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When Parents have a Severe Mental Illness : Can we Prevent Family Separation and Adverse Effects after Childbirth ?

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doi: 10.1192/j.eurpsy.2022.93

This presentation will review the current state of knowledge about severe maternal perinatal mental illness. Severe disorders are associated with a higher prevalence of somatic difficulties during pregnancy, poorer quality of pregnancy follow-up and potential impairment of infant care. These children are therefore very vulnerable and require specific care. We will present how graduated care coordinated and above all integrated between psychiatry, obstetrics, neonatal pediatrics and child protection services allows for early and effective preventive interventions, both for the child's development and maternal mental health. The concept of shared parenting will be particularly developed.

Disclosure: No significant relationships.

Keywords: maternal psychiatric pathology; antenatal prevention; child protection; multidisciplinary work

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What have we Learnt from the UK Triannual Case Reviews about the Role of Parental Mental Illness in Serious Abuse Related Harm of Young Children ?

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doi: 10.1192/j.eurpsy.2022.94

Up to one in four young children have been estimated to be exposed to parental mental illness. Although the majority of affected parents will not harm their children, it is now well established that parental mental illness places children at an increased risk of all types of injury. Both maternal and paternal mental illness are implicated. Children of parents with mental illness are at the greatest excess risk of being injured in their first year of life, and this applies particularly to violence related harm. Within the first year, the risk is highest during the first three months after birth. A number of parental and family background factors have been identified in the UK triannual serious case reviews of abuse related harm to children and in other publications that can increase or decrease the risk. These findings have significant implications for clinical practice. In order to mitigate the risks to young children, an early assessment of a parent with a mental illness, close collaboration between mental health, social care and other involved professionals, and a comprehensive care

package which aims to improve parental mental health, reduce other risk factors and exploit parental strengths and protective social factors, are essential. Mental health professionals have an important role to play in achieving improved outcomes for children at risk and their families.

Disclosure: No significant relationships.

Keywords: Abuse related harm; Parental mental illness; Infants; Children

New Frontiers in Psychopathology and Treatment of Eating Disorders

S0042

The Impact of COVID-19 Pandemic on Psychopathology and Treatment of People with EDs

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doi: 10.1192/j.eurpsy.2022.95

Since the beginning of the COVID-19 pandemic a mental health deterioration has been detected in the general population and especially in people affected by pre-existing psychiatric conditions, and mental health care has moved towards online treatment. Literature studies have been reviewed to gather evidence regarding the impact of the COVID-19 pandemic on people affected by eating disorders (EDs) exploring changes in ED-specific and general psychopathology; mechanisms of vulnerability and resilience; change in treatment delivery service; patients' perception of online treatment and potential barriers and/or advantages of this method and its effectiveness. A wide variability characterized the response of people with EDs to the COVID-19 pandemic. A trend toward worsening of ED specific psychopathology with respect to the pre-pandemic period was observed as well as a deterioration in general psychiatric symptoms. Feelings of uncertainty and social isolation were the most common vulnerability mechanisms. Resilience factors such as heightened self-care and reduced social pressure also occurred. The treatment has largely switched to online delivering strategies which, despite considered the best alternative to the face-to-face approach, were suffering from some concerns about their quality. The exacerbation of specific and general psychopathology supports the hypothesis of an emotional and post-traumatic nature of EDs and outlines the importance of internalizing symptoms. In front of the great variability observed across ED patients during the pandemic, the identification of risk and resilience variables as well as of subjective factors affecting the perception of online treatment may inform clinicians and promote more targeted and individualized approaches.

Disclosure: No significant relationships.

Keywords: Psychopathology; Eating Disorders; Treatment; Covid-19 pandemic