

From the offer of materials, the beneficiary prefers to paint porcelain objects and letters. He was challenged to identify letters after which he painted them.

Results: Increasing the feeling of social utility, self-confidence. Improving school situation. Reducing school dropout and literacy.



The beneficiary has an interest in letters and numbers and their writing. Form words quickly, easily identifying letters. Create your own games by comparing numbers. Make puzzles with letters and numbers.



Art education helps the beneficiary to more easily express their emotions, perceptions, desires and way of thinking. Learning numbers and letters becomes a fun activity when using colors.

Conclusions: The child needs education through art, because without it there is an imbalance in the fundamental purpose of man, that of developing harmoniously and multilaterally.

Disclosure: No significant relationships.

Keywords: school education; art therapy; school dropout; literacy

EPV0590

The impact of social media on self-esteem

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Introduction: The Social media have gained tremendous popularity over the past decade, these sites have occupied a major part of people's lives, especially young people. Many teenagers use tik tok, instagram, snapchat and facebook, to build relationships, connect

with the world, share and acquire knowledge and information, and build their personalities, their effects are not limited. to that, comparisons made using social networking sites have led people to have a drop in self-esteem, with all the complications that can cause (anxiety disorders, depression and the anxiety disorder , etc.)

Objectives: Assessment of the impact of social media on the self-image, of young subjects in the Moroccan context

Methods: Cross-sectional study with a descriptive and analytical aim, using a questionnaire and a satisfaction scale to assess the impact of social media on the self-image of young subjects in the Moroccan context. bibliographic research to objectify several studies on this subject

Results: our results are close to the results of the literature. Sample of 200 young peoples was selected based on the confidence level of 80%. In order to test the hypothesis each respondent was given a questionnaire which tested their selfesteem and enquired the amount of time they spent on Facebook, instagram, tik tok, snapchat.

Conclusions: social networks are a way to communicate information, ideas of ways of life. this communication includes harmful effects on the social behavior of young people

Disclosure: No significant relationships.

Keywords: self-esteem; social media; self-image; young population

Depressive Disorders

EPV0591

Study design of VGOAL-J: an observational, prospective cohort study to assess effectiveness of vortioxetine on goal achievement and work productivity in patients with MDD in Japan

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Introduction: Goal attainment scaling (GAS) is a method to assess the patient experience of whether a treatment is successful and capture outcomes across a diverse range of goal areas. However, this approach has not yet been used in assessing the treatment of Major Depressive Disorder (MDD) in Japan. GAS was first developed by Kiresuk and Sherman in the 1968, it is increasingly recognised as a sensitive method for recording patient-centred outcomes throughout the course of treatment.

Objectives: To demonstrate the effectiveness of vortioxetine on patient's goal achievement and depressive symptoms, emotional, cognitive, overall function and quality of life.

Methods: VGOAL-J is a prospective, multi-center, observational cohort study of outpatients initiating vortioxetine treatment for MDD in Japan. Patients with a diagnosis of MDD according to DSM-5 who are 18 to 65 years will be enrolled from 20 sites in Japan and followed for 24 weeks. A total number of 120 patients is planned for enrolment. Primary outcome measures are GAS-D, WPAI, secondary outcome measures include Montgomery – Åsberg Depression Rating Scale (MADRS), Sheehan Disability Scale (SDS), Perceived Deficits Questionnaire-Depression 5-item (PDQ-D-5), Oxford Depression Questionnaire (ODQ), EuroQol-5

Dimension (EQ-5D). Safety will be also assessed with Adverse Events collected during the study.

Results: The results will be disseminated in late 2022 and provide new insights on GAS-D as an effective strategy to assess MDD treatment in Japan.

Conclusions: We expect to observe patients treated with vortioxetine achieving their treatment goals as assessed by GAS-D and improvements on patient- and clinician-reported measures in real-world settings.

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Keywords: real world evidence; vortioxetine; Depression; patient centricity

EPV0592

Prevalence of depressive symptoms and suicide risk among medical residents

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Introduction: Depression and suicide risk are disturbing issues within the medical community. In many countries, physician's mental health is not a concern, due to the fact that many do not even consider medical staff as potential mental health patients. However, health care providers are an at risk population for psychological affliction due to their heavy workload.

Objectives: We aim to describe the prevalence of depressive symptoms and suicidal risk among medical residents from health centers of Santiago de los Caballeros, Dominican Republic.

Methods: A cross-sectional descriptive study was made, between the months of February and May 2021, using the Beck Depression Inventory II (BDI-2) and the Plutchick Suicidal Risk Scale.

Results: There was a total population of 507 residents, where 231 completed the survey. Of these, 1 recanted his participation, and 14 were excluded according to the study's criteria, resulting in a total of 217 residents. The overall prevalence of depressive symptoms was 24.9% and suicidal risk was 22.94%. Residents who worked in a private center had 3.83 times more risk of suffering depressive symptoms compared to those who belonged to the public sector. Furthermore, residents from Internal Medicine (39.5%) had a higher prevalence of depressive symptoms, and residents from Anesthesiology (42.2%) suffered a higher suicide risk compared to other medical residences.

Conclusions: A disturbing percentage of the medical residents suffer from depressive symptoms and suicidal risk. Therefore, residency programs should offer assistance to help prevent and manage mental health disorders.

Disclosure: No significant relationships.

Keywords: Suicide; Depression; mental health; medical residents

EPV0593

Association between inflammation and neural plasticity biomarkers in olfactory neuroepithelium – derived cells and cognitive performance in patients with major depressive disorder

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Introduction: Inflammation and neural plasticity play a significant role in major depressive disorder (MDD) pathogenesis and cognitive dysfunction. The olfactory neuroepithelium (ON), closely related to the central nervous system (CNS), allows a non-invasive, low-cost study of neuropsychiatric disorders. However, few studies have used ON cells to ascertain them as biomarkers for MDD.

Objectives: Determine the relationship between inflammatory/neural plasticity markers and cognitive functioning in MDD patients and healthy controls.

Methods: Sample: 9 MDD patients and 7 healthy controls. Exclusion criteria: other Axis I mental disorders (patients) or any mental disorder (controls) and any inflammatory, autoimmune, or CNS diseases. Assessment: sociodemographic, clinical, and cognitive variables (CANTAB) were recorded. mRNA was isolated from ON cells and MAPK14, IL6, TNF- α , Mecp2, BDNF, GSK3, GRIA2, and FosB gene expression levels were quantified using quantitative polymerase chain reaction.

Results: MDD patients showed decreased levels of BDNF ($p=0.022$), GSK3 ($p=0.027$), and working memory ($p=0.024$) compared with healthy controls. In healthy controls, planning was positively correlated with NRF2, BDNF, and MAPK14 gene expression. In MDD patients no correlation between cognitive parameters and inflammation/neural plasticity biomarkers was found.

Conclusions: These results reveal that: (1) Plasticity biomarkers such as BDNF and GSK3 could be useful diagnostic tools for MDD (2) MDD is associated with working memory deficits; (3) no association could be determined between planning and NRF2, BDNF, and MAPK14 gene expression in MDD and (4) the ON is a promising model in the study of neuropsychiatric disorders.

Disclosure: No significant relationships.

Keywords: biomarkers; cognition; inflammation; Depression

EPV0594

Depressive disorders among physician parents in times of COVID-19 pandemic

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