

Image:

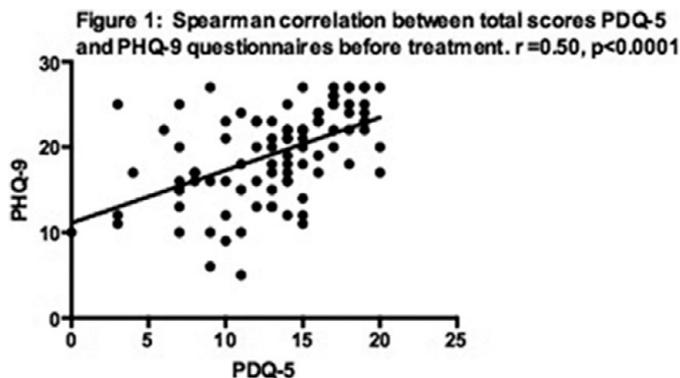
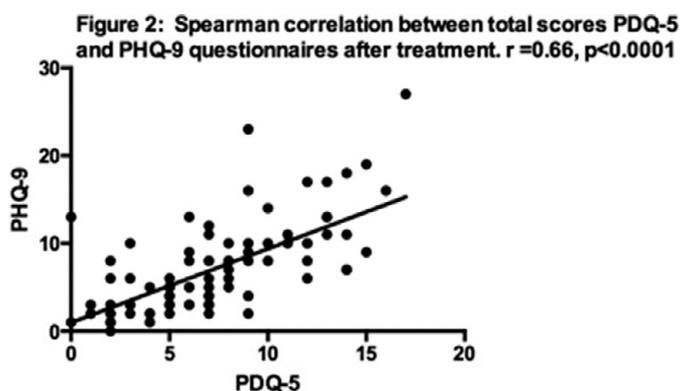


Image 2:



**Conclusions:** Significant improvements were found in the symptoms of depression, cognition and QOL in patients with MDD after treatment. Depression severity significantly inversely correlated with QOL and cognition of MDD patients.

**Disclosure of Interest:** None Declared

#### EPV0435

### Measurement-based care vs. standard care for major depressive disorder in Pakistan: protocol for a randomized control trial

I. Husain<sup>1</sup>, M. Umer<sup>1\*</sup>, Z. Nigah<sup>2</sup>, T. Kiran<sup>2</sup>, A. Bukhsh<sup>2</sup>, M. Ansari<sup>3</sup>, M. R. Bhatia<sup>4</sup>, O. Husain<sup>1</sup>, H. Naqvi<sup>5</sup>, A. Qadir<sup>2</sup>, M. Saqib<sup>2</sup>, A. H. Rajput<sup>3</sup>, M. A. Zeb<sup>6</sup>, S. A. Khan<sup>7</sup>, K. M. S. Siddiqui<sup>8</sup>, S. Sherzad<sup>6</sup>, B. Mulsant<sup>1</sup>, N. Chaudhry<sup>2</sup>, I. Chaudhry<sup>9</sup> and N. Husain<sup>10</sup>

<sup>1</sup>Centre for Addiction and Mental Health, Toronto, Canada; <sup>2</sup>Ishrat Husain Pakistan Institute of Living and Learning, Karachi; <sup>3</sup>Liaquat University of Medical & Health Sciences, Cowasjee Jehangir Institute of Psychiatry, Hyderabad; <sup>4</sup>Peoples University of Medical and Health Sciences, Nawabshah; <sup>5</sup>Dow University of Health Sciences, Karachi; <sup>6</sup>Baluchistan Institute of Psychiatry and Behavioral Sciences, Quetta;

<sup>7</sup>North West General Hospital, Peshawar; <sup>8</sup>National Psychiatric Hospital, Multan; <sup>9</sup>Ziauddin University, Karachi, Pakistan and <sup>10</sup>Division of Psychology and Mental Health, School of Health Sciences, University of Manchester, Manchester, United Kingdom

\*Corresponding author.

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**Introduction:** Low and middle-income countries (LMICs) hold the majority of disease burden attributed to major depressive disorder (MDD). Despite this, there remains a substantial gap for access to evidence-based treatments for MDD in LMICs like Pakistan. Measurement-based care (MBC) incorporates systematic administration of validated outcome measures to guide treatment decision making and is considered a low-cost approach to optimise better clinical outcomes for individuals with MDD but there is a paucity of evidence on the efficacy of MBC in LMICs.

**Objectives:** This protocol highlights a randomized trial which will include Pakistani outpatients with moderate to severe major depression.

**Methods:** Participants will be randomised to either MBC (guided by schedule), or standard treatment (guided by clinicians' judgement), and will be prescribed with paroxetine (10–60mg/day) or mirtazapine (7.5–45mg/day) for 24 weeks. Outcomes will be evaluated by raters blind to study protocol and treatment.

**Results:** National Bioethics Committee (NBC) of Pakistan has given full ethics approval. The trial is being conducted and reported as per recommendation of the CONSORT statement for RCTs.

**Conclusions:** With increasing evidence from high-income settings supporting the effectiveness of MBC for MDD, it is now necessary to explore its feasibility, utility, and efficacy in low-resource settings. The results of the proposed trial could inform the development of a low-cost and scalable approach to efficiently optimise outcomes for individuals with MDD in Pakistan.

**Disclosure of Interest:** None Declared

#### EPV0436

### Electroconvulsive therapy vs Esketamine among patients with Major Depressive Episode

M. D. R. D. R. F. D. A. Basto\*, O. Nombora, L. Santa Marinha, J. L. Simões and A. Horta

Psychiatry and Mental Health, Centro Hospitalar de Vila Nova de Gaia e Espinho, Vila Nova de Gaia, Portugal

\*Corresponding author.

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**Introduction:** Major depressive disorder is one of the most common and disabling mental disorders. More than 30% of individuals do not achieve remission after several trials of antidepressants and treatment-resistant depression (TRD) is associated with premature mortality. Electroconvulsive therapy (ECT) is considered the gold-standard for TRD treatment, unfortunately it's underused due to health care barriers and association with adverse cognitive impairment. So, scientists have sought to identify alternative treatments that approach ECT-equivalent efficacy. Trials with Ketamine and more recently with its S-enantiomer (Esketamine) has been made, revealing a rapid and robust antidepressant effect, emerging as an option for TRD treatment.