

**Methods:** Retrospective data were collected from all bipolar patients submitted to acute ECT treatment, between June 2015 and June 2016, at the Department of Psychiatry of the University Hospital of Mahdia, Tunisia.

**Results:** During the study period, among all the patients who received ECT, 47% were diagnosed to have bipolar disorder. ECT was administered most commonly for mania with psychotic symptoms, followed by severe depression with psychotic symptoms. Most of patients showed more than 65% response (based on reduction in the standardized rating scales) with ECT. Few patients (18.7%) reported some kind of side effects.

**Conclusions:** ECT resulted very effective for all BD acute depressive and manic episodes not responding to conventional pharmacologic management.

**Keywords:** Bipolar disorder; electroconvulsive therapy; mania; depression

### EPP0056

#### Terbinafine and antidepressants: Potential risk of medication induced mania

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doi: 10.1192/j.eurpsy.2021.528

**Introduction:** Mood destabilization and induced manic episodes are well-known phenomenon under antidepressant medications. However, even with a cautious introduction of antidepressants, it's important to be aware of possible pharmacological interactions. Terbinafine is a known inhibitor of CYP2D6, a major hepatic metabolizer of a full list of antidepressant medications, and so capable of raising their serum levels and potentiating their side effects.

**Objectives:** With this case report we aim to emphasize the importance of cautious usage of Terbinafine when combined with antidepressant medications.

**Methods:** We present a clinical case of an induced first manic episode after the introduction of Terbinafine in a patient under antidepressant medication and a qualitative review on the topic, using PubMed database.

**Results:** A 66-year-old woman, with an history of Major Depressive Disorder, previously medicated with Venlafaxine 75mg/day and Mirtazapine 30mg/day, was brought to the emergency department because of psychomotor agitation. She also had an history of seasonal fluctuating mood, although never fulfilling the criteria for Bipolar Disorder. At admission, her clinical status was compatible with a manic episode. This episode followed two months after the initiation of Terbinafine for onychomycosis.

**Conclusions:** There are few studies that have shown antidepressant toxicity mediated by an interaction with Terbinafine. As far as we know this is the first case of induced mania after the introduction of Terbinafine. Therefore, it is important to remind that Terbinafine is a potential interacting agent when combined with psychotropic medications.

**Keywords:** Terbinafine; Antidepressants; Pharmacological Interactions; Induced Mania

### EPP0057

#### Comparative study of affective temperaments between medical students and humanities students(evaluation by validated temps-a)

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doi: 10.1192/j.eurpsy.2021.529

**Introduction:** While the links between cyclothymia and creativity are well documented, the experts have tried to determine whether temperament would influence the major choices of life such as career.

**Objectives:** The study aims mainly to evaluate the temperaments of a sample of Tunisian students, and to look for the possible correlations between the temperament and the choice of studies.

**Methods:** The Tunisian version of the TEMPS-A which is a self-evaluation measure to assess affective temperaments was administered to 100 medical students and 100 humanities students.

**Results:** Student populations differed in their socio-demographic and scholar variables such as age, sex ratio or socio-economic level, choice of studies and their religiosity. The temperamental prevalences were close between our two populations by considering the threshold score Mean +1standard deviation; they ranged between 13 and 18%. Hyperthymic and cyclothymic scores were significantly higher among humanities students ( $11.38 \pm 4.385$  versus  $9.00 \pm 4.192$  and  $11.96 \pm 4.497$  versus  $9.63 \pm 4.499$  respectively) and irritable scores were higher in the latter, though not significant ( $6.45 \pm 3.823$  versus  $5.39 \pm 2.998$ ). Depressive and anxious temperament scores were close in both groups. The study showed significant temperament differences within gender, socioeconomic status, high school marks, religiosity and political affiliation.

**Conclusions:** It is relevant and even necessary to include such studies in the selection of candidates who could adapt to a specific professional field on the basis of objective criteria such as conscientiousness, and privileging profile diversity.

**Keywords:** student; medicine; TEMPS-A; humanities

### EPP0059

#### Spirituality and quality of life among bipolar disorder patients

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doi: 10.1192/j.eurpsy.2021.530

**Introduction:** Quality of life is a broad and complex concept, but essentially refers to an individual's well-being in a spectrum of life domains.

**Objectives:** The aim of the present study was to investigate the relationship between spirituality, religiosity (S/R) and quality of life (QOL) among bipolar disorder (BD) patients.