

and vociferous attitude with verbal aggressiveness only the week before menstruation during several years. These symptoms interfered negatively in her relationships. We started sertraline treatment with ad integrum clinical recovery after two menstrual cycles. 6 months later we indicated to take sertraline only the week before menstruation, maintaining stability.

**Conclusions:** 1) It is important to consider premenstrual dysphoric disorder as a possible diagnosis in women with premenstrual discomfort symptoms. 2) It might be considered as a depressive disorder. 3) Antidepressant treatment should be considered in women with disabling symptoms.

**Disclosure:** No significant relationships.

**Keywords:** depressive disorder; premenstrual; women; Treatment

## EPP0650

### Perfectionism and stereotype in plastic surgery

L. Hoge<sup>1\*</sup>, L. Corsaro<sup>2</sup> and T. Anghel<sup>1</sup>

<sup>1</sup>“Victor Babes” University of Medicine and Pharmacy, Department Of Neurosciences, Timisoara, Romania and <sup>2</sup>Campus Bio Medico, Plastic Surgery, Roma, Italy

\*Corresponding author.

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**Introduction:** The concept of beauty has transformed through time and across the globe during specific events in history and continues to evolve.

**Objectives:** This study will focus on how tendency toward perfectionism and stereotypes promoted by media influence beauty perception and the need of plastic surgery.

**Methods:** In this study we examined factors influencing attitudes toward plastic surgery among 23 women with an average 35 years old and the data were collected through three questionnaire: The abbreviated multidimensional perfectionism scale (MPS) is a 30-item measure separated into two 15-item subscales: self-oriented perfectionism and socially prescribed perfectionism; The abbreviated perfectionistic self-presentation scale (PSPS) is a 20-item measure divided into two ten-item subscales: perfectionistic self-promotion and non-display of imperfection. Participants' perceptions of media messages about appearance issues have been assessed using 30 items of the Sociocultural Attitudes toward Appearance Questionnaire-3 (SATAQ-3). Sociocultural attitudes toward appearance, physical appearance perfectionism were considered as predictors of tendency toward plastic surgery.

**Results:** The results showed that there is significant positive association between perfectionism, the influence of mass media and increased women's likelihood of undergoing plastic surgery.

**Conclusions:** Our findings suggest firstly that a greater perfectionist tendency and psychological investment in physical appearance predict more favorable attitudes toward plastic surgery. Perfectionists women may choose plastic surgery as part of their need of bodily perfection. Secondly, the choice of plastic surgery depended on sociocultural attitudes toward physical appearance.

**Disclosure:** No significant relationships.

**Keywords:** attitude; beauty; stereotyping; cosmetic surgery; perfectionism

## EPP0653

### Mother-Baby Day Hospital (MBDH): preliminary results of effectiveness of multidisciplinary intensive intervention for women with postpartum affective/anxiety disorder.

E. Gelabert<sup>1\*</sup>, A. Torres Giménez<sup>2</sup>, S. Andrés-Perpiñá<sup>2</sup>, C. Naranjo<sup>2</sup>, E. Roda<sup>2</sup>, L. Garcia-Esteve<sup>2</sup> and A. Roca Lecumberri<sup>2</sup>

<sup>1</sup>Universitat Autònoma de Barcelona, Psicologia Clínica I De La Salut, Bellaterra (Barcelona), Spain and <sup>2</sup>Hospital Clínic de Barcelona, Servei De Psiquiatria I Psicologia. Unitat De Salut Mental Perinatal, Barcelona, Spain

\*Corresponding author.

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**Introduction:** Women experiencing postpartum mental illness have unique needs. Psychiatric Mother Baby Units (MBUs) can provide specialist in-patient care for mothers without separation from their baby. Since 2018, an innovative Mother-Baby Day Hospital (MBDH) have been developed and implemented in a public hospital in Spain, directed at the intensive, integral, and multidisciplinary treatment.

**Objectives:** The aim of the present study was to obtain preliminary data regarding its effectiveness in postpartum women with affective and anxiety disorders.

**Methods:** Thirty-three mothers and their babies with affective or anxiety disorders attended to MBDH CLINIC-BCN participated in the study. All women were assessed at admission, discharge, and 3 months follow-up. Primary outcomes were depression (EPDS) and anxiety symptoms (STAI-S), mother-infant bonding (PBQ) and functional impairment (HoNOS).

**Results:** At discharge, 100% of women no longer met the full criteria for the main diagnosis (PSR $\geq$ 5). Significant improvements from admission to discharge were achieved in depression and anxiety symptoms, mother infant bonding and functional impairment. Clinical significance was also calculated. After treatment, mothers had greater autonomy for care their babies. Similar results were observed at 3 months follow-up. The MBDH was rated by mothers as an excellent quality program and they would recommend it.

**Conclusions:** This study found that multidisciplinary intervention at MBDH for postpartum women with affective or anxiety disorders is effective, not only for maternal psychopathology but also for maternal care and bonding. It is imperative to develop specialized devices that integrate the care of the dyad by professionals specialized in perinatal mental health.

**Disclosure:** No significant relationships.

**Keywords:** Mother-Baby Day Hospital; Perinatal anxiety disorders; Perinatal mood disorders; Perinatal interventions

## EPP0654

### Unplanned Pregnancy in women with mental disorder

A. Roca Lecumberri<sup>1\*</sup>, E. Gelabert<sup>2</sup>, A. Torres Giménez<sup>1</sup>, E. Solé<sup>1</sup>, S. Andrés-Perpiñá<sup>1</sup>, E. Roda<sup>1</sup>, C. Lopez<sup>1</sup>, C. Naranjo<sup>1</sup> and L. Garcia-Esteve<sup>1</sup>

<sup>1</sup>Perinatal Mental Health Unit. Hospital Clínic de Barcelona, Institut Clínic De Neurociències, Barcelona, Spain and <sup>2</sup>Universitat Autònoma