

## EPP0325

### Analyses of Pharmacokinetic, Pharmacogenetic and Psychometrics Correlates of Antidepressants Use during Pregnancy and the Post-Partum Period

R. Cafaro\*, F. Giorgetti, L. Giacovelli, S. Vanzetto, L. Cerolini, A. Colombo and B. Dell'Osso

University of Milan, Department Of Biomedical And Clinical Sciences "Luigi Sacco", Milan, Italy

\*Corresponding author.

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**Introduction:** About 15% of women experience a depressive episode during pregnancy, and 19% during the postpartum. Studies on safety of Antidepressants use during pregnancy have given controversial results. Obstetric-gynecological changes of pregnancy determine modifications in the pharmacokinetics of medications, through an altered metabolism of the CYP enzymes. Patient's therapeutic response might also be influenced by polymorphisms of the genes encoding CYP enzymes.

**Objectives:** In this perspective, we evaluated the correlation between pharmacokinetics, pharmacogenetics and psychopathological measures, analyzing SSRIs or SNRIs concentrations during the three trimesters of pregnancy, at birth and at postpartum, in order to define efficacy, tolerability and safety of Antidepressants (ADs) in the treatment of affective and anxiety disorders during pregnancy.

**Methods:** 87 patients were enrolled at the Depressive Disorders Treatment Centre (CTDD) of the Department of Psychiatry of Sacco University Hospital (Milano, Italy). Plasma concentrations of ADs were measured during first (T1), second (T2), third (T3) trimester, at birth (T4) and at postpartum (T5). Psychometric assessments were carried out. The genotype of hepatic CYP isoforms were also analysed.

**Results:** ADs mainly metabolized by CYP2C19 (es. Sertraline) are less frequently below therapeutic range than ADs metabolized by CYP2D6. In fact, the metabolic activity of CYP2C19 is slowed down during pregnancy. The majority of ADs concentrations below therapeutic range were found in women with an accelerated metabolism, carrier of a CYP polymorphism.

**Conclusions:** Our results underline that the systematic use of pharmacokinetic and pharmacogenetic analyses during pregnancy could constitute a valid support in the management of therapy in the last phases of pregnancy.

**Disclosure:** No significant relationships.

**Keywords:** psychopharmacology; Pregnancy; Perinatal psychiatry

## EPP0324

### How mothers of terminally ill children cope and appraise their life situation

E. Bityutskaya<sup>1</sup> and N. Lebedeva<sup>2\*</sup>

<sup>1</sup>Lomonosov Moscow State University, Faculty Of Psychology, Moscow, Russian Federation and <sup>2</sup>Moscow Metropolitan Governance University, Diagnostics Department, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Mothers of terminally ill children experience chronic stress that can lead to physical and emotional exhaustion.

A better understanding of their experiences, resources, and vulnerabilities can help plan psychological interventions.

**Objectives:** The research is aimed to study mothers' appraisals of their life situation related to the child's terminal illness and their coping strategies.

**Methods:** Participants: 21 women (aged 26-49) whose children were patients at the hospice. Women answered a set of open-ended questions and completed questionnaires: "Appraisal Criteria of the Difficulty of a Life Situation", "Types of Orientations in Difficult Situation", "Ways of Coping Checklist". Data were analyzed with Pearson's r.

**Results:** Planned coping was associated with evaluations of opportunity ( $r=0.78$ ) and threat to the future ( $r=0.61$ ). Despite the deteriorating health status of most of the children, women reported a high degree of subjective control. This might be related to outside help. Participants stated that helping by the family, doctors, and psychologists was essential. Unexpectedly, the "need for a quick and active response" score correlates with that for the coping strategy "fantasizing" ( $r=0.62$ ). This can be explained by the depletion of resources; deprivation of sleep and active rest is often observed. An important feature is that half of the participants report high self-blame.

**Conclusions:** We suggest that self-blame, an analysis of opportunities, and probable future scenarios are important psychotherapy targets for mothers of terminally ill children. The consequences of threat appraisal are twofold: admitting the threat can be painful, but it also mobilizes one's energy. Funding: The study was funded by RFBR, project number 20-013-00838.

**Disclosure:** No significant relationships.

**Keywords:** life situation; coping strategies; subjective appraisal

## EPP0325

### The sense of guilt of the mothers of children with special needs

E. Sedova<sup>1\*</sup>, E. Tokmakova<sup>2</sup>, T. Goryacheva<sup>1</sup> and Z. Gardanova<sup>2</sup>

<sup>1</sup>Pirogov Russian National Research Medical University, Faculty Of The Clinical Psychology And Social Work, Moscow, Russian Federation and <sup>2</sup>Pirogov Russian National Research Medical University, Faculty Of The Clinical Psychology And Social Work, Москва, Russian Federation

\*Corresponding author.

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**Introduction:** The fact of emergence of a child with special needs in a family is followed by intensive emotional reaction of the parents. One of the pronounced feelings in those circumstances is the sense of guilt.

**Objectives:** The research aim is studying the emotional experience of mothers of children with special needs connected with the sense of guilt and the characteristics of the parent-child relationship in such families.

**Methods:** The research sample includes 25 mothers of children with special needs in the age from 3 to 10 years old with the diagnosis ASD, cerebral palsy and epilepsy as well as 29 mothers of normally developing children of the same age. Research methods: Guilt Inventory (Jones &Kugler); Inventory of Parental Attitude (Varga &Stolin); Inventory of the Parent's Psychological Type(Tkacheva).