

databases, using the terms “postpartum depression”, “baby blues” and “postpartum psychosis”, until December 2020.

**Results:** Since both depression and antidepressant medications confer risk upon the infant, when postpartum depression develops, psychotherapy is usually the first-line treatment. Antidepressant treatment may be necessary, but its use during pregnancy and postpartum must be weighed carefully.

**Conclusions:** In order to better prevent postpartum depression, recommendations include the use of screening instruments as a routine clinical practice during pregnancy and referral when necessary. Maternal depression has a severe impact on both mother and child, so mental health professionals have a very important role in reducing postnatal emotional complications.

**Disclosure:** No significant relationships.

**Keywords:** baby blues; breastfeeding; Postpartum depression; Antidepressants

## EPV0261

### The role of the gut-brain axis in depression and anxiety disorders

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**Introduction:** There is a bi-directional biochemical communication pathway between the gastrointestinal tract and the central nervous system, referred to as the “gut-brain axis”. Studies show that bacteria in the gastrointestinal tract, including commensal, probiotic, or pathogenic, can affect brain’s function. Since there is a symbiotic relationship between gut microbiota and the brain, changes in its composition can lead to dysbiosis, which plays a role in many psychiatric disorders, such as depression and anxiety, and therefore becomes a potential therapeutic target.

**Objectives:** To examine data from recent studies regarding the gut-brain axis and its relationship with psychiatric disorders, such as depression and anxiety.

**Methods:** Review of the most recent literature regarding the gut-brain axis and its relationship with depression and anxiety disorders. The research was carried out through the MedLine, PubMed, UptoDate, ScienceDirect, SciELO and SpringerLink databases, using the terms “gut-brain axis”, “depression” and “anxiety”, until December 2020.

**Results:** There is a relationship between dysbiosis of microbiota and some psychiatric disorders, particularly depression. Symbiosis may be restored by purposefully manipulate the gut microbiota using therapies such as probiotics, therefore enhancing beneficial bacteria in the gastrointestinal tract and improving symptoms of depression.

**Conclusions:** Although probiotics can be used in the treatment of depression, further research is needed in order to carefully determine parameters such as the duration of treatment, dosage and drug interactions. Nonetheless, a better understanding of the gut-brain axis may arise new approaches on how we prevent and treat mental illnesses.

**Disclosure:** No significant relationships.

**Keywords:** Gut-brain axis; Depression; anxiety disorders; microbiota

## EPV0262

### Depressive disorders after mild craniocerebral injuries in amateur athletes

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**Introduction:** Craniocerebral injuries are serious traumatic situations

**Objectives:** Aim of this study is to present cases of depressive disorders after mild craniocerebral injuries in amateur athletes

**Methods:** 10 cases are presented. Range of age between 20 and 40 years old. All of them reported depressive disorders during the post traumatic period after mild craniocerebral injuries mainly during amateur athletic activities

**Results:** All of them they receive appropriate neurological, psychiatric, psychological and rehabilitation support and treatment. They managed to have a good outcome after 12 months follow up.

**Conclusions:** The development of depressive disorders after such traumatic events remains a strong predictor of a variety of difunctions (social, personal, work etc). The emergence of depressive disorders in many cases remains unexplored and poorly understood. The effect into the the overall health remains a very important factor to investigate. The combination and collaboration of the various medical disciplines is essential in order to help young people.

**Disclosure:** No significant relationships.

**Keywords:** Depressive disorders; craniocerebral injuries; athletes

## EPV0263

### The prevalence of depressive disorders among young people in europe: A systematic review and meta-analysis

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**Introduction:** This systematic review estimates the pooled prevalence (PP) of depressive disorders (DD) among 5-to-18-year-old YP living in Europe, based on prevalence rates established in the last five years (LFY).

**Objectives:** Trends of prevalence rates across countries, gender and level of education were analysed. The random effects pooled prevalence rate (REPPR) for DD was calculated.

**Methods:** A search strategy was conducted on three databases. Studies were also identified from reference lists and grey literature. Eligible studies were evaluated for reliability, validity, bias, and the REPPR for DD was calculated.

**Results:** The European REPPR for DD is calculated at 2.0% (95%CI: 1.0%-4.0%). (Figure 1). The REPPR for each depressive disorder is shown in Figure 1. The prevalence among secondary school children is 4.2 times higher than that among primary school children.

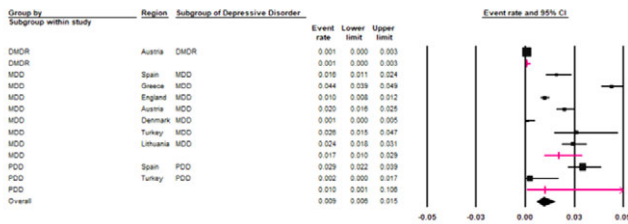


Figure 1: Forest plot showing the prevalence rates of depressive disorders (DMDR: Disruptive Mood Dysregulation Disorder, MDD: Major Depressive Disorder, PDD: Persistent depressive disorder)

**Conclusions:** Routine screening and early intervention strategies for eating disorders may improve the outcome of young people with these problems.

**Disclosure:** No significant relationships.

**Keywords:** Child; Depression; prevalence; Europe

## EPV0265

### The application of motion capture technology in a clinical evaluation and a therapy for people with autism spectrum disorder

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**Introduction:** Autism spectrum disorder (ASD) encompasses disorders with incompletely known etiology. Facial expression of people with ASD does not often reflect their emotions adequately or are strongly limited. In addition, they have a problem with joint attention. The symptoms of autism spectrum disorder are very various and have different severity that can change over time. There are still no objective methods for estimating these symptoms, which creates a huge diagnostic and clinical problem. Motion Capture technology makes the possibility of this objective assessment of the severity of initial symptoms, their change over time, as well as specificity for people with ASD.

**Objectives:** To assess the application of Motion Capture technology in a clinical evaluation and a therapy for people with ASD.

**Methods:** We analyzed literature related to the topic available at medical bases: PubMed, ResearchGate and Google Scholar. The articles which were included had been published after 2000 and have an English or Polish abstract.

**Results:** We included 2 trials involving 81 participants (children and adolescents): 1 trial reported on quantifying the social symptoms of autism and 1 trial on differences of facial expressions in people with and without ASD.

**Conclusions:** This capture of motions and the analysis of specific movements of people with autism spectrum disorder might be very useful in clinical practice, scientific research, therapy and also in creation of functioning systems at homes, schools and kindergartens. Thanks to this, people with ASD will be able to function better in society.

**Disclosure:** No significant relationships.

**Keywords:** autism spectrum disorder; Motion Capture; facial expression

## EPV0266

### Psychosocial online counselling in Ukraine on IPSO-care platform in pandemic period

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**Introduction:** Since October 2017 till 2019 the project of Psychosocial Care for internally displaced persons and the war affected population in Ukraine has been in place (short name "Let's talk"). In 2020 this project continuing for counselling pandemic affected persons.

**Objectives:** The counsellors are professional psychologists who were trained within the scope of the project. Sessions may be held in Russian or Ukrainian, according to the user's choice.

**Methods:** Analysis of protocols of online counseling sessions and supervisions.

**Results:** The key and most frequent issues mentioned by the clients are loneliness, the loss of the sense of life, fear, uncertainty, anxiety, difficulties in family relations, in particular, with children, job insecurity, addictions, psychosomatic disorders and so others. They are closely related to the situation in the country (military operation, the division into "We" and "Other", the risk of provocations, the cases of treason and personal revenge, threats to the family members of the military). The above issue is in potential clients' inadequately high suspicion level (in some cases on the border of paranoid fantasies), which is manifested in the fear of the possible infringement of confidentiality, over-listening, surveillance, recording of talks etc.

**Conclusions:** The online counseling is the way to provide professional, accessible, free for the users and fully anonymous psychosocial care. Most frequent issues mentioned by the IDPs and the war affected population peoples has been indicated. When presenting the project service, the focus is always made on the high level of data protection and strict confidentiality.

**Disclosure:** No significant relationships.

**Keywords:** e-mental health; online counseling; psychotherapy; telepsychiatry

## EPV0268

### A mixed methods evaluation of the current state of perinatal mental healthcare and users' acceptability of a digital assessment for perinatal mental health

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