

**Results:** The findings of our study demonstrated that prevalence of depression, anxiety and sleep disorders among Turkish immigrant patients with endocrine diseases is high. The mean scores of depression and anxiety were 31.39 and 32.61 respectively. The most common endocrine diseases were hypertension (51.6 %) and obesity (49.6%). Analysis of our research showed that there was no significant gender differences in the anxiety and depression scores. However, there was a significant relationship between income of participants and prevalence of anxiety, depression ( $p < 0.05$ ).

**Conclusions:** The results of this research suggest that anxiety and depression disorders are highly prevalent among Turkish psychiatric patients with endocrine diseases. Using the data of this study, the frequency of endocrine diseases among immigrant psychiatric patients can be analyzed.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Turkish immigrants; Endocrine diseases; Anxiety

## EPV0615

### Do malignant self-regard and depressive personality account for appearance evaluation? Preliminary results

R. Cavalli<sup>1\*</sup>, G. Rogier<sup>2</sup> and P. Velotti<sup>1</sup>

<sup>1</sup>University of Rome Sapienza, Dynamic And Clinical Psychology And Health, Rome, Italy and <sup>2</sup>University of Genoa, Department Of Educational Sciences, Genoa, Italy

\*Corresponding author.

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**Introduction:** Despite the growing number of studies focusing on the relationship between appearance evaluation and personality dimension, few is known regarding the role of depressive personality and malignant self-regard regarding this topic. Moreover, there is a lack of studies investigating the potential role of both clarity of self-concept and interpersonal exclusion feelings in this relationship.

**Objectives:** To extend the knowledge regarding the relationships between malignant self-regard, depressive personality and appearance evaluation.

**Methods:** We administered to a very large sample of adults a battery of self-report questionnaires including the subscale Appearance evaluation of the Multidimensional Body-Self Relations Questionnaire, the Self Concept Clarity Scale, the Malignant self-regard questionnaire, the Depressive Personality Inventory and the Core Exclusion Schema Questionnaire.

**Results:** We found that depressive personality negatively predicted positive appearance evaluation whereas the inverse pattern of results was obtained in relation to malignant self-regard. Moreover, we found that both poor self-concept clarity and feelings of exclusion mediate the relationship between malignant self-regard and positive appearance evaluation.

**Conclusions:** Depressive personality and Malignant self-regard appear to be promising construct to investigate in the field of eating disorders.

**Disclosure:** No significant relationships.

**Keywords:** depressive personality; appearance evaluation; malignant self-regard

## EPV0619

### Intranasal Esketamine + CBT: a 6 months follow-up of a resistant depression complicated case

V. Martiadis\*, F. Raffone, R. Cerlino, F. Mistico and M. Russo

ASL Napoli 1 Centro, Department Of Mental Health, Napoli, Italy

\*Corresponding author.

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**Introduction:** TRD is a highly disabling condition, often responsible for chronic clinical course, high number of relapses and elevated suicide risk. Intranasal esketamine is currently the only available pharmacological therapy specifically indicated for TRD, as add-on therapy to antidepressant treatment with SSRI or SNRI.

**Objectives:** The purpose of the study was to evaluate the safety and efficacy of intranasal esketamine associated with CBT in a complex clinical case of TRD, over a six-month follow-up.

**Methods:** A 67-year-old patient with TRD was selected for treatment with intranasal esketamine + CBT as add-on to antidepressant therapy. Before each treatment session the HAM-D rating scale was administered. The patient underwent weekly CBT sessions throughout the 6 months follow-up. The effect on physical well-being and social functioning was evaluated by means of Short-Form-Health-Survey-36.

**Results:** After the first two administrations of intranasal esketamine the total score on HAM-D decreased by 10 units (from 26 to 16). After 6 weeks of treatment decreased from 26 to 12 with the disappearance of suicidal ideation present at T0. After 6 months the total HAM-D score decreased from 26 to 8. Treatment was well tolerated, with mild adverse effects, confined to the first two hours post-administration. In particular, mild sedation, dizziness, slight transient blood pressure rise were reported, never required medical intervention and resolved spontaneously during the observation period.

**Conclusions:** Intranasal esketamine add-on therapy + CBT was an effective and safe treatment allowing to achieve and maintain symptomatic remission in a complex case of TRD, improving quality of life, social functioning, and reducing suicidal ideation over a six-month follow-up.

**Disclosure:** No significant relationships.

**Keywords:** esketamine; treatment resistant depression; CBT; Quality of Life

## EPV0621

### Cold water swimming as an add-on treatment for depression. A feasibility study

P. Hjorth<sup>1\*</sup>, A. Løkke<sup>2</sup>, N. Jørgensen<sup>1</sup>, A. Jørgensen<sup>1</sup>, M. Rasmussen<sup>1</sup> and M. Sikjaer<sup>3</sup>

<sup>1</sup>Region of Southern Denmark, Department Of Psychiatry Vejle, Vejle, Denmark; <sup>2</sup>Region of Southern Denmark, Department Of Intern Medicine, Vejle, Denmark and <sup>3</sup>Region of Southern Denmark, Internal Medicine, Vejle, Denmark

\*Corresponding author.

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**Introduction:** In Denmark, about 14% of patients with depression develops treatment resistant depression (TRD) in the following year after the first hospital contact. Possible explanations for TRD include lack of adequate clinical effect of pharmacological treatment and reluctance to treatment due to unacceptable side