

³Faculdade De Ciências Sociais E Humanas, Universidade da Beira Interior, Covilhã, Portugal and ⁴Cma - Centro De Matemática E Aplicações Da Ubi, Universidade da Beira Interior, Covilhã, Portugal
*Corresponding author.
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Introduction: Music has been said to be emotion's language. Research confirms a link between music structure and triggered emotions.

Objectives: To assess the relationship between selected music excerpts and the emotions triggered, in order that the former will be used in future research.

Methods: An anonymous study was performed in April 2019 on 65 subjects of both sexes, aged 19- 33 (mean=21,09; SD=3,05). Subjects listened 4 excerpts of music, believed to be related either to excitement or to calmness, and answered to a questionnaire on emotion's triggered by each exposure.

Results: Regarding to the music excerpts that were believed to induce excitement 80% of the subjects mentioned exciting emotions, 78% enjoyed the music while 78% didn't knew them. For the ones that were believed to induce calmness 69% of the subjects mentioned calm emotions, 84% enjoyed the music and 62% didn't knew the music. In an excerpt of music related to calmness, we observed association between knowing the music and the emotion triggered ($p=0,027$). The triggered emotion responses were independent of liking the music ($P>0,05$).

Conclusions: In our study, independent of liking the music, the participants reported to have perceived the expected emotions triggered by musical excerpts, showing this to be a phenomenon related to music structure. Calmness perception may be also influenced by previous knowledge of the music and related experiences. The role of individual perceptions will be looked for in following studies.

Disclosure: No significant relationships.

Keywords: Music; triggered; emotion; language

Psychoneuroimmunology

EPV0485

C-reactive protein in a naturalistic sample of inpatients with major depressive disorder, bipolar disorder and obsessive-compulsive disorder

D. Caldirola^{1,2*}, S. Daccò^{1,2}, F. Cuniberti^{1,2}, G. Diaferia², P. Cavedini², M. Grassi^{1,2} and G. Perna^{1,2}

¹Mental Health, Humanitas University, Rozzano, Italy and

²Department Of Clinical Neurosciences, Villa San Benedetto Menni Hospital, Hermanas Hospitalarias, Albese con Cassano, Italy

*Corresponding author.

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Introduction: The relevance of inflammation to psychiatric disorders is well established. While inflammation was broadly investigated in mood disorders, obsessive-compulsive disorder (OCD) received little attention. C-reactive protein (CRP) is an inflammatory marker commonly assessed in clinical practice. Studies comparing CRP levels across mood disorders and OCD are lacking.

Objectives: We compared the prevalence of CRP-based low-grade inflammation (LGI) across major depressive disorder (MDD),

bipolar disorder (BD) and OCD, taking into account multiple individual variables that may affect CRP levels.

Methods: Retrospective, observational cross-sectional study in a naturalistic sample of hospitalized patients with MDD or BD or OCD. Information was collected from electronic medical records. Based on serum CRP levels at admission, the following were defined: CRP: >3 mg/L and ≤ 10 mg/L, "yes" LGI; ≤ 3 mg/L, "no" LGI. Logistic regression models were applied.

Results: We included 156 patients with MDD, 135 with BD, and 97 with OCD. We found prevalence rates of CRP-LGI of 29.9%, 36.5%, and 47.4% in patients with OCD, MDD, and BD, respectively, without significant differences between groups. The entire set of individual variables considered (e.g., sex, body mass index, medication) explained only one-third of the observed variations in CRP-LGI.

Conclusions: CRP-LGI may be a transdiagnostic feature of a substantial portion of patients with MDD or BD or OCD, rather than being exclusive to a specific psychiatric disorder. The presence of LGI was not fully explained by individual confounding factors. Given the relevance of inflammation to psychiatric and medical outcome, routine measurements of CRP in psychiatric settings may be valuable.

Disclosure: No significant relationships.

Keywords: major depressive disorder; bipolar disorder; Obsessive-Compulsive disorder; Inflammation

EPV0487

The autopoiesis and the mindfulness as a tool for self-management in health. A theoretical support for a clinical study in psychoneuroimmunology

J.T. Saavedra Perez De Arce^{1*} and C. Zarate^{1,2}

¹School Of Medicine, Department Of Psychiatry, Universidad San Sebastián, Santiago, Chile and ²Psychiatry, Clínica Psiquiátrica Universitaria, Universidad de Chile, Santiago, Chile

*Corresponding author.

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Introduction: Clinical studies had shown a correlation between mindfulness and changes in the immune response. Other studies had observed an interaction between sensory neurons and neuropeptide-mediated immune response.

Objectives: This research aims to provide theoretical support to carry out a clinical study based on psychoneuroimmunology.

Methods: For this, An epistemological analysis of the concepts of autopoiesis and evocative body was carried out to explain the self-conformation of the organism.

Results: The result of this analysis indicates that the autopoietic process of the organism can be experienced from the three levels proposed by the concept of the evocative body (preontological, ontological and logical). It is possible to generate a nexus between the preontological and the logical in the autopoietic process through the ontological level. Mindfulness is the tool through which it is possible to access the ontological and thus express the preontological in the logical, thereby generating the theoretical possibility of being able to influence our therapeutic process.

Conclusions: This analysis supports the concept of the self-management in health as a measurable therapeutic tool in a clinical study.