

**Introduction:** Daydreaming is a normal, very common experience in childhood and adulthood. However, a new phenomenon – termed ‘Maladaptive Daydreaming (MD)’ – which takes daydreaming to an extreme form, is currently being investigated. Maladaptive Daydreaming is not listed as an official disorder in the ICD-10 or DSM-5 presently.

**Objectives:** To review current literature on MD and explore whether MD could be acknowledged and classified as a real psychiatric disorder.

**Methods:** Data gathered via academic papers found through reliable sites, such as, Ovid, PubMed and Cochrane; through articles, videos and online forums to gather patients’ perspectives.

**Results:** There is enough information and literature available to create specific criteria to qualify a diagnosis of MD in patients. Possible aetiologies of Maladaptive Daydreaming have been identified. There has also been exploration into treatment options.

**Conclusions:** There is sufficient evidence for Maladaptive Daydreaming to be classified as an official disorder. Being included in the ICD-10 and DSM-5 would motivate research, expand identification of this disorder in patients, and advance access to help and support for patients.

**Disclosure:** No significant relationships.

**Keywords:** DSM-5; mental health; maladaptive daydreaming; ICD-10

## EPP0159

### Darier-White disease and Psychiatric disorders: A Case Report

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doi: 10.1192/j.eurpsy.2022.474

**Introduction:** Darier-White disease (DD) is a rare genodermatosis of dominant autosomic inheritance characterized by the keratinization of epidermis, nails and mucous membrane. It leads to the formation of papules and brown hyperkeratotic plaques, mainly in seborrheic areas. The disease is associated with a mutation on the ATP2A2 gene, mapped in the 12q23-24 chromosome. There is known a relationship between DD and neuropsychiatric diseases, such as bipolar disorder, depression and schizophrenia.

**Objectives:** To discuss the relationship between DD and neuropsychiatric disorders.

**Methods:** We report the case of a patient with diagnosed schizophrenia, alcohol and cannabis dependence who presented skin lesions.

**Results:** The physical exploration of our patient revealed cutaneous lesions and we pointed the diagnostic towards DD. Afterwards, a cross-consultation was done with the dermatology experts. During the physical exploration, the patient shows confluent hyperkeratotic papules, dominant on the sides and center of back and hands, together with nail injuries (see images). The diagnostic was confirmed through anatomic pathology. The patient was treated with 10 mg/day of Acitretin together with emollients twice a day, which improved the patient clinical status and signs. The patient remained stable at a psychiatric standpoint. After 3 years of treatment, the

patient keeps the same medication but with a reduced dose of 5 mg/day, with a 70% decrease of the initial hyperkeratotic lesions.



**Conclusions:** Previous studies concludes that mutations in the ATP2A2 gene, in addition to causing DD, confer susceptibility to neuropsychiatric features. These case report highlight the need for clinicians to asses and recognize neuropsychiatric symptoms in DD.

**Disclosure:** No significant relationships.

**Keywords:** Darier Disease; schizophrénia; Neuropsychiatry

## EPP0160

### The mediating role of state shame, guilt, and pride in the relationship between self-compassion and prolonged grief

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