

FC22

Pilot Project: Sound pillow treatment to improve sleep quality for patients with depression or bipolar diagnosis with sleeping problems

H.N. Lund*, I.N. Pedersen

Aalborg Psychiatric Hospital, Klinik Syd, Aalborg, Denmark

* Corresponding author.

A well-known symptom for patients with depression and bipolar diagnosis is poor quality of sleep. This has a major impact on the quality of life for the individual. Most recently, an article in the *Cochrane Review*, Music for insomnia in adults, concludes that music may be effective for improving sleep quality in adults with insomnia symptoms [1].

A Research Project at Aalborg University Hospital, Psychiatry, in Denmark has been initiated involving psychiatrists and nurses from an outpatient unit and researchers and music therapists from the Music Therapy Research Clinic at the hospital in an innovative collaboration. A pilot project is started, where patients with depression are given a sound pillow with special designed playlists, offering selected calm music for the patients to use at home for a period of 30 days. The listening periods are registered by the patients. Questionnaires are filled out before and after the listening period. A short semi-structured interview is taking place four times throughout the listening period and as a follow-up, when patients come in for control.

The aim is to investigate, whether music listening is helpful to improve sleep quality and quality of life, and to investigate if music listening can limit or replace medication. Discussion of first results.

Disclosure of interest The authors have not supplied their declaration of competing interest.

Reference

[1] Jespersen, Koenig, Jennum, Vuust. *Cochrane Rev* 2015, <http://dx.doi.org/10.1002/14651858.CD010459.pub2> [Wiley & Sons Ltd.].

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FC23

Sex differences in depressive symptomatology in patients with chronic hepatitis C during pegylated interferon alpha therapy: A 72-week prospective study

Z. Pavlovic^{1,*}, M. Jasovic-Gasic², D. Delic³, N. Maric¹, O. Vukovic⁴, S. Pejovic⁵

¹ School of Medicine, University of Belgrade, Clinic for Psychiatry, Clinical Centre of Serbia, Belgrade, Serbia

² School of Medicine, University of Belgrade, School of Medicine, University of Belgrade, Belgrade, Serbia

³ School of Medicine, University of Belgrade, Institute of Infectious and Tropical Diseases, Belgrade, Serbia

⁴ School of Medicine, University of Belgrade, Institute of Mental Health, Belgrade, Serbia

⁵ Clinic for Psychiatry, Clinical Centre of Serbia, Clinic for Psychiatry, Clinical Centre of Serbia, Belgrade, Serbia

* Corresponding author.

Introduction Treatment with pegylated interferon alpha (PEG-IFN- α) is associated with depression more frequently in chronic hepatitis C (CHC) patients than with other inflammatory diseases.

Objectives To prospectively assess sex differences in the prevalence of depression in CHC patients during the PEG-IFN- α , as well as in the CHC group with no therapy.

Methods Sample consisted of 103 subjects with CHC on the PEG-IFN- α and 103 subjects with CHC without interferon therapy. The diagnosis of depressive disorder was established by using Structured Clinical Interview and Criteria of International Classifi-

cation Disorder. The severity of depression was assessed by using Hamilton Depression Rating Scale (HAMD \geq 8) prior to PEG-IFN- α (baseline) and at the follow-up visits (4th, 12th, 24th, 48th, 72nd week).

Results During the course of PEG-IFN- α , 49.5% of subjects showed depressive symptomatology (HAMD \geq 8). Except at baseline and in the 72nd week, on the all other follow-up visits the prevalence of depression was significantly higher in female subjects (*all P s < 0.05). The strongest difference was observed in the 12th week: of all the subjects with HAMD \geq 8, 68.8% were female and 32.7% were male (P < 0.001). The multivariate logistic regression model showed that female sex is a very strong predictor for the development of depression during the interferon treatment [Exp (B) = 6.729]. There were no significant sex differences in the prevalence of depression in the control group.

Conclusions Our study (the longest study in this area) indicate that the prevalence of depression is significantly higher in female subjects with CHC during antiviral treatment.

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FC24

Depression as an interdisciplinary problem

A. Vasileva^{1,*}, N. Neznanov (Director)²

¹ Bekhterev Psychoneurological Institute, Medical Faculty of St.

Petersburg University, neurosis and psychotherapy, Saint-Petersburg, Russia

² Bekhterev Psychoneurological Institute, Medical Faculty of St.

Petersburg University, Saint-Petersburg, Russia

* Corresponding author.

Traditionally depression was defined as a mental illness. Acknowledgment of biopsychosocial model in modern medicine brought about a number of interdisciplinary studies. In the meantime, a number of correlations in the onset, cause and prognosis between depression and other somatic as well as mental illnesses were discovered. The research results showed that from one hand, depression could be an independent factor of the possible development of heart infarct, on the other hand it can influence the recovery process in cardiological patients. The conducted studies established some common pathways in depression and vascular diseases development. Psychoneuroimmunological research gives the data about the influence of anxiety and depression on the interleukine profile that could be a matter of further investigation of the possible links between depression and cancer diseases. The other dimension is the addiction impact on depression onset. The interrelationship between epilepsy as organic brain disease and depression is also worth of attentional. Hypercortisolemia and low-grade inflammation plays an important role both in depression and dementia. There is also a strong correlation between personality traits and depression itself and as response to unfavorable circumstances and somatic illness as well. We propose to apply to depression the principles of pathological stable circuits with the self-sustained reverberation engram chains mechanisms. All these data calls for consideration of depression as an interdisciplinary phenomena.

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