Conclusions: SOUL Programme is a highly effective and cost-efficient intervention model for treatment of schizophrenia in a developing country setting. Our 10 year follow up study confirms the feasibility of this intervention model through close working with families of our patients.

Disclosure: No significant relationships.
Keywords: Charitable; Developing Country; Outreach service; schizophrenia

O0101
Descriptive study on the working conditions of residents of psychiatry in Madrid: working hours and 24-hour on call shifts.

A. Cerame1,*, P. Couqueiro1, L. Cayuela2, M. Maiques3 and A. Franco Soler4
1Hospital Universitario José Germain, Hospital De Día, Leganes, Spain; 2Hospital Universitario Severo Ochoa, Internal Medicine, Leganes, Spain and 3Hospital Niño Jesús, Paediatrics, Madrid, Spain
*Corresponding author.
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Introduction: Resident physician’s working conditions are linked to poor health outcomes of professionals and patient’s safety. Previous studies suggest that residents in Spain have difficulties enjoying mandatory rest after on-call shifts.

Objectives: This study aims at describing the working conditions: working hours and the absence of mandatory rest periods after a 24h on-call shift in residents of psychiatry in the region of Madrid.

Methods: A descriptive observational cross-sectional study was carried out through an anonymous survey adapted from the available literature.

Results: Up to 24.1% of the surveyed residents could not enjoy mandatory resting periods after a 24 hour on-call shift and the mandatory weekly rest of at least 36 hours was not done in up to 17% of the cases with statistical significance (p < 0.05). The average number of 24 hours on call shifts residents had to work per month was 5, which exceeds the maximum weekly hours allowed by law.

Conclusions: The findings reveal a violation of resident physician labor rights in relation to resting times after on-call shifts, weekly breaks and working hours. These phenomena pose a significant threat to resident physician’s health and patient safety.

Disclosure: No significant relationships.
Keywords: on call; resident physician; rest

Perinatal Mental Health

O0104
The role of subclinical depressive symptomatology during the prenatal period in cortisol rhythm alterations and postpartum depression risk
Á. Castro Quintas1,2,*, M. Daura-Corral1, E. Eixarch1, F. Crispi1, L. De La Fuente Tomás1, M. Rocavert Barranco1, A. Miguel Valero1, L. Marques Feixa1,2, H. Palma Gudiel2, M.P. García-Portilla3,4 and L. Fañanas1,2
1University of Barcelona, Evolutionary Biology, Ecology And Environmental Sciences, Barcelona, Spain; 2Centre for Biomedical Research Network on Mental Health (CIBERSAM), Instituto De Salut Carlos iii, Madrid, Spain; 3Maternitat Hospital Clinic Barcelona, Benatal Fetal Medicine Research Center, Barcelona, Spain and 4University of Oviedo, Department Of Psychiatry, Oviedo, Spain
*Corresponding author.
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Introduction: Cortisol, the hormonal endpoint of Hypothalamic Pituitary Adrenal (HPA) axis, coordinates the body response in front of daily stressful situations. Disturbances in cortisol circadian rhythm have been implicated in the pathophysiology of depression and neurodevelopment lasting consequences. Although pregnancy entails a progressively increase in cortisol levels, the consequences of subclinical depression traits during pregnancy in cortisol circadian rhythm remains unclear.
Objectives: To analyze the impact of prenatal subclinical depressive symptomatology in cortisol circadian rhythm through pregnancy and its relevance for postpartum depression risk.

Methods: A cohort of 112 healthy pregnant women (Mean age±SD =32.32±4.37) of the general population was followed throughout their first pregnancy and first two months of postpartum period. Diurnal salivary cortisol curve (four measures) was obtained for every trimester; the Area Under the Curve with respect to the ground (AUCg) and with respect to the increase (AUCi) were used as measures of basal HPA axis functioning. Depressive symptomatology was assessed every pregnancy trimester and postpartum period following EPDS criteria. All the analyses were adjusted for maternal age, weight, ethnicity and socioeconomic status and sample collection’s time.

Results: Prenatal subclinical depressive symptomatology (EPDS>10) was associated with a blunted cortisol rhythm during first trimester (F= 3.913, p = .011) but not during second (F=2.629, p = .056) or third trimesters (F= 4.111, p = .724). Furthermore, a logistic regression model showed a positive association between Prenatal subclinical depressive symptomatology and the risk of postpartum depression (χ 2=13.8, p < .001, OR= 9.6; 95%CI 2.5–35.5).

Conclusions: Women with subclinical depressive symptomatology in early pregnancy had alterations in cortisol circadian rhythmicity and a higher risk of postpartum depression.

Disclosure: No significant relationships.

O0105
The impact of maternal SARS-COV-2 infection in early stages of newborn neurodevelopment: preliminary results in a multicenter Spanish study
Á. Castro Quintas1,2, N. San Martín3, I. De Las Cuevas4, E. Eixarch5, M. Daura-Corral3, M. Lopez3, L. De La Fuente Tomas6, M.P. Garcia-Portilla1, L. Fañanas1,2 and R. Ayesa-Arriola1,7
1Centre for Biomedical Research Network on Mental Health (CIBERSAM), Instituto De Salut Carlos Iii, Madrid, Spain; 2University of Barcelona, Evolutionary Biology, Ecology And Environmental Sciences, Barcelona, Spain; 3University of Barcelona, Department Of Evolutionary Biology, Ecology And Ambiental Sciences, Barcelona, Spain; 4University of Barcelona, Department Of Psychiatry, Oviedo, Spain; 5University Hospital Marques de Valdecilla, Neonatology, Santander, Spain; 6Maternitat Hospital Clinic Barcelona, Benatal Fetal Medicine Research Center, Barcelona, Spain; 7University of Oviedo, Department Of Psychiatry, Oviedo, Spain and Valdecilla Biomedical Research Institute, Psychiatry, Santander, Spain
*Corresponding author.
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Introduction: Despite COVID-19 pandemic significantly impacting mental health, few studies evaluated effects on perinatal mental health.

Objectives: Therefore, we aimed at assessing pregnant and puerperal women during first and second COVID-19 waves.

Methods: 70 women (41 pregnant and 29 puerperal) consecutively afferent to our outpatient service for Perinatal Mental Health (March 2020–March 2021) were administered Edinburgh Postnatal Depression Scale (EPDS), Fear of COVID-19 (FCV-19-S), Coronavirus Anxiety Scale (CAS) and Wijma Delivery Expectancy/Experience questionnaire (WDEQ).

Results: Women who reported last menstruation date (LMD) in the newborns of affected mothers remains unknown. Previous clinical experiences with other infections during pregnancy lead to considered pregnant women and their offspring especially vulnerable for SARS-COV-2. That is, the underlying physiopathological changes caused by the infection (e.g. storm of cytokines, micro-coagulation in placenta or vertical transmission) could clearly compromise fetal neurodevelopment.

Objectives: To analyze the impact of maternal SARS-COV-2 infection during pregnancy in early neurodevelopment of infants gestated during the COVID-19 pandemic period compared to those gestated immediately prior (2017-2021).

Methods: 212 pregnant women (14% infected) were followed throughout their pregnancy and postpartum, including newborn development. SARS-COV-2 infection was serologically confirmed during pregnancy. The Brazelon Neonatal Assessment Scale (NBAS) was administered at 6 weeks old by a trained neonatologist to evaluate neurological, social and behavioral aspects of newborn’s functioning. Differences in NBAS scores between cases and controls were tested by ANOVAs. All the analysis were adjusted for maternal age, sociodemographic status, anxious-depressive symptomatology, infant’s sex and gestational age at birth and NBAS, and for the period of gestation (previous or during COVID-19 pandemic).

Results: NBAS social interactive dimension was significantly decreased in those infants exposed to prenatal SARS-COV-2 (F= 4.248, p = .043), particularly when the infection occurred before the week 20 of gestation. Gestation during COVID-19 pandemic did not alter NBAS subscales.

Conclusions: SARS-COV-2 infection during pregnancy seems to be associated with lower NBAS scores on social dimension in 6 weeks old exposed newborns.

Disclosure: No significant relationships.

Keywords: Newborn Development; Pregnancy Infection; COVID19; NBAS

O0106
The impact of the Covid-19 pandemic on peripartum affective psychopathology
S. Pompili, L. Orsolini1, A. Mauro, V. Salvi and U. Volpe
Unit of Clinical Psychiatry, Polytechnic University of Marche, Ancona, Italy, Department Of Neurosciences/dimsc, Ancona, Italy
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.295

Introduction: The consequences for the COVID-19 pandemic in the newborns of affected mothers remains unknown. Previous clinical experiences with other infections during pregnancy lead to considered pregnant women and their offspring especially vulnerable for SARS-COV-2. That is, the underlying physiopathological changes caused by the infection (e.g. storm of cytokines, micro-coagulation in placenta or vertical transmission) could clearly compromise fetal neurodevelopment.

Objectives: To analyze the impact of maternal SARS-COV-2 infection during pregnancy in early neurodevelopment of infants gestated during the COVID-19 pandemic period compared to those gestated immediately prior (2017-2021).

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Results: NBAS social interactive dimension was significantly decreased in those infants exposed to prenatal SARS-COV-2 (F= 4.248, p = .043), particularly when the infection occurred before the week 20 of gestation. Gestation during COVID-19 pandemic did not alter NBAS subscales.

Conclusions: SARS-COV-2 infection during pregnancy seems to be associated with lower NBAS scores on social dimension in 6 weeks old exposed newborns.

Disclosure: No significant relationships.