

databases, using the terms “postpartum depression”, “baby blues” and “postpartum psychosis”, until December 2020.

**Results:** Since both depression and antidepressant medications confer risk upon the infant, when postpartum depression develops, psychotherapy is usually the first-line treatment. Antidepressant treatment may be necessary, but its use during pregnancy and postpartum must be weighed carefully.

**Conclusions:** In order to better prevent postpartum depression, recommendations include the use of screening instruments as a routine clinical practice during pregnancy and referral when necessary. Maternal depression has a severe impact on both mother and child, so mental health professionals have a very important role in reducing postnatal emotional complications.

**Disclosure:** No significant relationships.

**Keywords:** baby blues; breastfeeding; Postpartum depression; Antidepressants

## EPV0261

### The role of the gut-brain axis in depression and anxiety disorders

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**Introduction:** There is a bi-directional biochemical communication pathway between the gastrointestinal tract and the central nervous system, referred to as the “gut-brain axis”. Studies show that bacteria in the gastrointestinal tract, including commensal, probiotic, or pathogenic, can affect brain’s function. Since there is a symbiotic relationship between gut microbiota and the brain, changes in its composition can lead to dysbiosis, which plays a role in many psychiatric disorders, such as depression and anxiety, and therefore becomes a potential therapeutic target.

**Objectives:** To examine data from recent studies regarding the gut-brain axis and its relationship with psychiatric disorders, such as depression and anxiety.

**Methods:** Review of the most recent literature regarding the gut-brain axis and its relationship with depression and anxiety disorders. The research was carried out through the MedLine, PubMed, UptoDate, ScienceDirect, SciELO and SpringerLink databases, using the terms “gut-brain axis”, “depression” and “anxiety”, until December 2020.

**Results:** There is a relationship between dysbiosis of microbiota and some psychiatric disorders, particularly depression. Symbiosis may be restored by purposefully manipulate the gut microbiota using therapies such as probiotics, therefore enhancing beneficial bacteria in the gastrointestinal tract and improving symptoms of depression.

**Conclusions:** Although probiotics can be used in the treatment of depression, further research is needed in order to carefully determine parameters such as the duration of treatment, dosage and drug interactions. Nonetheless, a better understanding of the gut-brain axis may arise new approaches on how we prevent and treat mental illnesses.

**Disclosure:** No significant relationships.

**Keywords:** Gut-brain axis; Depression; anxiety disorders; microbiota

## EPV0262

### Depressive disorders after mild craniocerebral injuries in amateur athletes

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**Introduction:** Craniocerebral injuries are serious traumatic situations

**Objectives:** Aim of this study is to present cases of depressive disorders after mild craniocerebral injuries in amateur athletes

**Methods:** 10 cases are presented. Range of age between 20 and 40 years old. All of them reported depressive disorders during the post traumatic period after mild craniocerebral injuries mainly during amateur athletic activities

**Results:** All of them they receive appropriate neurological, psychiatric, psychological and rehabilitation support and treatment. They managed to have a good outcome after 12 months follow up.

**Conclusions:** The development of depressive disorders after such traumatic events remains a strong predictor of a variety of difunctions (social, personal, work etc). The emergence of depressive disorders in many cases remains unexplored and poorly understood. The effect into the the overall health remains a very important factor to investigate. The combination and collaboration of the various medical disciplines is essential in order to help young people.

**Disclosure:** No significant relationships.

**Keywords:** Depressive disorders; craniocerebral injuries; athletes

## EPV0263

### The prevalence of depressive disorders among young people in europe: A systematic review and meta-analysis

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**Introduction:** This systematic review estimates the pooled prevalence (PP) of depressive disorders (DD) among 5-to-18-year-old YP living in Europe, based on prevalence rates established in the last five years (LFY).

**Objectives:** Trends of prevalence rates across countries, gender and level of education were analysed. The random effects pooled prevalence rate (REPPR) for DD was calculated.

**Methods:** A search strategy was conducted on three databases. Studies were also identified from reference lists and grey literature. Eligible studies were evaluated for reliability, validity, bias, and the REPPR for DD was calculated.

**Results:** The European REPPR for DD is calculated at 2.0% (95%CI: 1.0%-4.0%). (Figure 1). The REPPR for each depressive disorder is shown in Figure 1. The prevalence among secondary school children is 4.2 times higher than that among primary school children.