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e-Poster walk: Old-age psychiatry

EW0191

Hippocampal volume recovery after depression: Evidence from an elderly sample

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Objectives Structural neuroimaging studies have revealed a consistent pattern of volumetric reductions in both the hippocampus and the anterior cingulate cortex (ACC) of individuals with a major depressive episode (MDE). This study investigated hippocampal and ACC volume differences in the elderly comparing currently depressed individuals and individuals with a past lifetime history of MDE versus healthy controls.

Methods We studied non-demented individuals from a cohort of community-dwelling people aged 65 and over (ESPRIT study). T1-weighted magnetic resonance images were used to acquire anatomical scans from 150 currently depressed individuals, 79 individuals with at least one past MDE, and 310 healthy controls. We derived quantitative regional estimates of subcortical volume of hippocampus and ACC using FreeSurfer Software (automated method). Concerning hippocampus, we also used a manual method of measurement. General Linear Model was used to study brain volumes in current and past depression adjusting for gender, age, education level, total brain volume, and anxiety disorder comorbidity.

Results After adjustment, current depression was associated with a lower left posterior hippocampal volume ($F=10.38$, $P=0.001$) using manual estimation of volume. No other significant differences were observed. A positive correlation was found between time since the last MDE and left posterior hippocampal volume.

Conclusions The finding of left posterior hippocampal volume reduction in currently depressed individuals but not in those with a past MDE compared to healthy controls could be related to brain neuroplasticity. Additionally, our results suggest manual measures to be more sensitive than automated methods.

Keywords Major depressive episode; Late life depression; Brain imaging; Biological psychiatry; Magnetic resonance imaging

Disclosure of interest The authors have not supplied their declaration of competing interest.

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Introduction to mindfulness: A pilot exploratory study among memory clinic attendees

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Background Evidence from the literature suggests that group mindfulness interventions result in improved quality of life, less depressive symptoms and improved subjective sleep quality among patients with memory problems [1].

Objectives To design and pilot a brief mindfulness intervention for Memory Clinic attendees.

Aims To develop a non-pharmacological low-resource intervention for Memory Clinic attendees.

Methods An introduction to mindfulness pack, designed by author CD, includes a booklet introducing the concept of mindfulness, instructions for meditation exercises with an accompanying CD. Memory clinic attendees diagnosed with subjective memory complaints or mild cognitive impairment were invited to take part. Participants completed standardised questionnaires pre- and post-intervention, which examined subjective memory, depression and anxiety symptoms, subjective sleep quality, worry and mindfulness levels. Qualitative information was also gathered.

Results Of twenty-four participants (66.6% female, mean age 60.8 years), 14 (58.3%) completed the 6-week study. There was no statistical difference in anxiety and depressive symptoms, quality of life, sleep quality and worry levels pre- and post-intervention among participants. However, 100% of participants found the mindfulness intervention beneficial, with 64.3% ($n=9$) reporting a subjective improvement in both memory and concentration.

Conclusions In this small pilot study, a brief self-guided mindfulness intervention was found to be acceptable to a heterogeneous group of Memory Clinic attendees.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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