

**Objectives:** To examine the efficacy of low dose Amantadine and Escitalopram combination treatment in atypical parkinsonian disorder

**Methods:** A retrospective chart review of Atypical Parkinsonian disorder patients who received the combination of low dose Amantadine and Escitalopram and had follow up assessment available for a minimum of four months were studied. The primary outcome measure was change in Progressive Supranuclear Palsy rating scale, Unified Multiple System Atrophy rating scale score and Clinical Global Improvement Scale Change score in follow up visits.

**Results:** A total of 8 patients with a mean age of 68.5 years, 6 with a diagnosis of Progressive Supranuclear Palsy (PSP) and 2 with a diagnosis of Multiple System Atrophy (MSA) met the selection criteria for the study. Patients were treated with the dose of Amantadine 50mg twice daily and Escitalopram 5mg once daily. The symptom domain to respond first was autonomic symptoms followed by gait, mentation, limb and bulbar symptoms. Amantadine has unique dopaminergic and NMDA antagonist properties. Serotonin has a role in modulation of the autonomic functions and nigrostriatal circuitry. Thus, combining Escitalopram with Amantadine can help ameliorate the array of symptoms in atypical parkinsonian disorders.

**Conclusions:** The PSP and MSA patients responded to the combination of low dose Amantadine and Escitalopram as evidenced by objective rating scales and subjective clinician assessment. Further prospective trials for longer duration are needed to establish the effect size and stability of response.

**KEYWORDS:** steele richardson olszewski disease, shy dragger syndrome, antidepressants

**Disclosure of Interest:** None Declared

## EPP0213

### Sexual well-being in old age: A systematic review of the literature

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**Introduction:** We conducted a systematic review of the qualitative literature on the sexuality and sexual health of older adults.

**Objectives:** The aim is to address which topics have been researched and the quality of research within this field.

**Methods:** All stages of this review were carried out peer-to-peer in order to guarantee minimized bias. The Cochrane Database, PsycEBSCO, MEDLINE, PsycRedalyc, Scielo, Web of Science and Google Scholar were searched and 32 studies met inclusion criteria. The majority had not been reviewed in earlier review articles. A total of 95,478 references were screened and 27 studies were included in this review. The studies involved 3044 participants across seven countries, most being women (approximately 83%).

**Results:** We identified a wide variety of factors that can determine SWB of older adults, such as perceived health, sexual health, demonstrations of love; non-sexual joint activities; overall well-

being and quality of life; partner support; positive self-image; being independent and active; the strength of spiritual beliefs, and patriarchal roles upheld by upbringings conveying that women's role is to provide men with sexual pleasure.

**Conclusions:** Methodological issues related to sampling procedures, such as purposive sampling through the older samples and limited generalisability due to the homogeneity of participants. Additionally, there was a widespread lack of non-heterosexual control groups. However, most studies used appropriate measures and acknowledged inherent limitations. There is a lack of research with the older population, those with significant health needs, those outside the Western countries, and those with additional characteristics associated with discrimination.

**Disclosure of Interest:** None Declared

## EPP0214

### A qualitative study on perceived sexual intimacy and mental health in later life during the COVID-19 pandemic

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**Introduction:** The COVID-19 pandemic may affect sexual intimacy and have implications for overall sexual well-being.

**Objectives:** This study comprised two main objectives: 1) To explore the influence of COVID-19 pandemic on older couples' sexual intimacy; and 2) To assess how older couples' sexual intimacy during the COVID-19 pandemic influences mental health.

**Methods:** The sample of this qualitative study consisted of 391 older participants (between 65 and 87 years of age).

**Results:** For the first objective, semi-structured interview data yielded five main themes: (1) Less sexual satisfaction (68%); (2) Less sexual desire (67%); (3) Stronger affective relationships (34%); (4) Fear of contracting physical illness (29%); and (5) Less attractiveness (23%). Three main themes concerning mental health were reported by participants: (1) Less anxiety and distress (78%); (2) Greater attention to negative emotional states (55%); and (3) Less emotional outbursts (41%).

**Conclusions:** The pandemic affected older adults' sexual intimacy, mostly negatively. Less sexual satisfaction and desire were felt by these older couples. Conversely, stronger affective relationships were reported. In spite of these mostly negative influences, existing sexual intimacy was mostly linked to less perceived anxiety and distress, greater attention to negative emotional states, and less emotional outbursts. Sexual intimacy during COVID-19 has received little attention; however, these results highlight its positive contribution to mental health and therefore a relevant approach to this topic should be taken, especially in later life.

**Disclosure of Interest:** None Declared