

11 cases due to hematological side effects and reintroduced in 9 cases after normalization of blood count.

**Conclusions:** This study emphasizes the importance of a regular long-term monitoring of blood count to ensure early detection of hematological side effects.

**Disclosure:** No significant relationships.

**Keywords:** blood dyscrasias; incidence; clozapine

## EPV1154

### Therapeutic use of ayahuasca: a review of the evidence of its use in approaching depressive disorders

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**Introduction:** Ayahuasca (AYA) is a psychotropic plant from South America used for religious purposes by indigenous people of the Amazon. Increasing evidence indicates that AYA may have therapeutic potential in the treatment of mental health disorders like depression – a common life-disrupting, highly recurrent disorder – that is among the leading causes of disability worldwide.

**Objectives:** The aim of this exploratory study is to gather and assess scientific evidence about clinical effects of AYA in the treatment and symptomatological expression of patients with depression.

**Methods:** A literature research was conducted on PubMed, starting from the MeSH terms: “Banisteriopsis” and “Depression”. Results corresponding to investigations using AYA, and based on an adult population with depressive disorders, were selected for our analysis.

**Results:** The research provided 8 results, of which 6 met the defined criteria. Different types of studies with variable samples were considered, including retrospective and prospective observational studies, meta-analysis and a narrative review. Overall, evidence about the use of AYA in depressive disorders is associated to reductions in depression scales, to significant antidepressant effects and in mediating improvement of grief symptoms. AYA administration increased introspection and positive mood, self-acceptance, empathy, openness and potentiated improvements in emotional processing. The underlying potential mechanisms, adverse effects and the current limitations related to its study and use are analysed and discussed.

**Conclusions:** The use of AYA in depression shows promising results that should be further explored in controlled trials with larger sample sizes, in order to better evaluate its clinical effects, safety profile and related short and long-term effects.

**Disclosure:** No significant relationships.

**Keywords:** Ayahuasca; therapeutic use; depressive disorders; Pharmacology

## EPV1155

### Varenicline-induced suicidal behavior: Case report and literature review.

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**Introduction:** Nowadays there are different strategies for the treatment of smoking cessation. The treatment includes drugs such as varenicline, which acts as a high-affinity partial agonist for the alpha-4 beta-2 nicotinic acetylcholine receptor subtype (nACh). We report a case of a suicidal behaviour in a 39-year-old woman with no previous history of mental illness, who was brought to the emergency department after intentional intoxication with benzodiazepines. The patient was on 10th day of treatment with varenicline.

**Objectives:** To present a case of suicidal behavior that developed in a 39-year-old woman after starting varenicline. Review of literature and total number of cases reported in the European database of suspected adverse drug reactions (EudraVigilance).

**Methods:** We carried out a literature review in PubMed selecting those articles focused on mental disorders in those patients that have been taking varenicline. Review number of cases suicidal behavior reported by the European database of suspected adverse drug reactions.

**Results:** A 39-year-old female was brought to the emergency department after voluntary ingestion of Lorazepam 1mg (40 tablets) in a suicide attempt. The family reported the starting of thoughts of suicide after 1 week of treatment. No previous history of mental disorders. The patient reported low mood and drowsiness in the last 5 days not linked to any cause. After 5 days of discontinuation these mood symptoms and suicidal behavior remitted.

**Conclusions:** Varenicline is associated with different neuropsychiatric symptoms. In patients with or without history of mental disorders we should warn about the symptoms for discontinuation of the treatment.

**Disclosure:** No significant relationships.

**Keywords:** Varenicline; suicidal behavior; smoking cessation; symptoms

## EPV1156

### Lymphocytic colitis in the course of a treatment with sertraline. A case report

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**Introduction:** Lymphocytic colitis is an unusual side-effect of the treatment with SSRIs particularly sertraline. According to several sources, this side effect could be underdiagnosed and underreported.

**Objectives:** We present the case of a 31-year-old female patient who presented watery non-bloody diarrhea for a month. The patient had been diagnosed with Persistent Depressive Disorder six years prior to the episode and was being treated with sertraline.

**Methods:** A case report is presented alongside a review of the relevant literature regarding Lymphocytic colitis, its differential diagnosis and treatment.

**Results:** The case was coordinated between the out-patient psychiatry department and the patient's Family Medicine specialist. The patient underwent a complete panel of tests including blood and stool test, and colonoscopy. The biopsy showed results compatible with the aforementioned diagnosis. Since the only pharmacological treatment which could cause or trigger lymphocytic colitis was sertraline, it was removed and treatment with oral budesonide was started with good results.

**Conclusions:** Lymphocytic colitis in the context of the treatment with SSRIs, particularly sertraline, is a side-effect which is more prevalent than what was thought in the past. A close coordination between psychiatrists and GP is of vital importance for the adequate treatment of mental health problems and treatment's side-effects. It is important to bear in mind this possible side-effect to increase patient's safety.

**Disclosure:** No significant relationships.

**Keywords:** lymphocytic colitis; side-effect; sertraline

## EPV1157

### A Phase 1, Dose-Ranging Study to Assess Safety and Psychoactive Effects of a Vaporized 5-Methoxy-N,N-Dimethyltryptamine Formulation (GH001) in Healthy Volunteers

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**Introduction:** 5-Methoxy-N,N-Dimethyltryptamine (5-MeO-DMT) is a tryptamine with ultra-rapid onset and short duration of psychedelic effects. Prospective studies for other tryptamines have suggested beneficial effects on mental health outcomes.

**Objectives:** In preparation for a study in patients with depression, the present study GH001-HV-101 aimed to assess the impact of four different dose levels of a novel vaporized 5-MeO-DMT formulation (GH001) administered via inhalation as single doses, and in an individualized dose escalation regimen on the safety, tolerability, and the dose-related psychoactive effects in healthy volunteers (n=22). Further, we aimed to assess the impact on cognitive functioning, mood, and well-being.

**Methods:** The psychedelic experience was assessed with a novel Peak Experience Scale (PES), the Mystical Experience Questionnaire (MEQ), the Ego Dissolution Inventory (EDI), the Challenging Experience Questionnaire (CEQ), and the 5-Dimensional Altered States of Consciousness Questionnaire (5D-ASC).

**Results:** 5-MeO-DMT produced dose-related increments in the intensity of the psychedelic experience ratings on all questionnaires, except the CEQ. Prominent effects were observed following single doses of 6, 12, and 18 mg on PES and MEQ ratings, while maximal effects on PES, MEQ, EDI, and 5D-ASC ratings were observed following individualized dose escalation of 5-MeO-DMT. Measures of cognition, mood, and well-being were not affected. Vital signs at 1 and 3 h after administration were not affected and adverse events were generally mild and resolved spontaneously.

**Conclusions:** Individualized dose escalation of 5-MeO-DMT may be preferable over single dose administration for clinical applications that aim to enhance the short-term psychoactive effects to elicit a strong therapeutic response.

**Disclosure:** This study was funded by GH Research PLC, Dublin, Ireland.

**Keywords:** GH001; 5-MeO-DMT; Phase 1; Safety

## EPV1159

### Nitrous Oxide in Treatment Resistant Major Depression: Should We Laugh About It?

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**Introduction:** Nitrous oxide (NO), also known as "laughing gas" is a colorless gas used as an anesthetic, a propellant in some foods, an engine performance enhancer and a recreational drug. When inhaled, it is known to provoke a rapid feeling of euphoria or excitement for a short period of time, dissociative phenomena and sometimes laughter. As its fellow anesthetic agent and NMDA-receptor antagonist, ketamine, NO is being studied for its possible therapeutic profile in treatment resistant major depression (TRMD). **Objectives:** TRMD is a serious illness, that urges for effective alternative treatments. In that regard, we explored the recent studies conducted in these patients, using NO in different dosages when compared to placebo.

**Methods:** The authors revised the published literature about this topic, selecting relevant articles with the topic words: "Depression", "Treatment Resistant Major Depression" and "Nitrous Oxide" in scientific data base.

**Results:** Since 2018, at least two randomized clinical trials have demonstrated that NO has considerable antidepressant effects in TRMD, when compared to placebo. Investigators noted that these positive effects were maintained at least for two weeks after a single 1-hour inhalation. In a more recent study, scientists compared different NO concentrations (25% vs. 50%) concluding that the 25% concentration had similar efficacy with a lower risk of adverse effects.

**Conclusions:** There appears to be encouraging results when treating patients with TRMD with NO in a 25% concentration. Nonetheless, there is need for further investigation, namely through studies that compare NO with other valid TRMD treatments and not only versus placebo.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Treatment Resistant Major Depression; Nitrous Oxide

## EPV1160

### Rare occurrence of amenorrhea associated with olanzapine : a case report

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