Image:

Figure 1A. Incidence of PPD was significantly reduced in puerperae receiving esketamine 1 week after delivery.

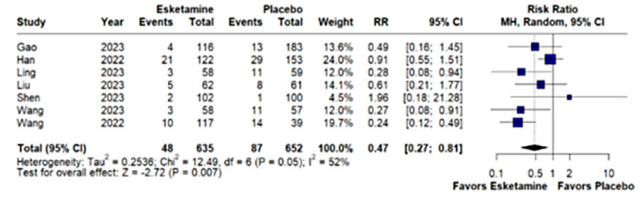
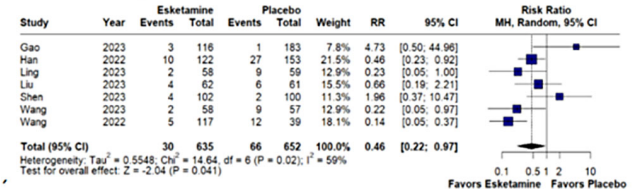


Figure 1B. Incidence of PPD was significantly reduced in puerperae receiving esketamine 6 weeks after delivery.



Conclusions: Prophylactic esketamine seems to improve EPDS scores in women at one and six weeks after birth. A more thorough analysis of the adverse effects on maternal and neonatal health are required, and long-term benefits are not fully understood. Larger multicenter studies would be a welcome addition to the issue at hand.

Disclosure of Interest: None Declared

EPP0013

How adults with treatment resistant depression experience their first esketamine nasal spray treatment? Preliminary results from a French qualitative study

E. Manolios[1,2,3], J. Mathé[1,3], J. Sibeoni[1,3,4], M. Rotharmel[5], B. Astruc[6], B. Falissard[7], L. Mekaoui[8], A. Laurin[9]*, E. Gaudre-Wattinne[10], J. Dupin[10] and A. Revah-Levy[1,3,4]

[1]ECSTRRA team, INSERM; [2]Service de Psychiatrie et Addictologie de l'adulte et du sujet âgé, Hôpital européen Georges-Pompidou, APHP; [3]IPSEA, Paris; [4]SUPADO, CH Argenteuil, Argenteuil; [5]University Department of Psychiatry, Centre d'Excellence Thérapeutique, Centre Hospitalier du Rouvray, Rouen, France; [6]Les Toises - Centre de psychiatrie et psychothérapie, Lausanne, Switzerland; [7]CESP, INSERM U1018, Université Paris Saclay, Villejuif; [8]CMME, GHU Paris Psychiatrie et neurosciences, Paris; [9]CHU nantes, Nantes université, Nantes and [10]Janssen Cilag, Issy les Moulineaux, France
*Corresponding author.
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Introduction: Spravato® (esketamine nasal spray- ENS) is a new adjunctive drug for Treatment Resistant Depression (TRD), i.e. patients with major depressive disorder that failed to adequately respond despite the use of two different antidepressants. In France, a real world non-interventional post-commercialization cohort study is being conducted aiming to describe the conditions of use of the esketamine, and to observe the outcomes.
Objectives: To in-depth explore the lived experience of first administered ENS treatment among adults with TRD, we are conducting an ancillary qualitative study.
Methods: This qualitative study uses the IPSE approach (Sibeoni et al. *BMC Medical Research Methodology* 20.1(2020):1-21) and has been conducted in four French psychiatric departments. Design was based on the recruitment of patients through the Cohort study, all interviewed twice, the first time 3 to 5 weeks after the first administration of ENS, and the second time around 6 months after, whether treatment has been continued or not. Data analysis follows the IPSE analytic procedure and is conducted in two stages: three individual researchers carry out independent work and the group collectively pools data. These preliminary results are based on the sole analysis of the first interviews conducted from July 2022 to July 2023.
Results: Eighteen participants with moderate to severe TRD, including 13 women, were interviewed and two axes of experience have been produced: (1) the overwhelming experiences of the treatment, perceived differently depending on patients, as a dissociative experience, both inside – described as a *trip*- and outside of them; (2) A discordant treatment experience with both solitude and relational support from medical team.
Conclusions: These results highlight the need to better prepare the patients for the initiation of the treatment and to take into consideration the settings in which the treatment is administered, as well as the importance of the support received from the nursing staff.

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EPP0015

The DiSCoVeR trial – Mid-study look at post-training patient motivation for an innovative treatment approach

L. Rubene[1,2]*, L. Konošonoka[1], A. Stūrmane[1,2], E. Dechantsreiter[3], F. Padberg[3], D. Bavelier[4], F. Hummel[5], O. Bonne[6], Y. Benjamini[7], M. Nahum[8] and E. Rancāns[1,2]

[1]Department of Psychiatry and Narcology, Riga Stradiņš University; [2]Riga Centre of Psychiatry and Addiction Disorders, Riga, Latvia; [3]Department of Psychiatry and Psychotherapy, LMU University Hospital, Munich, Germany; [4]Campus Biotech & Faculty of Psychology and Educational Sciences, University of Geneva; [5]Neuro-X Institute (INX) and Brain Mind Institute (BMI), École Polytechnique Fédérale de Lausanne (EPFL), Geneva, Switzerland; [6]Department of Psychiatry, Hadassah Medical Center, Faculty of Medicine; [7]Department of Statistics and Data Science and [8]School of Occupational Therapy, Faculty of Medicine, The Hebrew University of Jerusalem, Jerusalem, Israel
*Corresponding author.
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Introduction: The DiSCoVeR Project: 'Examining the synergistic effects of a cognitive control videogame and a self-administered non-invasive brain stimulation on alleviating depression' is a double-blind, sham controlled, randomized controlled trial