

implementation of alternatives to coercion in mental health care. <https://www.wpanet.org/alternatives-to-coercion>

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## S0081a

### Service user perspectives on coercion in mental health

A. Nomidou

Secretary General, GAMIAN-Europe, Brussels, Belgium

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GAMIAN-Europe is a patient-driven pan-European organisation, representing and advocating for the interests and rights of persons with psychosocial disabilities.

While recovery is a deeply personal journey it is also a product of interaction facilitated or impeded through the dynamic interplay of many forces, such as among characteristics of the individual, of the environment and of the exchange. To move recovery forward, recovery-oriented systems in recovery-facilitating environments are needed. Mental health professionals can either facilitate or hinder this journey. Service users and families want to feel they are more than their medical concerns, more than 'the suicidal' in room five. Respecting individuals and their human rights, active and engaged listening, including patients in their own healing plan, promoting wellness and engaging with compassion build trust between patients and health care professionals, leading to willingness to follow through with care plans. At the same time, by creating emotional connections and environments, not only can frequent burnouts be prevented, but productivity can be increased.

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## Nutritional psychiatry

### S0085

#### Food for mood: Relevance of nutritional Omega-3 fatty acids for depression and anxiety

S. Laye

Inrae, Univ Bordeaux, NutriNeuro, Bordeaux, France

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Polyunsaturated fatty acids (PUFAs) are essential fatty acids which are provided to the body through the diet. The brain is one of the richest organs in the body and has a high need in PUFAs. There are 2 main families of PUFAs, n-3 (or omega 3) and n-6 (or omega6). While it is quite easy to find n-6 PUFAs in westernized diets, the need in n-3 PUFAs is poorly reached, leading to decreased level of docosahexaenoic acid (DHA) in the brain. In humans, poor levels of blood n-3 PUFAs and brain DHA are associated to a higher prevalence of cognitive disorders and depression. However, the mechanisms underlying the effect of DHA on brain functions are poorly understood. Using mice models of n-3 PUFAs dietary deficiency or supplementation, we revealed that in the brain, DHA regulate neuroinflammatory pathways, in particular through its effect on microglia, the main innate immune system cell in the brain. In addition, n-3 PUFAs are key actors of endocannabinoid-

dependent synaptic plasticity. While neuroinflammation and eCB-dependent synaptic plasticity are crucial to cognition and emotional behaviour alterations, our results bring to the clinical scene the importance of controlling dietary n-3 PUFAs to protect the brain from the adverse effect of stress or inflammation. Altogether, our work brings a better comprehension of how dietary n-3 PUFAs participate to brain physiology and protect from the development of mood and cognitive disorders. It opens new avenues for the use of these lipids in the protection and treatment of brain diseases.

**Disclosure:** No significant relationships.

**Keywords:** omega-3; synaptic plasticity; neuroinflammation; depression; anxiety; microglia

### Novel pharmacotherapeutic strategies for regaining control over alcohol intake in alcohol use disorder

## S0086

### Role of oxytocin in modulating addictive behaviour

P. Bach, A. Koopmann and F. Kiefer

Department Of Addictive Behaviour & Addiction Medicine, Central Institute of Mental Health, Mannheim, Germany

\*Corresponding Author.

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**Background:** The brain oxytocin system is involved in a wide range of addictive behaviors, inhibiting prime- and cue-induced relapse in preclinical models of substance use disorders. Animal studies linked oxytocin's effects on drug ingestion to modulation of neurotransmission in the nucleus accumbens (NAc). We set out to investigate whether oxytocin can modulate alcohol cue-induced functional connectivity between the brain reward system and cortical regions.

**Methods:** Fifteen male heavy social drinkers were enrolled in a randomized double-blind placebo-controlled cross-over functional magnetic resonance imaging study (fMRI) investigating the effect of 24 IU oxytocin on alcohol cue-modulated functional connectivity.

**Results:** Results of the functional connectivity analyses show that oxytocin application significantly reduced connectivity between the NAc and cuneus and thalamo-occipital connectivity, while enhancing connectivity between the paracingulate gyrus and precentral gyrus (two-sided seed-level false discovery rate  $p_{FDR} < 0.05$ ). These effects were specific to the alcohol presentation and were absent during processing of neutral pictures. In addition, the NAc-cuneus connectivity significantly correlated with subjective alcohol cue-induced craving during the scanning session ( $r = 0.538$ ,  $p = 0.024$ ). Conclusion: Results provide initial evidence for condition-specific and significant attenuation of NAc connectivity by oxytocin in a sample of heavy social drinkers that was related to lower subjective alcohol craving during the fMRI task. Oxytocin-induced attenuation of NAc connectivity was specific to processing alcohol stimuli and might reflect an attenuation of alcohol-cue saliency by oxytocin that could lead to a reduction of the sensitivity towards the appetitive aspects of alcohol cues.

**Disclosure:** No significant relationships.

**Keywords:** alcohol use disorder; Functional Magnetic Resonance Imaging; Psychopharmacology; oxytocin

## S0087

**Food matters: Anorexia nervosa and the microbiome: First findings of a European cooperation**

B. Herpertz-Dahlmann<sup>1\*</sup>, J. Seitz<sup>1</sup>, R. Adan<sup>2</sup>, S. Fetissov<sup>3</sup>, J. Baines<sup>4</sup>, A. Karwautz<sup>5</sup> and A. Van Elburg<sup>6</sup>

<sup>1</sup>Department Of Child And Adolescent Psychiatry, RWTH Aachen University, Aachen, Germany; <sup>2</sup>Translational Neuroscience, UMCU, Utrecht, Netherlands; <sup>3</sup>Faculte Des Sciences, Inserm UMR 1239, Rouen, France; <sup>4</sup>Institute For Experimental Medicine, Christian 's Albrecht University of Kiel, Kiel, Germany; <sup>5</sup>Department Of Child And Adolescent Psychiatry, Medical University Vienna, Wien, Austria and <sup>6</sup>Adolescent Eating Disorders, Altrecht Eating Disorders Rintveld, Zeist and Department of Social Sciences, University of Utrecht, Utrecht, Netherlands

\*Corresponding Author.

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Anorexia nervosa (AN) is one of the most common chronic disorders in adolescence with still high mortality rates. Knowledge on gut-brain interaction might help to develop new treatments, as severe starvation-induced changes of the microbiome in AN-patients have been demonstrated, which do not alleviate with weight gain. In our own pilot study alpha-diversity was increased in patients with AN after short-term weight recovery, while beta diversity showed clear group differences with healthy controls before and after weight gain. A reduction of taxa belonging to Enterobacteriaceae at admission and discharge and an increase in taxa belonging to Lachnospiraceae at discharge were typically found in patients with AN. The work plan of our European project comprises an observational study and two phase II RCTs with the application of omega-3-PUFA and a multi-strain psychobiotic to both, humans and rodents. With the help of a well-established animal model for AN (activity-based anorexia, ABA), the effect of stool transplants from patients to rodents will be analysed. Longitudinal MRI will be conducted in rodents together with cellular and molecular brain analyses. In addition, immune response and circulating antibodies associated with the presence of certain bacterial strains and interaction with hunger and satiety hormones will be explored. We hope that by this translational research we may systematically investigate the role of an altered microbiome for the course of AN and to identify new therapeutic tools.

**Disclosure:** This project is funded by ERA-NET of the European Union.

**Keywords:** low grade inflammation; anorexia nervosa; Microbiome; body weight

**Novel pharmacotherapeutic strategies for regaining control over alcohol intake in alcohol use disorder**

## S0088

**Baclofen approval in france: A balance between two conceptions of medicine**

B. Rolland

Addiction Medicine, Université Lyon 1, CHU de Lyon, CH Le Vinatier, Lyon, France

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In October 2018, France became the first country to officially approve baclofen for alcohol use disorder (AUD), even if the French Drug Agency (ANSM) officially stated that the efficacy of baclofen in AUD could be not established at this stage, in the light of the available evidence. The decision of the ANSM comprised obvious political aspects, as baclofen approval followed a decade-long practice of off-label prescription, where doses used could reach 300 mg per day or more. This situation led to a prolonged and ferocious debate between those who questioned such a widespread and unevicenced practice, and those who defended the place of an "common sense" empirical medicine. The French story of baclofen echoes other similar controversial off-label prescribing practices in the country, from the pioneer use buprenorphine for opioid use disorder in the 1990s, to the more recent off-label use of hydroxy-chloroquine during the COVID-19 outbreak. In each case, similar "pros" and "cons" arguments were opposed, highlighting the difficult interpenetration between evidence-based medicine on the one hand, and on-the-ground practice on the other hand.

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**Keywords:** baclofen; alcohol use disorder; drug labeling; pharmacotherapy

**Suicidal risk in bipolar patients: Vulnerability and mediators?**

## S0089

**Prevalence and correlates of suicidal behaviour in adolescents with bipolar disorder**

S. Romero<sup>1,2\*</sup>, I. Mendez<sup>1</sup>, S. Lera<sup>1</sup> and P. Santamarina<sup>1</sup>

<sup>1</sup>Department Of Child And Adolescent Psychiatry And Psychology, Institute Clinic of Neurosciences, Hospital Clinic of Barcelona, Barcelona, Spain and <sup>2</sup>Cibersam, Instituto Carlos III, Madrid, Spain

\*Corresponding Author.

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**Objective:** To examine the prevalence and correlates of suicidal behavior among adolescents with bipolar disorder (BD).

**Methods:** 47 adolescents, ages 12 to 19 years (15.8 ± 2), meeting DSM-5 criteria for BD-I (n=40) and BD-II (n=7) were assessed using the KSADS-PL and tested with a battery of tests measuring mood, psychotic symptoms, life events and functioning. History of suicidal attempts (SA) was ascertained using the K-SADS-PL.

**Results:** One third (n=15, 32%) of the BD sample had a lifetime history of SA. There were no differences in socio-demographics factors between SA versus non- SA. BD adolescents with lifetime SA, were more likely to have lower weight at birth, a lifetime history of comorbid eating disorder, non-suicidal self-injurious behavior, 2nd degree family history of suicide attempt, and more stressful life events as compared with non-attempters. Adolescents with lifetime history of SA also showed statistically significant higher scores in depression, suicidal ideation and anxiety as compared with BD adolescents without lifetime SA. Logistic regression analysis found that the most robust correlates of SA in adolescents with BD were having 2nd degree family history of