induce hypomanic symptoms and prominent ruminative thinking which can be ameliorated with anti-manic treatment.

**Disclosure:** No significant relationships.

**Keywords:** venlafaxine; BIPOLAR; obsession; Mixed features

**EPV0102**

**Therapeutic characteristics of patients followed for bipolar disorder with rapid cycles: Study on a Tunisian population.**

M. Karoui1, G. Amri2, R. Kammoun1, H. Nefti1 and F. Ellouz4

1Razi hospital, Psychiatry G Department, Manouba, Tunisia; 2Razi Hospital, Manouba, Tunis, Tunisia; 3Razi hospital, Psychiatry G, manouba, Tunisia and 4Razi hospital, Psychiatry G, denden, Tunisia

*Corresponding author.

doi: 10.1192/eurpsy.2022.1052

**Introduction:** Bipolar disorder is a frequent and particularly severe psychiatric pathology that causes significant morbidity and mortality. The rapid cycling forms are more severe in terms of their expression, evolutionary course, therapeutic responses and associated comorbidities.

**Objectives:** The aim of this study is to conduct a descriptive assessment of therapeutic characteristics in patients with rapid cycling bipolar disorder.

**Methods:** Our work involved a population of 97 patients followed for bipolar disorder diagnosed according to DSM5 criteria, including 37 patients meeting the specification "with rapid cycles". The patients were divided into two groups: - Group of patients with bipolar disorder with rapid cycles (TBCR) - Group of patients with bipolar disorder without rapid cycling (TBNCR). We compared the therapeutic features among these two groups.

**Results:** The dominant polarity was depressive in patients with rapid cycles. They required more mood stabilizers. A greater proportion of them had received treatment with serotonin reuptake inhibitor antidepressants. They were more likely to use hypnotics such as antihistamines and zolpidem.

**Conclusions:** Rapid cycling TB is a relatively common clinical modality that should be investigated and identified. The use of antidepressants is associated with this course of the disease. Their utilization in the treatment of bipolar depression must be thought-ful and well studied.

**Disclosure:** No significant relationships.

**Keywords:** antidepressant; course; rapid cycling; bipolar disorders

**EPV0103**

**Mixed features in depression: frequency and associated factors**

O. Charara*, U. Ouali, Y. Zgueb, A. Aissa, R. Jomli and F. Nacef

Razi hospital, Psychiatry A Department, manouba, Tunisia

*Corresponding author.

doi: 10.1192/eurpsy.2022.1053

**Introduction:** Mixed states in mood disorders present significant clinical and prognostic challenges. Although the DSM-5 has broadened diagnostic criteria for mixed states with the development of the ‘mixed features’ specifier and its application to unipolar depressive disorders, some mixed episodes might still be overlooked.

**Objectives:** to evaluate the frequency and the factors associated with mixed depression according to the broader Koukopoulos criteria in a sample of patients with a major depressive episode

**Methods:** We included 99 consecutive patients presenting for a major depressive episode of bipolar (n=10) or unipolar major depressive (n=89) disorder at our outpatient clinic. Major depression was ascertained using SCID- IV criteria, and mixed features were determined using Koukopoulos’ diagnostic criteria

**Results:** Mean age of the sample was 35.5 years [14-58]. Women accounted for 63.6% of patients. Mixed features were found in 19.5% (n=19) of the sample, 80% (n=8) among patients with bipolar disorders (BD) and 12.3% (n=11) among those with major depressive disorder (MDD). Individuals with mixed features had more substance abuse (p=0.005) and more suicide attempts (p=0.01). Individuals receiving antipsychotics had a lower risk of mixed features (p=0.000) while antidepressant treatment did not have any affect. A family history of BD, psychosis, suicide and substance abuse were found in these patients. Mixed features in depression were more frequent in patients with BD than in MDD.

**Conclusions:** Our study showed a high frequency of mixed features in depression, especially bipolar depression when Koukopoulos criteria are applied. Special attention should be given to these patients given the association with substance use and suicidality

**Disclosure:** No significant relationships.

**Keywords:** Mixed features; Depression

**EPV0104**

**Retinal Thickness as a biomarker of cognitive impairment in bipolar disorder.**

E. García-Corres1,2,3*, S. Alberich1,2,4, L. Rementeria1,2,3, I. Pérez-Landaluce1 and A.M. González-Pinto1,2,3,4

1Osakidetza Basque Health Service, Araba University Hospital, Psychiatry, VITORIA-GASTEIZ, Spain; 2BIOARABA, Neuroscience, VITORIA-GASTEIZ, Spain; 3University of the Basque Country, Neuroscience, LEIOA, Spain and 4CIBERSAM, Bipolar Disorder, Madrid, Spain

*Corresponding author.

doi: 10.1192/eurpsy.2022.1054

**Introduction:** Ocular Coherence Tomography (OCT) to measure retinal thickness is the current method to observe neurological impairment in neurodegenerative diseases [1] and in mental disorders [2] due to the composition of the retina itself as an anatomic extension of the brain. There can be found some factors to improve the resilience like the years of study.

**Objectives:** Our aim is to evaluate cognitive and clinical impairment in Bipolar Disorder and see the correlation to the retinal thinning.

**Methods:** Twenty-seven patients diagnosed with Bipolar Disorder were assessed in the context of the FINEXT programme (3). Selective attention, executive functions and verbal memory were measured among other variables. Using the OCT technique, we measured the thickness of the ppRNFL, the RFNL, GCL and IPL layers in the macula in both eyes through several radial segments. Partial correlations were performed with Bonferroni correction
Conclusions: The study confirmed that there is an inverse relationship between the degree of sunlight and the age of onset of the disease, especially in the presence of a family history of mood disorders.

Disclosure: No significant relationships.

Keywords: bipolar disorder; age; sunlight exposure; onset

EPV0106
Evaluation of empathy among euthymic bipolar patients

Psychiatry C Department, Hedi Chaker, sfax, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1056

Introduction: Bipolar disorder (BD) is a mental illness marked by extreme swings in the mood, energy, and thinking. Although it’s not an official symptom of the disease, some research suggests that it also may affect the empathy.

Objectives: To investigate empathic responding in patients with BD in euthymic state of illness and to determine associated factors.

Methods: A cross-sectional and descriptive study of 78 patients followed for bipolar disorder, during euthymia, at the psychiatric outpatient clinic at CHU Hedi Chaker in Sfax. We used a sociodemographic and clinical data sheet and the Questionnaire of Cognitive And Affective Empathy (QCAE) to assess empathy with its two dimensions : “Affective empathy” and “Cognitive empathy”.

Results: The average age was 36.27 years, the sex ratio was 5.5. Bipolar I disorder was diagnosed in 88.5% of patients. The mean age of onset was 27.73 years, and the mean duration of illness was 8.4 years. 78.2% of patients had a good adherence to treatment. 60.3% of them had residual depressive symptoms during euthymia. QCAE total score was 72.49. (Maximum possible score 124) Cognitive empathy score was 43.21. (Maximum possible score 76) Affective empathy score was 29.36. (Maximum possible score 48) Affective empathy was associated with female gender (p=0), good adherence to treatment (p=0.01) and residual depressive symptoms (p=0.001).

Conclusions: Our study shows that bipolar patients have fairly good levels of empathy. However, in order to better substantiate empathy in BD, comparative studies seem necessary.

Disclosure: No significant relationships.

Keywords: Empathy; cognitive; affective; bipolar; euthymia

EPV0107
Evaluation of functioning among euthymic bipolar patients

Psychiatry C Department, Hedi Chaker, sfax, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.1057

Introduction: Numerous studies have documented high rates of functional impairment among bipolar disorder patients, even during phases of euthymia.

Objectives: To study different domains of functioning impairment in bipolar patients during euthymic phase.

Methods: A cross-sectional and descriptive study of 78 patients followed for bipolar disorder, during euthymia, at the psychiatric outpatient clinic at CHU Hedi Chaker in Sfax. We used a sociodemographic and clinical data sheet and the Functioning Assessment Short Test (FAST) to assess functioning : A functional impairment was retained for a total FAST score > 11.