portion (60%) of VTA-projecting dlBNST neurons were type III. The experiments to classify the dlBNST neurons projecting to the LH and PB are now being conducted.

PS28
The effect of Yokukansan, a traditional herbal medicine, on sleep disturbances in elderly patients with neurotic disorders
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Abstract
Objective: Yokukansan (YKS), a traditional Japanese herbal prescription, was developed as a remedy for restlessness and agitation. YKS prescription has been approved for patients with insomnia. In most of the herbal medicines, the precise mechanisms that exhibit therapeutic effects on sleep disturbances have not sufficiently elucidated. The aim of this study was to investigate whether YKS may alter sleep architectures in patients with elderly neurotic disorders.

Patients and Methods: We included 10 patients with neurotic disorders who admitted to Department of Neuropsychiatry. The diagnosis of psychiatric disorders was made according to ICD-10. Polysomnography (PSG) at baseline was carried out following the adaptation night. Anxiety symptoms, subjective sleep quality and daytime somnolence were also examined with Hamilton Anxiety Scale (HAM-A), Pittsburgh Sleep Quality Index (PSQI) and Epworth Sleepiness Scale (ESS), respectively. After being treated with YKS for 4 weeks, examinations were carried out again. Data obtained after treatment were compared to those obtained at baseline. The local institutional review boards approved this study. All patients gave written consent according to institutional guidelines and the tenets of the Declaration of Helsinki.

Results: Participants were 10 patients (4 males and 6 females: mean age 75.3 y.o.) with neurotic disorders (5 cases with somatoform disorders [F45]; 4 cases with other anxiety disorders [F41]; 1 case with reaction to severe stress [F43]). Treatment with YKS resulted in a decreased HAM-A score, a prolonged total sleep time, a shortened sleep latency, an increased sleep efficiency, and a decreased periodic limb movement during sleep. YKS also improved subjective evaluations with PSQI and ESS. Conclusions: YKS may improve subjective and objective sleep quality as well as anxiety symptoms, and were well tolerated.

PS29
Genetic of Antidepressant Response in Obsessive-Compulsive Disorder and Body Dysmorphic Disorder
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Abstract
Background: Antidepressant medications are first-line pharmacological treatment for obsessive-compulsive and related disorders. However, approximately 50% of patients show poor/minimal response to these medications. Objective: We aimed to investigate the genetics of antidepressant response in obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD) patients.

Methods: We investigated 32 SNPs across 14 genes and their regulatory regions with antidepressant response using a custom-made 32-SNP QuantStudio Flex Real-Time PCR System Chip in 222 OCD individuals. Individuals were grouped into responders and non-responders using the Clinical Global Impressions – Improvement (CGI-I) scale. Test Pearson’s chi test was performed to detect differences in the number of responders versus non-responders across genotype groups. For the BDD sample, we genotyped 10 SNPs across nine genes in 35 BDD individuals and response was determined using CGI-I.

Results: For OCD, interesting associations (P<0.05) were detected for the serotonin genes, HTR2A and HTR1B in antidepressant response. For BDD, we did not detect any significant associations in any of the tested SNPs.

Conclusions: The serotonergic system genes may be clinically useful in predicting treatment resistance versus response in patients with OCD. Future study with larger sample size is required to replicate these findings.

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PS30
Gender difference in stress responses as examined by TSPO (Translocator Protein 18kDa), cortisol and STAI (State-Trait Anxiety Inventory) in normal human subjects.
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Abstract
It has been shown that TSPO (Translocator Protein 18kDa, formerly known as the peripheral-type benzodiazepine receptor), which is involved in the production of steroid hormones, is increased under acute stress and decreased under chronic stress conditions. In our previous studies, expression of TSPO on platelets was significantly correlated with trait anxiety rather than state anxiety in normal human subjects, possibly reflecting an individual’s sensitivity to stress. Males were more sensitive than females in these stress responses. It remains to be seen, however, how platelet TSPO densities, anxiety scores and stress hormones, such as cortisol, are correlated each other. In the present study, we examined these relationships in normal human subjects (88 males, 74 females, age 20–80), focusing on gender difference. In normal subjects, plasma cortisol levels were significantly (p<0.05) correlated with trait anxiety scores in males, and similarly correlated in females, whereas they were not correlated with trait anxiety scores (as examined by STAI). In contrast, platelet TSPO showed a tendency of
inversely correlation with plasma cortisol in males, whereas no correlation was seen in females. Changes in the expression of TSPO were not accompanied by changes in cortisol. In conclusion, alterations in the expression of TSPO seem to be a sensitive indicator of stress.

PS31
Early maladaptive schemes among young Moroccan students
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Abstract
Introduction: Psychological distress among university students is significantly higher than the general population, and the prevalence of mental health difficulties among university students appears to be increasing. According to a study realized by the Moroccan Ministry of Health in collaboration with WHO, 48.9% of the population surveyed had at least one mental health disorder.

Objective: to study the prevalence of Early Maladaptive Schemes (EMS) of young students of a vocational training institute in Mohammedia (North West of Morocco).

Subjects and methods: The present study is a cross-sectional study conducted among 942 students, aged 18 to 25 years. Prevalence of EMS is evaluated by the Rusinek Attitude Questionnaire (the French version of EMS of Young).

Results: The results are shown on the following table:

| Fear of Losing control | 49% |
| Self-sacrifice         | 41% |
| Insufficient Self-Control | 34% |
| Mistrust              | 28% |
| Vulnerability          | 15% |
| Emotional deprivation  | 11% |
| Abandonment           | 9% |
| Unrelenting Standards  | 7% |
| Emotional inhibition   | 5% |
| Enmeshment             | 3% |
| Dependency             | 3% |
| Incompetence           | 2% |
| Isolation              | 0% |

Conclusion: Four EMS are activated among the quarter of students. So The diagnosis and treatment of this mental disorder proves crucial in this age group.

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BIPOLAR DISORDERS: PS32 – PS73

PS32
Longitudinal survey of antidepressants use in bipolar disorder: prospective chart review
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Abstract
Objectives: This study evaluated whether the length of antidepressants use affected the course of bipolar disorder.

Methods: We conducted a 2-years prospective chart review for 60 outpatients clinically diagnosed with bipolar disorder. We collected clinical backgrounds and characteristics of patients, clinical state of mood categorized as mania, hypomania, euthymia, depressive and mixed state, and course of prescription.

Results: Half of participants were female (n=30, 50%) and mean age was 54.4±14.1 years old. Diagnosis of them were Bipolar type I (n=21, 35.0%), type II (n=37, 61.7%) or NOS (n=2, 3.3%). Most subjects suffered from long duration of illness (11.4±8.8 years), and about half experienced one or more hospital admission in the past (n=27, 45.0%). Numbers of depressive and manic episode in lifetime were 2.8±2.2 and 1.9±1.6, respectively, and 17 (28.3%) patients had more than 5 episodes.

More than half of patients (n=38, 63.3%) were prescribed any antidepressants, and most of them (n=33, 55.0%) used the drug with mood stabilizer or antipsychotics.

Mean length of antidepressants use during two consecutive years was 246.7±321.5 days, 24.6% of survey period. Pearson’s r between the length of antidepressants use and number of manic and depressive episodes was very low (-0.07, p>0.05).

Conclusions: We implied that the length of antidepressants might not affect the course of bipolar disorder, especially instability of mood state. However, most of subjects were prescribed mood stabilizer at the same time so that it might prevent the occurrence of mood swings.

PS33
Anti-inflammatory Drugs Exhibit Some Mood-modulating Effects in Rats
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Abstract
Background: A large body of data suggests that inflammation may play a role in the pathophysiology and treatment of mood disorders. Consistently, anti-inflammatory drugs have been shown to exert mood-stabilizing effects in randomized clinical trials in humans, as well as in animal models of depression and mania. Particularly, selective cyclooxygenase-2 (COX-2) inhibitors such as celecoxib were found to reduce mood symptoms in patients with major depression and bipolar disorder.

Objectives: This study was undertaken to examine the effects of four mechanistically different anti-inflammatory drugs on mania-like behaviors in rats. The drugs that were tested are: 1) nimesulide (NMS), a selective COX-2 inhibitor; 2) dexamethasone (DXM), a potent anti-inflammatory corticosteroid; 3) pentoxyfilline (PTF), a tumor necrosis factor (TNF)-a inhibitor; and, 4) montelukast (MTK), a leukotrienes receptors antagonist.