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Estradiol production suppressed by prolactin in at-risk mental state and first episode psychosis female patients? Preliminary results

S. Ittig1, E. Studerus2, U. Heitz1, S. Menghini-Müller1, L. Egloff3, K. Beck1, L. Leanza1, C. Andreau1, A. Riecher-Rössler1
University of Basel Psychiatric Hospital; Center for Gender Research and Early Detection, Basel, Switzerland

* Corresponding author.

Introduction Clinical, epidemiological and basic research studies have confirmed that estradiol can have protective effects in schizophrenic psychoses. At the same time many patients with schizophrenic psychoses – even antipsychotic naive at-risk mental state (ARMS) patients show hyperprolactinemia and gonadal dysfunction with estrogen deficiency in women and possibly testosterone deficiency in men.

Aim To investigate the relation between the stress hormone prolactin and the sex hormones estradiol in women and testosterone in men in emerging psychosis.

Methods Forty-seven antipsychotic-naïve ARMS (38 men and 9 women) and 17 antipsychotic-naïve first episode psychosis (FEP) (14 men and 3 women) patients were recruited via the Basel Früherkennung von Psychosen (FePsy) study. Blood was taken under standardized conditions between 8 and 10 am after an overnight fast and 30 minutes of rest. We performed a linear regression model to evaluate the association between prolactin and sex hormones including age and current antidepressant use as covariates.

Results In women, estradiol was negatively associated with prolactin ($\beta = -1.28, P = 0.01$) whereas in men there was a positive association of testosterone with prolactin ($\beta = 0.52, P = 0.031$).

Conclusion The often observed estrogen deficiency in women with psychosis could therefore be explained by the stress hormone prolactin suppressing the gonadal axis already in very early untreated stages of the emerging disease. In ARMS or FEP men prolactin does not seem to influence the gonadal axis in the same way as in women.

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Changing the obesogenic environment to improve cardiometabolic health in residential patients with a severe mental illness: ELIPS, a randomized controlled trial

F. Jörg1,2, A. Looijmans3, A. Stiekema3, L. Van der Meer3, R. Schoevers1, E. Corpeleijn2

1 University Medical Center Groningen UMCG, ICPE, Groningen, The Netherlands
2 University Medical Center Groningen UMCG, Epidemiology, Groningen, The Netherlands
3 Lentis, Lentis Research, Groningen, The Netherlands
4 University Medical Center Groningen UMCG, UCP, Groningen, The Netherlands
* Corresponding author.

Introduction The life expectancy of severe mentally ill (SMI) patients is shortened up to 30 years, due to cardiometabolic diseases, partly caused by unhealthy lifestyles behaviors. In residential facilities, adopting a healthy lifestyle is hampered by the obesogenic environment; an obesity promoting environment.

Objective To determine, the effectiveness of a 12 month lifestyle intervention addressing the obesogenic environment to improve cardiometabolic health of SMI residential patients.

Methods The effectiveness of lifestyle interventions in psychiatry (ELIPS) trial is a multi-site, cluster randomized controlled pragmatic trial. Twenty-nine sheltered and long-term clinical care teams serving SMI patients in the Netherlands were randomized