

modified version of the stop distance paradigm with HRV measurement controlling for eye contact between the experimenter and the participant to measure interpersonal distance in incidental and intentional conditions.

Results: Our results showed greater preferred distance in ASD in the intentional ($W=103$, $p=0.002$) but not in the incidental condition. These results were altered with eye contact and the participant's role (active vs. passive) in the stop distance task ($F(1,41)=6.150$, $p=0.017$). Moreover, we found lower baseline HRV ($t=-2.060$, $p=0.023$) and reduced HRV reactivity in ASD; however, these vegetative measurements could not predict preferred interpersonal distance.

Conclusions: Our study highlights the importance of interpersonal distance regulation in ASD and the need for comprehensive experimental designs to grasp the complexity and underlying factors of distance regulation in typical and atypical populations.

Disclosure: No significant relationships.

Keywords: personal space; Autism Spectrum Disorder; interpersonal distance; heart rate variability

EPV1213

Is the pursuit of happiness the pursuit of homeostasis? A review on the modulatory functions of endorphins on human behavior.

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Introduction: Endorphins have been associated with analgesia and pleasurable activities. However, the so-called “happy chemicals” are far more complex than initially thought. Research shows that their impact on human behavior is modulatory, with the main goal not being “happiness” but a “return to the most desirable state” – which can be highly context-dependent.

Objectives: Review of the modulatory functions of endorphins on human behavior and their possible implications in psychiatric conditions.

Methods: Pubmed search consisting of the MeSH terms “Endorphins”, “Opioid Peptides”, “Behavior”, and “Psychiatry”.

Results: Endorphins elicit pleasure via stimulation of the release of dopamine from the ventral tegmental area to the *nucleus accumbens*. They are known to be involved in analgesia and stress response and social interaction. Endorphins can be released in a multitude of circumstances that may seem contradictory – having both inhibitory and stimulating roles in appetite, sexual response, and memory– but are modulatory effects depending on what constitutes homeostasis in each context. Peripheral levels of endorphins have been found low in depression and post-traumatic stress disorder. In schizophrenia, studies suggest that peripheral levels are high during psychosis, low in chronic disease and that naltrexone seems to improve auditory hallucinations. Endorphins may also have a role as markers of treatment response.

Conclusions: Endorphins have a complex role in behavior and homeostasis. These molecules could have implications in psychiatry– given that they are part of our stress response and are

released to promote a more “desirable state”. Their role as a marker of illness or response to treatment needs further investigation.

Disclosure: No significant relationships.

Keywords: endorphins; endogenous opioids; human behavior

EPV1215

The path to function: using eye-tracking in a real-world task to understand the performance gap for people with severe mental illness.

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Introduction: Individuals with severe mental illnesses (SMI) often present the knowledge about a task but in real-time do not perform it fully, or not as efficient as planned. This performance gap may be explained by difficulties with Executive Functions (EF).

Objectives: The aim of the presentation is to describe how people with and without SMI experience and perform grocery task. This, with considering this path from several directions including the subjects' point of view using eye-tracking device during task performance.

Methods: Forty-three individuals had answered questions in regards to their shopping habits and performed the Test of Grocery Shopping Skills (TOGSS). The actual performance was accompanied by wearing an eye-tracking device which recorded the behavior and eye movement. We hypothesized that significant differences will be found between people with SMI and controls both in the routine grocery habits and in observed performance.

Results: No significant differences in age or gender. The groups differed significantly only in education, with the SMI group having fewer years of education. As a weekly routine, SMI subjects perform less frequent shopping (40%) than control group subjects (67%). TOGSS sub-outcomes indicated performance efficiency (time and redundancy) were significantly higher in the research group than in the matched control group ($p < .01$), with the SMI group spending a longer time performing the task and entering more aisles than required – redundancy.

Conclusions: These preliminary findings indicate that individuals with SMI spend more time dwelling while selecting ingredients. Besides the path in the supermarket, it might explain their performance in other everyday activities.

Disclosure: No significant relationships.

Keywords: Translational research; Grocery shopping; SMI; Executive function

EPV1216

Perceived stress and physiological consistency during mental stress exercises and controlled breathing

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