research on the interactions among biological factors, in particular sex, environmental risk, brain morphology and function, and cardiac autonomic regulation in affective and psychotic disorders using multivariate analysis approaches. Evidence obtained from juvenile cohorts, including samples of twins, will be presented to provide useful information on the genetic and environmental determinants of behavioral developmental trajectories, and on sex differences in these trajectories. The complex relationships among sex, environmental risk, autonomic regulation, brain morphology and connectivity, and mental and physical health will be explored in transdiagnostic samples of young adults and elders. Special focus will be given to sex-shared and sex-specific brain and autonomic mechanisms affected by social stressors, including discrimination, bullying, and chronic stress, and their possible role in determining the heterogeneous clinical dimensions of psychotic and affective disorders.

Disclosure of Interest: None Declared

SP055

Update Gender Affirming Care in Adolescents with Gender Incongruence – Evidence Review and Clinical Implications Considering new Guidelines in different European Countries

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Abstract: Recently, there have been wide-ranging debates about gender affirming treatment for young people with gender incongruence. The ethical principle of self-determination of young people must be reconciled with a careful assessment and weighing up of the risks

and benefits of medical treatment steps. The focus is on psychosocial support for young people struggling with gender incongruence in adolescence. The evidence for the effectiveness of medical interventions in adolescence is still limited. Nevertheless, there is a great need among affected adolescents. In a literature review and based on international debates, guidelines and treatment recommendations, a cautious and balanced approach to the question of the right support for adolescents with gender dysphoria is recommended.

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SP056

Difficulties in implementing best standards in transgender mental health care in different European countries

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Abstract: For decades, the standards of gender-related healthcare provided to trans and gender-diverse people have been prepared by international professional associations. These standards are often expected to rely on research evidence, but when the research evidence is not conclusive, an expert consensus is sought. In addition to the standards and guidelines updated with intervals, such as the Standards of Care for the Health of Transgender and Gender Diverse People, Version 8, and the Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline of the Endocrine Society, there are several national guidelines developed by the professionals in some European countries. There are significant similarities among these care principles concerning practical recommendations. However, the practice may vary depending on the differences in healthcare delivery systems and, more importantly, legal regulations. In general, international guidelines provide room for flexibility in practical applications. Yet, in recent years, there has been a significant change in many European countries with respect to the public appreciation of gender diversity and gender-related healthcare, mainly resulting from a politicized debate triggered by more conservative arguments rather than evidence. This backlash, which has also had a profound impact on the medical professional sphere, is a cause for concern. In this climate, it is becoming more challenging to develop and implement the standards of care for trans and gender-diverse individuals in many countries. Similarities of challenges in the implementation of standards also exist in the means of handling these challenges.

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SP057

Necessity and Problems of Cooperation of Mental Health Professionals and Somatically Oriented Doctors in Gender-affirmative Healthcare

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