EPP0707

New approaches in the neuropsychological evaluation of aADHD

L. I. Birtalan[1]*, S. Bálint[1], T. Kilencz[1] and J. M. Réthelyi[1]

[1]Department of Psychiatry and Psychotherapy, Semmelweis University, Budapest, Hungary
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.787

Introduction: In Hungary, the understanding and diagnosis of adult attention-deficit/hyperactivity disorder (aADHD) are influenced by a blend of international epidemiological data and the standardized criteria established in DSM-5. The diagnostic protocols at our aADHD Outpatient Clinic at Semmelweis University have been carefully adjusted and validated to align with the practical application of empirical evidence and the extensive clinical expertise of professionals. The current diagnostic protocol encompasses the use of diagnostic interviews (symptoms identification based on DSM criteria; SCID-5-PD; M.I.N.I.-PLUS-5.0), the Conners' Adult ADHD Rating Scales–Self Report questionnaire (CAARS), heteroanamnesis with parents, a comprehensive neuropsychological instruments battery (including the Rey Auditory Verbal Learning Test, Stroop Test, Conners-CPT3, Trail Making Test) and WAIS-IV Intelligence Scale.
Objectives: A valid and appropriate diagnosis plays a crucial social role by legitimizing individuals' attention/health issues, confirming their concerns, and addressing cultural and moral expectations. The primary objective of this work is to refine the diagnostic methodology by extensive review of the international literature and the analysis of our own data.
Methods: With the aim of aggregating and analyzing the collected data based on examinations of the Hungarian adult population, our assessment methods are employed to acquire detailed information regarding ADHD prevalence, symptoms, and the related neuropsychological profiles.
Results: While various diagnostic approaches generally demonstrated good alignment, in some cases, significant discrepancies between neuropsychological assessment and the rest of our tools were observed, indicating a number of instances of false positives or false negatives. Especially the relevance of Rey Auditory Verbal Learning Test and Trail Making Test are questionable.
Conclusions: The results highlight the necessity for more refined diagnostic criteria and a meticulous selection of neuropsychological techniques to enhance consistency between various approaches, ultimately enabling a more robust diagnostic accuracy.

Disclosure of Interest: None Declared

EPP0708

Self-stigma, career development and employment in young adults with ASD in Chile.

M. S. Burrone[1]*, C. A. Barrientos[1], D. Saa-Ulloa[1], J. Madrid Lira[1], C. Alarcón[2], C. Cortés Rojas[1], L. D. Colantonio[3] and M. T. Solís-Soto[1]

[1]Instituto de Ciencias de la Salud, Universidad de O'Higgins, Rancagua, Chile; [2]University of Sydney, Sydney, Australia and [3]University of Alabama at Birmingham, Birmingham, United States
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.788

Introduction: Stigma describes prejudicial attitudes, negative stereotypes, and discrimination targeting a subgroup. Various forms of stigma have been identified in the literature, including self-stigma. Self-stigma or internalized stigma occurs when stigmatized individuals become aware of the negative stereotypes and apply these to themselves. Self-stigma may be a barrier to career development and employment in individuals with Autism Spectrum Disorder (ASD). However, there are few data available on the presence of self-stigma among young adults with ASD in Chile to inform local interventions and policies.
Objectives: To analyze self-stigma and its relation with career development and employment in young adults with ASD in Chile.
Methods: A mixed-method observational study was conducted to analyze self-stigma and its association with career development and employment among young adults with ASD in two regions of Chile. For the quantitative analysis, self-stigma was assessed using the Internalized Stigma of Mental Illness (ISMI) scale, and employment information was collected. For the qualitative analysis, in-depth interviews were conducted. Data from the interviews were digitalized and transcribed, and the analysis was conducted using ATLAs.ti following the principles of Glaser and Strauss's Grounded Theory. All participants provided written informed consent, and the study was approved by the local Institutional Review Board.
Results: Overall, 356 participants were included in the quantitative analysis (mean age: 27.8 [SD 6.2] years, 44.7% women, 14.8% with regular employment). The mean ISMI for the total sample was 2.34 (SD = 0.62). By triangulating this information with the qualitative analysis (n=27), it was observed that young adults with ASD frequently experience self-stigma attitudes. Through the in-depth interviews, we identified barriers and facilitators for the development of self-stigma. Also, we identified that negative self-perceptions among young adults with ASD may be a barrier to seeking career development opportunities and employment in this population.
Conclusions: The current study shows self-stigma is present in young adults with ASD in Chile, and this may impact negatively their career development and employment.

Disclosure of Interest: None Declared

Psychotherapy

EPP0709

The Detached Mindfulness approach to anxiety disorders in an Italian mental health service

F. Raffone[1]*, E. Pessina[2], A. Martini[2], P. Giunnelli[1], A. Massa[1], E. Carbone[1], M. Russo[1] and V. Martiadis[1]

[1]Department of Mental Health, Asl Napoli 1 Centro, Napoli and [2]Department of Mental Health, Asl Cuneo 2, Bra, Italy
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.789

Introduction: Anxiety disorders are one of the most common mental illnesses, and a consistent increase was observed after the COVID-19 pandemic. Mindfulness refers to a process that leads to a mental state characterized by nonjudgmental awareness of the present experience. Mindfulness can be considered both a skill and a practice. The stronger is the ability to adopt a mindful state, the less suffering one will experience. While Mindfulness-based