

**Introduction:** Despite the huge progression in depression treatment, many individuals do not achieve full recovery. Studies demonstrated alternatives from neurotransmitter targets which are promising to predict and manage illness.

**Objectives:** This study aimed to select metabolic factors linked to the severity of depression symptoms.

**Methods:** 66 patients (36% males) with episode of depression from part of SANGUT study were assessed for laboratory biomarkers (insulin, glucose, ALT, AST, lipid profile, cortisol, hs-CRP), anthropometric measurements (BMI, body composition, WHR ratio) and severity of subjective depressive (BDI scale) and stress (PSS-10 scale) symptoms.

**Results:** Maximum accuracy for differentiating mood symptoms was achieved by the combination of triglycerides (cut-off point > 101 mg/dl) and HDL cholesterol (cut-off point ≤48 mg/dl). For differentiating stress symptoms the combination of cholesterol LDL (cut-off point > 108.35 mg/dl) and hs-CRP (cut-off point ≤1.55 mg/dl) were most accurate. In the regression analysis model, total; LDL and HDL cholesterol, adjusting for HOMA-ir, cortisol, hs-CRP, triglycerides, age and body fat content were independently related to mood symptoms severity and explain 23.4% variability. Stress symptoms were related to cortisol, hs-CRP levels and WHR ratio adjusted for age, duration of illness, LDL cholesterol, and body fat content. The following model explains 19% variability of symptoms severity.

**Conclusions:** In patients with mood disorders, more attention should be paid to metabolic changes, predicting intensified depression traits. The results indicate lifestyle changes as an available to all patients tool for depression management.

**Disclosure:** No significant relationships.

**Keywords:** Stress; lifestyle psychiatry; Depression; metabolic disturbances

### EPP0783

#### Relationship between psychopathic traits and ability emotional intelligence in a sample of incarcerated males

R. Gómez-Leal\*, A. Megías-Robles, M.T. Sánchez-López and P. Fernández-Berrocal

Faculty of Psychology, University of Málaga, Department Of Basic Psychology, Málaga, Spain

\*Corresponding author.

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**Introduction:** The study of psychopathic traits has increased in recent years, given the impact that these traits have on our society.

**Objectives:** This study aimed to evaluate the relationship between psychopathy traits and ability emotional intelligence by examining the sub-dimensions of both constructs in a sample of incarcerated males.

**Methods:** A total of sixty-three incarcerated adult males ( $M_{age} = 37.51$ ) were assessed for psychopathy traits and emotional intelligence levels through the 34-item Self-Report Psychopathy Scale-III (SRP-III) and the Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) respectively.

**Results:** The results revealed that the incarcerated population is characterized by low EI and high psychopathic traits (explained by the scores obtained on the criminal tendencies sub-dimension). Moreover, participants scoring lower in ability EI were more likely to score higher on the callous affect sub-dimension of psychopathy. We also observed an indirect negative effect of ability EI on erratic lifestyle, criminal tendencies and interpersonal manipulation sub-dimensions through the mediating role of callous affect.

**Conclusions:** These findings offer a better understanding of the relationship between psychopathy traits and ability emotional intelligence and provide empirical support for the need to implement intervention programs in penitentiary centers based on EI training, which could help to reduce antisocial and disruptive behaviours and facilitate future reintegration into society.

**Disclosure:** No significant relationships.

**Keywords:** MSCEIT; Emotional Intelligence; Psychopathy; incarcerated population

### EPP0784

#### Trait anxiety mediates between emotion dysregulation and core psychopathology in borderline personality disorder

E. Kot<sup>1</sup>, P. Grzegorzewski<sup>1</sup>, B. Kostecka<sup>2</sup>, J. Radoszewska<sup>3</sup> and K. Kucharska<sup>4\*</sup>

<sup>1</sup>Institute of Psychiatry and Neurology, Department Of Neuroses, Personality Disorders, And Eating Disorders, Warsaw, Poland;

<sup>2</sup>Medical University of Warsaw, Ii Department Of Psychiatry, Warsaw, Poland;

<sup>3</sup>University of Warsaw, Faculty Of Psychology, Warsaw, Poland and <sup>4</sup>Cardinal Stefan Wyszyński University in Warsaw, Institute Of Psychology, Warsaw, Poland

\*Corresponding author.

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**Introduction:** Findings from previous studies have implicated various forms of emotion dysregulation (EDys), including difficulties in emotion regulation, as important for the development and maintenance of borderline personality disorder (BPD). In addition, comorbid anxiety and depressive psychopathology has been found to contribute to the severity of BPD symptoms in this disorder.

**Objectives:** This study aimed at extending extant research on the above issues by testing the mediational role of comorbid psychopathology (i.e., trait anxiety and depressive symptoms) in the relationship between EDys (specifically, difficulties in emotion regulation) and BPD symptoms in BPD patients.

**Methods:** 64 BPD female inpatients completed the Emotion Dysregulation Scale, STAI, CESD-R, and BPD Checklist.

**Results:** BPD symptoms were statistically significantly and strongly positively associated to EDys ( $r_s = .55, p < .001$ ) and to trait anxiety ( $r_s = .52, p < .001$ ). EDys and trait anxiety predicted the severity of BPD symptoms,  $R^2 = 0.41, F(2, 61) = 20.90, p < .001$ . The examination of the indirect effect revealed a significant mediation, in which the association between EDys and BPD symptoms was mediated by trait-anxiety,  $B = 0.37, SE = 0.18, 95\% CI = [0.10, 0.78]$ . However, the direct effect of EDys on BPD symptoms remained significant,  $B = 0.81, SE = 0.24, 95\% CI = [0.32, 1.30]$ .