

## EPP0530

**Deinstitutionalization in Georgia-why it is so slow**N. Zavrashvili<sup>1\*</sup> and G. Matiasvili<sup>1</sup><sup>1</sup>School of health sciences, The University of Georgia, Tbilisi, Georgia

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**Introduction:** Mental health reform represents one of the most transformative changes in the field of healthcare, as it not only changes the forms of services but also the nature of services offered. While many countries have successfully implemented such reforms, others, including Georgia, have struggled with a protracted and inconsistent process. Despite decades of advocacy by professionals for deinstitutionalization and the development of community-based services, psychiatric hospital treatment continues to dominate in Georgia.

**Objectives:** The purpose of the review is to explore the concept of deinstitutionalization within the mental health landscape and assess its status in the context of Georgia. It aims to study the lessons learned from successful deinstitutionalization and illuminate achievements and challenges surrounding deinstitutionalization in Georgia's reality.

**Methods:** A qualitative analysis including desk review, in-depth interviews and focus group discussions was conducted. Proceeding from the research objectives we analyzed the existing legislation, strategic documents and clinical practices concerning individuals with mental disorders; Interviews were also conducted with key informants on the shortcomings and problems in deinstitutionalization practices

**Results:** The review findings reveal, that despite recent progress such as the development of community mobile teams and increased funding allocated for community services within mental health budget, several issues persist: there is no agreement among stakeholders on how to restructure existing hospital beds and financial provisions remain unresolved. The field of mental health in Georgia suffers from a lack of human resources. Attracting new personnel, ensuring regional distribution, and enhancing qualifications are necessary components of deinstitutionalization that require the involvement of all stakeholders, coordinated and time-planned action. The current mental healthcare system in Georgia is characterized by a lack of coordination and collaboration among its various components. Establishing patient care pathways with clear referral criteria is crucial for improving the efficiency of mental health services. This research highlights that successful deinstitutionalization requires additional funds, time, and trained people. Institutions should have a long-term (3-5) year development plan, detailing the source of funding, activities to be implemented, and expected outcomes. In the absence of such a plan, progress remains sporadic, intermittent, uncoordinated, and less effective.

**Conclusions:** In conclusion, the protracted nature of deinstitutionalization in Georgia requires a multifaceted approach involving various stakeholders. By addressing identified challenges and promoting coordination among mental health components, Georgia can guide a more effective course toward a community-based, patient-centered mental healthcare system.

**Disclosure of Interest:** None Declared

## EPP0528

**A Cost-Effectiveness Analysis of a Ketamine-assisted Psychotherapy Program Compared to Online Group Psychotherapy in British Columbia, Canada**

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**Introduction:** Depression continues to present significant economic burdens to the Canadian healthcare system. Novel therapies, including those that incorporate psychoactive substances such as ketamine, present an opportunity to evaluate both clinical and economic effectiveness against current standards of care, which may be repeatedly proving ineffective in treating depression for some individuals.

**Objectives:** This paper evaluates the cost-effectiveness of the Roots to Thrive ketamine program compared to group psychotherapy covered through the medical services plan in British Columbia, Canada.

**Methods:** A discrete-time Markov-model is used to estimate depressive states over five cycles for a treatment cohort and a synthetic control cohort. The transition probabilities for the treatment cohort are calculated from Roots to Thrive program data (n = 62) over the past 3 years, with the control cohort using published values from the literature. Both cohorts use the same starting state distribution, excess healthcare utilization rates for each severity level of depression, and utility outcomes based on depression state severity.

**Results:** Compared to the control cohort, the Roots to Thrive program was less expensive and produced better outcomes as measured by PHQ-9 scores and Quality-Adjusted life years over 5 treatment cycles. On average, the Roots to Thrive program would save \$14,481 and produce 0.94 additional QALY's per individual compared to group psychotherapy of three patients per provider in the current standard of care.

**Conclusions:** From an economic perspective, incorporating the Roots to Thrive program - or a program like it - into care in British Columbia would provide both an improvement in health outcomes and reduce expenditure by the ministry of health. These funds could be reinvested into other areas of the healthcare system to improve the lives of all British Columbians, even those that do not engage in psychedelic-assisted psychotherapy.

**Disclosure of Interest:** None Declared

**Neuroscience in Psychiatry**

## EPP0530

**Gamma activity in Autism Spectrum Disorder: Enhanced response to visual input**B. Kakuszi<sup>1\*</sup>, B. Szuromi<sup>2</sup>, M. Tóth<sup>1</sup>, I. Bitter<sup>1</sup> and P. Czobor<sup>1</sup><sup>1</sup>Psychiatry and Psychotherapy, Semmelweis University and <sup>2</sup>OMI-III-Nyíró Gyula Hospital, Budapest, Hungary

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**Introduction:** Autism spectrum disorder (ASD) is a childhood onset neurodevelopmental condition, that leads to permanent disability in a high proportion of cases. ASD is associated with a heterogeneous symptom presentation, which - besides social interaction and communication difficulties - encompasses altered sensory reactivity, including excessive hyper-sensitivity to stimuli, especially in the visual domain. Meta-analyses of fMRI studies revealed increased reactivity in visual task conditions in the temporal and occipital brain regions. Neural oscillations in the EEG gamma band are viewed as a candidate neurobiological marker for higher order sensory and perceptual processes, and social interactions.

**Objectives:** We investigated changes in gamma activity in the EEG in the eyes open (EO) vs. eyes closed (EC) condition in order to identify the neurobiological underpinning of the enhanced sensitivity to visual input in ASD as compared to typically developing (TD) subjects.

**Methods:** EEGs were obtained in EC and EO condition in ASD (N=23) and TD subjects (N=24) in an ongoing study. For EEG recording we used a high-density 128-channel BioSemi system, with 0.5 Hz frequency resolution. The spectral power in the gamma band (30-100Hz) was quantified by the power spectral density. To investigate whether changes in the gamma band were linked to changes in arousal instead of enhanced visual processing, we also examined alterations in the alpha band (8-13Hz) in the EO condition. Spectral power changes were determined for each EEG channel by computing the difference between the EC and EO conditions (EO-EC).

**Results:** Spectral power in the gamma band showed changes in the opposite direction in the two study groups: ASD subjects manifested significant ( $p < 0.05$ ) increase, while TD subjects had a decrease in the EO vs. EC condition in the temporal and occipital brain regions. By contrast, the changes in the alpha band were similar, with both groups exhibiting a spectral power decrease in the EO compared to the EC condition.

**Conclusions:** In ASD, an enhancement of gamma activity is present in the EO as compared to the EC condition in the posterior brain areas. These brain areas are involved in the processing of visual information, and gamma activity is considered as a measure of perceptual processes. Thus, the gamma alterations in the EO vs. EC condition may underlie the hyper-sensitivity symptoms to visual stimuli in ASD, and EEG can offer a simple to use tool to delineate the neurobiological foundation of the symptom presentation.

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## Old Age Psychiatry

### EPP0531

#### Enhancing Quality of Life in the Elderly: The Impact of Psychosomatic Exercises on Healthy Aging

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**Introduction:** Older individuals constitute a significant portion of the population, and concerted efforts are underway to enhance the quality of this life stage by minimizing health issues and maximizing opportunities.

**Objectives:** This study aims to investigate the impact of psychosomatic exercises, including practices like yoga, meditation, and tai chi, as an alternative approach to promoting healthy aging and ultimately enhancing the quality of life among elderly individuals.

**Methods:** The study comprised 84 participants, with 51 individuals engaging in various forms of psychosomatic exercises and 33 serving as the control group, having no prior exposure to such practices. Data collection was carried out electronically, with the initial section gathering socio-demographic information and health-related details about the participants. The second part consisted of the WHOQOL-BREF quality of life scale, consisting of 26 questions, which assessed six domains: Overall Quality of Life and General Health, Physical Health, Psychological Health, Social Relationships, and Environment. Statistical analysis was performed with SPSS 26.

**Results:** The average age of the participants was 66.7 years. A statistically significant positive correlation was identified within the first subscale of the tool, "Overall Quality of Life and General Health," with scores of 74.3/100 for those engaging in psychosomatic exercises and 66.7/100 for those who did not ( $t(82) = -2.513$ ,  $p = 0.014$ ). However, no statistically significant differences were observed in the remaining subscales.

**Conclusions:** Psychosomatic exercises, including yoga, meditation, and tai chi, hold promise as a means to improve the overall quality of life and general health of elderly individuals. These practices could serve as valuable components of strategies aimed at promoting healthy aging. Further research is needed to explore their effects in greater detail and across various dimensions of well-being.

**Disclosure of Interest:** None Declared

## Neuroscience in Psychiatry

### EPP0532

#### Pursuing Sleep Architecture Remodeling: Effects of Psychopharmaceuticals on Sleep Structure

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**Introduction:** Sleep plays a pivotal role in overall physical and mental health, exerting a profound influence on general well-being and quality of life. The influence of psychopharmaceuticals on sleep structure is a critical research area, given their widespread use in the treatment of psychiatric disorders, yet their precise effects on sleep remain inadequately understood.

**Objectives:** This study aims to investigate how psychopharmaceuticals affect sleep architecture by identifying commonalities and disparities among different classes of psychotropic medications.

**Methods:** Systematic review of the literature encompassing studies assessing the effects of psychopharmaceuticals on sleep structure. Electronic databases such as PubMed were employed to identify pertinent studies published within the last decade.

**Results:** Diverse classes of psychopharmaceuticals have varying effects on sleep architecture. Additionally, prolonged use of specific psychopharmaceuticals was correlated with sleep disturbances,