

Identifying ways to minimize avoidable ED readmissions has become a hot research topic worldwide.

Objectives: The purpose of this scoping review was to identify influential factors and possible interventions to reduce psychiatric frequent ED visits.

Methods: This scoping review was conducted through a systematic search in major scientific databases, including PubMed, PsycINFO, MEDLINE, JSTOR, Scopus, and Web of Science, to identify factors and interventions contributing to decreasing repeat visits to the emergency department for mental health concerns up to January 2022.

Results: From 6951 publications, 31 articles met the inclusion criteria and were included in this review. This review showed six influential factors and 26 potential interventions were aimed to reduce the ED visits, such as receiving methadone & having a regular family physician, readiness for hospital discharge assessment & perceived coping skills and strategies; The High Alert Program (HAP) & the Patient-Centered Medical Home (PCMH), the Primary Behavioral Health Care Integration (PBHCI) & the Collaborative Care (CC) Program etc.

Conclusions: Worldwide, several initiatives have been taken to reduce ED visits and the associated burden on healthcare systems. Interventions involving comprehensive and multidisciplinary services, incorporating evidence-based behavioral and pharmacological strategies and emphasizing case management were found to be effective. Additionally, there were a marked consideration for diverse mental health groups, such as those with substance use disorder and of young age. This review highlights the greater need for addressing more influential factors, developing accessible interventions, as well as setting up a comprehensive community health care systems aiming to reduce frequent ED presentations.

Disclosure of Interest: None Declared

Others 04

EPP0716

Thyroid disorders in psychiatric patients: a descriptive study in a psychiatric hospital

U. López*, L. Morado San Segundo, C. González Navarro, I. Alonso Salas, A. López Fariña, A. Bilbao Idarraga, B. Samsó Martínez, R. F. López Brokate, E. M. Garnica de Cos, T. Ruiz de Azua Aspizua and U. Ortega Pozas

¹Red de Salud Mental de Bizkaia, Bilbao, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1008

Introduction: Thyroid disorders can present with psychiatric symptoms similar to depression, and, at the same time, certain treatments, like lithium, can cause changes in thyroid function. Given, therefore, the importance for the treatment and care of patients, the study of thyroid function is one of the parameters that should be requested in patients with psychiatric pathology.

Objectives: To study the frequency of thyroid disorders in patients who were admitted to a psychiatric short stay unit.

Methods: Retrospective descriptive observational study is carried out in the acute stay unit of a psychiatric hospital. As a sample, all

patients admitted to the unit over a period of three months. During admission, their sociodemographic data, the treatment they receive and their diagnosis are recorded. Secondly, blood tests are performed with different parameters, including TSH values.

Results: In the total sample of 172 patients, 8 of them have TSH abnormalities. 7 of them, all women, present hypothyroidism values.

A single male patient presented values of hyperthyroidism.

Conclusions: According to the present study, 4.6% of the patients present alterations at the TSH at admission, although except in one case, the values were not markedly altered.

The thyroid study at admission allows detecting cases of altered TSH that are amenable to treatment and monitoring.

Disclosure of Interest: None Declared

EPP0717

Repetitive behaviors and life-quality in adults with autism spectrum disorder

V. Johansson^{1,2*} and S. Sandin^{2,3,4}

¹Department of Clinical Sciences, Psychiatry Unit, Umeå University, Umeå; ²Department of Medical Epidemiology and Biostatistics, Karolinska Institutet, Stockholm, Sweden; ³Seaver Autism Center for research and treatment and ⁴Department of Psychiatry, Icahn School of Medicine at Mount Sinai, New York, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1009

Introduction: Autism spectrum disorder (ASD) is characterized by deficits in social communication skills and repetitive behavior patterns. Lower quality of life has been reported by adults with high functioning ASD (Barneveld et al. CP, 2015; 55, 302–310, Dijkhuis et al. Autism, 2017; 21, 896–906, Mason et al. AR, 2018; 11, 1138–1147). Less is however known about which autistic core symptoms are associated with lower life quality. One previous study found that quality of life was lower in adults with ASD who reported more repetitive symptoms during childhood (Moss et al. JADD, 2017; 47, 1830–1837). We therefore aimed to explore the relationship between repetitive symptoms and quality of life in adult ASD.

Objectives: We present preliminary data on the relationship between self-reported repetitive behaviors and quality of life in a cohort of adults with a diagnosis of ASD. Our hypothesis is that higher levels of repetitive symptoms are associated with lower quality of life.

Methods: We recruited 87 individuals, with a diagnosis of ASD, from a psychiatric out-patient clinic in Stockholm County. Mean age was 39.2 years and 52 females, 34 males, and one non-binary participated. The patients were also included in the *Population-Based Autism Genetics and Environmental study* (Pages) in Sweden. The participants answered a survey with questions regarding socio-demographics. They also completed self-assessment forms on repetitive behavior; *The Adult Repetitive Behaviors Questionnaire-2* (RBQ-2A, Barrett et al. JADD, 2015; 45, 3680–3692), and quality of life; *Diener Satisfaction with Life scale (DSWLS), item 3 -5* (Diener et al. JPA, 1985; 2, 896–906). Depending on the results from the DSWLS, the participants were divided into two groups: High or low life quality and group differences were calculated for repetitive symptoms with Student's t-test. R-Studio (version 2022.07.2) was used for statistical analysis.