

situation frequently triggers clinical worsening and hospital admission. Therefore, non-adherence may result in poorer long term clinical outcomes and has economic implications for health-care providers (Carlos De las Cuevas et al. *Neuropsychopharmacol Hung* 2021; 23(4):347-362).

Objectives: - To describe the adherence to oral and long acting injectable treatment in the sample of patients that were admitted to the short stay hospital unit during the period of study.

- To describe the adherence to treatment amongst psychiatric diagnosis in the sample of study.

Methods: It was a retrospective observational study with a duration of three months. Data was collected from all patients admitted to the short stay hospital unit during the period of study and there were no specific exclusion criteria. Descriptive statistics were performed. To assess the adherence to pharmacological treatment the patient report, the family report and the pharmacy dispensation according to the existent informatic prescription platform was considered. Regarding the long acting injectable treatment the formulary of administration in the clinical history was checked.

Results: During the period of study 172 patients were admitted to the short stay hospital unit. Of those, 146 patients had a previous pharmacologic prescription. Data of treatment was not possible to obtain in 7 patients. In the sample of study, 83.5% were on oral and 16.5% on long acting injectable treatment. The general adherence to treatment in the sample was 61.87%. In the oral treatment group the adherence was 58.4% and in the long acting injectable treatment group was 65.2%.

Amongst the different psychiatric diagnoses the outcomes of adherence to treatment were: 60.4% in schizophrenia and related psychosis, 62.5% in bipolar disorder, 78.6% in depression, 58.3% in personality disorders and 62% in addictive disorders.

Conclusions: In our descriptive study adherence to treatment was higher in the long acting injectable treatment group, agreeing with the existent scientific literature.

The results of adherence for schizophrenia and bipolar disorder are similar to the ones found in scientific literature but differ from the ones for depression, being higher in our sample (Judit Lazary et al. *Neuropsychopharmacol Hung* 2021;23(4): 347-362). Moreover, in scientific literature it is found a similar prevalence of adherence across diagnosis (for schizophrenia, bipolar disorder and depression) whereas in our sample patients with depression showed a different and higher adherence to treatment (Judit Lazary et al. *Neuropsychopharmacol Hung* 2021;23(4): 347-362). In our sample, patients with personality disorders had the lowest adherence to treatment.

Disclosure of Interest: None Declared

EPP0225

Latent classes based on clinical symptoms of military recruits with mental health issues and their distinctive clinical responses to treatment over a 6-month duration

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doi: 10.1192/j.eurpsy.2023.555

Introduction: In South Korea, all men at the age of 18 or older are required to serve at military for a certain period as an obligation. These recruits should be able to withstand psychological stress and

pressures of rapid adaptation of the unique and new environment in military.

Objectives: The current study attempted to identify distinct subgroups of patients referred for military service suitability and further to investigate whether there is a difference in clinical features such as treatment responsiveness and prognosis among those subgroups.

Methods: Subjects were male patients aged 18 to 28 years who visited the department of psychiatry at the University Hospital for evaluating mental health problems related to military service. We conducted a latent profile analysis (LPA) using 10 clinical scales of MMPI-2 as an indicator variable to investigate the subgroups of subjects. The clinical state of subjects was assessed with CGI-S and GAF scale for three time point (0, 3, and 6 month).

Results: The results showed that the best fitting model corresponded to a three-class model: each class was named 'Class 1: mild maladjustment', 'Class 2: neurotic depression and anxiety', and 'Class 3: highly vulnerable and hypervigilant' respectively. Subsequent analysis was also carried out to identify changes in clinical symptoms and functional level across treatment time of each subgroup identified in LPA. We demonstrated that the three subgroups displayed differential characteristics in treatment responsiveness and clinical course evaluated by CGI-S and GAF over a treatment period of 6 months. Three subgroups indicated significant differences in the number of medications prescribed as well. Class 3 had more antidepressants and anxiolytics on use than Class 1 and 2. Antipsychotic agents and a combination of three antidepressants were prescribed more frequently in Class 3 than in Class 1 and 2.

Conclusions: While Class 1 and 2 significantly improved over 6 months, Class 3 showed little or no improvement in our clinical parameters even with more medications. This study has a clinical significance that it has classified qualitatively different subgroups within the sample by conducting LPA with clinical profiles of MMPI-2 and provides a basis for comprehensively understanding their differentiated clinical features. This study suggests clinical implications for treatment plan and intervention of each subgroup classified based on MMPI-2 clinical profiles of military recruits who might show maladjustment to serve.

Disclosure of Interest: None Declared

EPP0226

Attitude of Albanian psychiatrists towards their patients

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doi: 10.1192/j.eurpsy.2023.556

Introduction: Erving Goffman described stigma as an attribute considered to be undesirable and unpleasant by society and which differentiates the stigmatised person from other members of the community that he or she should belong to. (Hankir AK, et al., 2014). Mental illness has been always associated with stigma,

moreover people with serious mental illness have higher rates of mortality and morbidity. (Patrick W. Corrigan, et al., 2014). The contact mental-health-care professionals have with people with mental illness is associated with positive attitudes towards civil rights, however it does not reduce stigma as does social contact such as with friends or family members with mental illness. (Henderson C et al., 2014)

Objectives: This is the Albanian substudy of a larger multicenter study. We aimed to investigate the attitudes of specialists and trainees in psychiatry in Albania.

Methods: An anonymous online questionnaire was sent by email to the participants. We used questions on sociodemographic and professional details as well as requested personal information regarding their lived experience. The self reporting Opening Minds Stigma Scale for Health Care Providers was used to measure stigmatising attitudes, which contains 15-statements and 3-subcales: Attitude, Disclosure and Help-seeking and Social distance.

Results: Altogether 59 professionals completed the questionnaire, 59% of them worked as adult (n=35) and 41% as child psychiatrists (n=24). 58% were specialists (n=34) and 41% trainees (n=24). Based on their responses, 12% of them (n=7) have ever sought help for their own mental health problems. Regarding case discussion, supervision or Balint groups, 81% of the sample (n=48) was open to these; however, it was accessible for only 46% of the sample. The median stigma scores were the followings: attitude: 13 (11-16), Disclosure: 10 (9-12) and Social distance: 12 (9-13), total score: 35 (31-40); however, none of these were associated with any of the above variables.

Conclusions: Stigma is present towards people with mental health problems and psychiatrist play their part in it as well. Further investigation is needed into Albanian psychiatrists' stigmatising attitudes to find appropriate anti-stigma interventions for them.

Disclosure of Interest: None Declared

EPP0227

Stigma and contact with mental illness in a university population through volunteering: a case-control study

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doi: 10.1192/j.eurpsy.2023.557

Introduction: Stigma in mental illness has a negative impact on the daily functioning of the patient, their personal development and their clinical prognosis. Direct contact with people who suffer from this pathology could modify the stigma towards these populations.

Objectives: The objective of the study is to assess whether the stigma of mental illness in university students is modified by contact with people suffering from mental illness, established through volunteering activities with that population.

Methods: Observational case-control study. The sample is made up of young subjects (18 to 35 years old) who have studied or are studying a university degree during the 2021-2022 academic year. The cases (n=91) are subjects who have ever volunteered with people diagnosed with mental illness. Those who have not had this experience constitute the control group (n=237).

The variables were collected by completing an anonymous online questionnaire. To analyze stigma, the Attribution Questionnaire-27 questionnaire was used, which offers a total score as well as 9 domains related to stigma. Statistical analysis (including multiple linear regression) was performed with the statistical package IBM SPSS Statistics, version 20.

Results: Once adjusted for age and gender, the case group scores lower, with statistically significant differences, in the subscales Anger (p-value: 0.001), Dangerousness (p-value: 0.000), Fear (p-value: 0.000), Coercion (p-value: 0.028), Segregation (p-value: 0.000), Avoidance (p-value: 0.000), as well as in the Total Score (p-value: 0.000). Likewise, it is also observed that the group of cases score higher on the Help subscale (p-value: 0.002).

Model	Coefficients		t	Sig.	95% Confidence Interval for B	
	Unstandardized Coefficients B	Standardized Coefficients Std. Error Beta			Lower limit	Upper Limit
(Constant)	72,745	10,931	6,655	,000	51,234	94,256
Volunteering	13,100	3,196	,236	4,098	,000	6,810 19,391
Age	,669	,342	,113	1,956	,051	-,004 1,342
Gender	-,196	2,941	-,004	-,067	,947	-5,983 5,591

a. Dependent Variable: Total Score

Conclusions: Previous contact with patients with mental illness through voluntary activities seems to favor less stigma towards mental pathology.

Disclosure of Interest: None Declared

EPP0228

Probiotics as Adjuvant Treatment for Psychiatric Disorders: A Systematic Review

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doi: 10.1192/j.eurpsy.2023.558

Introduction: Many psychiatric illnesses have been linked to the gut microbiome, with supplements such as probiotics showing some efficacy in alleviating the symptoms of some psychiatric illnesses. Though probiotics alone have been found to be efficacious in alleviating the symptoms of psychiatric illnesses, the combination of probiotics and first-line psychotropic medications has not been investigated as thoroughly.

Objectives: The primary objective of this review was to evaluate the current literature investigating the effects of adjuvant probiotic or synbiotic administration in combination with first-line psychotropic treatments for psychiatric illnesses.

Methods: A systematic search of four databases was conducted using key terms related to treatments for psychiatric illnesses, the gut microbiome, and probiotics. All results were then evaluated based on specific eligibility criteria. The salient outcome measures from the studies that met this eligibility criteria were then extracted and analysed.