

**Introduction:** Cerebrovascular insult (CVI) in patients with psychiatric diseases is to a large extent more prevalent and is accompanied by a worse prognosis after a incident. Despite the higher mortality, these patients are less frequently subjected to CT angiography and interventional intervention on the blood vessels of the brain.

**Objectives:** To show the frequency of cerebrovascular insults in patients with schizophrenia (SCH), bipolar affective disorder (BP), and depression, depending on age, gender, socioeconomic characteristics, professional qualifications, and dietary habits.

**Methods:** A total of 1200 patients with SCH, BD and depression were treated over a period of five years.

**Results:** 11.1% SCH patients had CVI and 3,7% a cases of bipolar affective diseases. CVI was most often experienced by patients who were married, employed, or retired, and who lived in urban areas. Smoking, elevated blood pressure values, elevated BMI do not have a significant impact on the occurrence of CVI in all groups. Patients with elevated values of glucose, total cholesterol and LDL cholesterol and CRP had a higher incidence of cerebrovascular insult.

**Conclusions:** It is necessary to work on raising the awareness of people suffering from psychiatric diseases regarding lifestyle and eating habits, and to conduct periodic health examinations. It is important to recognize high-risk patients and educate them about preventive measures.

**Disclosure of Interest:** None Declared

## EPP0500

### Sleep disorders and addiction A study of 100 patients

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**Introduction:** Several studies have demonstrated a high prevalence of sleep-related complaints in subjects with an addiction to psychoactive substances (alcohol, cannabis, nicotine, cocaine)

Sleep disorders negatively influence the quality of life of subjects suffering from addiction and increase the risk of relapse

**Objectives:** To assess the prevalence of sleep disorders in patients with problematic use of psychoactive substances as well as associated factors

**Methods:** This is a descriptive and analytical cross-sectional study carried out among 100 patients followed at Ar-Razi hospital Salé in Morocco for problematic use of psychoactive substances from June 1 to August 30, 2023

A questionnaire was used assessing the socio-demographic and clinical characteristics of our population

Sleep quality was assessed by the Pittsburgh Scale (PSQI)

**Results:** There were 100 patients, with ages ranging from 18 to 56 years old and the majority of whom were males.

History of somatic pathology was reported in 36% of patients

The majority of patients had an associated anxiety disorder (60%)

The most consumed psychoactive substances were tobacco (95%), followed by cannabis, benzodiazepines and alcohol.

75% of patients reported poor sleep quality

There was a statistically significant difference between the risk of relapse and the reduction in sleep quality

**Conclusions:** The prevalence of poor sleep quality in patients with disorders linked to psychoactive substance use is high, hence the importance of early detection in order to improve treatment.

**Disclosure of Interest:** None Declared

## Consultation Liaison Psychiatry and Psychosomatics

### EPP0502

#### A comparative study of psychological factors in Men who have Sex with Men (MSM) with and without HIV

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**Introduction:** As a result of the notable progress in HIV / AIDS prevention and treatment globally, the HIV epidemic is considered controlled to the extent that individuals living with HIV manage to have a similar life expectancy to HIV-negative individuals and a good level of health. However, the "epidemic" related to the stigma of HIV-positive individuals, particularly of Men who have Sex with Men (MSM), still remains an issue, while it has been associated with a profound negative impact on individuals' mental health.

**Objectives:** The present study aimed to compare anxiety, depression, social support, loneliness, and psychological resilience between MSM with and without HIV. Furthermore, the study investigated the correlates of HIV related stigma in MSM with HIV.

**Methods:** The sample of the study comprised a total of 139 adult MSM. According to their self-report 84 individuals were HIV-negative (age in years: M = 24.58, SD = 5.55), while the remaining 55 individuals were HIV-positive (age in years: M = 38.99, SD = 10.95). Furthermore, the majority of individuals in both groups reported Greek nationality. Participants completed a questionnaire on socio-demographic characteristics, the Hospital Anxiety and Depression Scale to assess anxiety and depression, the UCLA Loneliness Scale to measure loneliness, the Brief Resilience Scale (BRS) to evaluate psychological resilience, and the Multidimensional Scale of Perceived Social Support (MSPSS) to assess social support. HIV-positive individuals additionally completed the HIV Stigma Scale-Brief Version, a brief scale measuring social stigma related to HIV.

**Results:** According to the findings, MSM with and without HIV did not differ in anxiety ( $p = 0.908$ ), depression ( $p = 0.904$ ), social support ( $p = 0.657$ ), loneliness ( $p = 0.086$ ), and psychological resilience ( $p = 0.600$ ). Furthermore, it emerged that among HIV-positive MSM, stigma was positively associated with anxiety ( $r = 0.479, p < 0.001$ ), depression ( $r = 0.479, p < 0.001$ ), and loneliness ( $r = 0.532, p = 0.001$ ), while the correlation was negative with social support ( $r = -0.456, p < 0.001$ ) and resilience ( $r = -0.400, p < 0.003$ ). No significant association was found between stigma and age in HIV-positive individuals ( $r = 0.099, p = 0.474$ ).

**Conclusions:** In conclusion, the findings of this study identified possible risk factors as well as protective factors for the mental health of HIV-positive MSM. As long as stigma associated with HIV continues to be a risk factor for the development of psychosocial problems in those living with HIV, it is advisable for both policymakers and the research community to take more proactive steps in order to offer the necessary support and attention to those who are living with HIV and experiencing multiple forms of stigma.

**Disclosure of Interest:** None Declared

## EPP0504

### Exploring the Link Between Personality Traits and Self-Care Dimensions in Individuals Affected by Type 2 Diabetes Mellitus: A Comprehensive Systematic Review and Meta-Analysis

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**Introduction:** Type 2 diabetes mellitus (T2DM) is a prevalent, chronic metabolic disorder that exerts diverse effects on individuals' physical and psychological well-being.

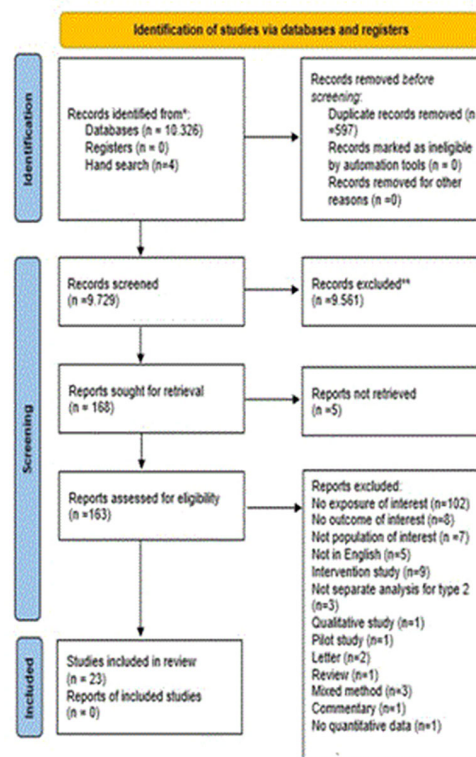
**Objectives:** Our aim was to investigate the potential correlation between personality traits and self-care aspects among individuals living with T2DM.

**Methods:** We conducted a thorough search in PsycINFO, CINAHL, and PubMed/Medline for peer-reviewed articles from inception to January 9, 2023. Following PRISMA guidelines, two reviewers independently screened, extracted data, and assessed bias. We used random-effects meta-analysis for pooling estimates

**Results:** We identified 23 studies meeting our inclusion criteria. Openness, conscientiousness, and agreeableness were linked to better foot care compliance (OR = 2.53, 95% CI = 1.49-4.28; OR = 1.84, 95% CI = 1.10-3.08; and OR = 2.07, 95% CI = 1.23-3.48, respectively). Openness was also associated with improved overall self-care behaviors (OR = 2.00, 95% CI = 1.17-3.41), while conscientiousness reduced smoking likelihood (OR = 0.96, 95% CI = 0.93-0.99), and agreeableness enhanced medication adherence (OR = 1.68, 95% CI = 1.34-2.31). However, extraversion and neuroticism were linked to lower medication adherence (OR = 0.77, 95% CI = 0.61-0.96 and OR = 0.51, 95% CI = 0.40-0.65, respectively). Neuroticism also negatively affected overall self-care behaviors (OR = 0.67, 95% CI: 0.55-0.81).

## Image:

PRISMA 2020 flow diagram for new systematic reviews which included searches of databases and registers only



**Conclusions:** Personality traits should be considered when addressing self-care in T2DM patients.

**Disclosure of Interest:** None Declared

## EPP0505

### Personality traits and cognition as predictors of long-term quality of life after transplantation for alcoholic liver disease

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**Introduction:** Liver transplantation (LT) is a crucial treatment for end-stage alcoholic liver disease, the most common liver disease in developed countries. Personality traits and cognition, a relatively stable characteristics, are known to be significantly associated with