Conclusions: We developed an AI-based approach which can diagnose depression and CVD to patients in a cost effective way with accuracy of 85% and AUC equal to 0.92.

Disclosure of Interest: None Declared

EPP020

Relationship between BMI and affective disorders: results from a multicenter observational study

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doi: 10.1192/j.eurpsy.2025.384

Introduction: Patients suffering from severe mental disorders have a reduced life expectancy of approximately 10-25 years compared to the general population. This mortality gap is mainly due to physical comorbidities among which metabolic disorders play a significant role.
Objectives: In our study we used the Body Mass Index (BMI), an indicator of general health that can be easily calculated in daily clinical practice, to investigate how weight and the different psychopathological and psychosocial dimensions mutually influence each other in patients with mental disorders.
Methods: This naturalistic observational multicenter study was carried-out in 7 Italian university centers (Universities of Campania "L. Vanvitelli," Catania, Magna Graecia of Catanzaro, Cattolica del Sacro Cuore of Rome, Padova, Sapienza University of Rome, and Tor Vergata of Rome). Patients were recruited if they: 1) had diagnosis of bipolar disorder (BD) or major depressive disorder (MDD) according to DSM-5 criteria; 2) had an age between 18 and 65 years; 4) were in a stable phase of the disease (total score < 9 on the Hamilton Rating Scale for Depression and a score of ≤11 on the Young Mania Rating Scale). Affective temperaments were assessed with the Munster Temperament Evaluation of the Memphis, Pisa, Paris, and San Diego, impulsivity with the Barratt Impulsiveness Scale, and suicidal ideation with the Columbia Suicide Severity Rating Scale.
Results: A total of 598 patients were recruited, of which 60.9% affected by DB and 39.1% by MDD. Univariate analyzes revealed an association between higher BMI and male gender ($p<0.001$), BD diagnosis ($p<0.001$), high levels of impulsivity ($p<0.05$), presence of psychotic symptoms during the acute phases of illness ($p<0.05$), greater number of hospitalizations ($p<0.01$), cigarette smoking ($p<0.05$) and depressive temperament ($p<0.001$). Furthermore, patients treated with lithium ($p<0.05$), antiepileptics ($p<0.05$) and first-generation antipsychotics ($p<0.001$) had a significantly higher BMI compared to those not taking the aforementioned pharmacological treatments.
Conclusions: The results of our study highlight a strong link between BMI and some clinical outcomes in patients with affective disorders. The routinary assessment of these outcomes would be useful for the early identification of potential metabolic comorbidities as well as to identify patients at higher risk to develop a worse outcome.

Disclosure of Interest: None Declared

Cultural Psychiatry

EPP021

Predictors of Presence of and Search for Meaning in Life among Omani Students during the COVID-19 Pandemic: A Cross-sectional Study

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doi: 10.1192/j.eurpsy.2025.385

Introduction: While various fields and work areas have been impacted due to COVID-19, undergraduate students appear to have compounded stress. We sought to investigate the variables that predict meaning in life for Omani college students during the COVID-19 pandemic.
Objectives: This study investigated the personal and academic factors associated with the presence and search for meaning in life among college students in Oman.
Methods: A cross-sectional study was conducted in April 2021. A self-reported survey comprising the Meaning in Life Questionnaire (MLQ) and a sociodemographic questionnaire was completed by 970 students at the National University of Science and Technology in Oman. We used multiple linear regression to explore the independent predictors.
Results: Compared with engineering students, medical students were found to have a higher degree of both the presence of meaning in life as well as the search for meaning in life (p-value 0.001), and with each advancing academic year, the presence of meaning in life was found to be lower (p-value = 0.002). Students with chronic physical disease had a lower degree of presence of meaning in life and a lower degree of search for meaning in life ($p = 0.001$) compared with those without chronic disease. In addition, mental illness was associated with a lower degree of presence of meaning in life (p-value 0.001) and financial strain was associated with a lower degree of presence of meaning in life (p-value = 0.001).
Conclusions: In conclusion, no prior research demonstrated higher levels of meaning in life among medicine major students compared to those in engineering or pharmacy majors. Moreover, other academic, socio-economic, and health-related factors correlated with individuals' sense of meaning & search in life. Therefore, psychologists and psychiatrists should consider these diverse factors when designing interventions to support individuals in exploring and enhancing their meaning in life, considering their unique needs and contexts.

Disclosure of Interest: None Declared

https://doi.org/10.1192/j.eurpsy.2025.384 Published online by Cambridge University Press