competence combines an understanding of different belief systems, good communication skills (including highly specialist skills such as the communication of internal emotional states, and the cultural adaptation of treatment models and therapies. Professionals can measure theircompetence on a continuum developed by James Mason. His five progressive steps are: cultural destructiveness, incapacity, blindness, pre-competence, and competence. Next, the mental health needs of refugees will be discussed, especially for those who are at risk to become violent offenders. For example, some types of environmental and psychosocial stressors that refugees may experience day-to-day. Some of the cultural and attitudinal factors should be taken into account when working with refugees and wider communities. Finally, educational needs for trainees in (forensic) psychiatry and (forensic) psychiatrists will be highlighted. Knowledge about culture, ethnicity, race, religion, and identity is hereby crucial. Reflections will be made on the presented case.

Disclosure of Interest: None Declared

CBS024

How to manage sleep in women with ADHD during (peri)menopause?

D. Wynchank

ISP ADHD bij volwassenen, PsyQ, The Hague, Netherlands
doi: 10.1192/j.eurpsy.2025.243

Abstract: For women navigating both ADHD and the (peri)menopausal transition, sleep problems are a common and significant hurdle. This presentation explores effective ways to improve sleep for (peri)menopausal women with ADHD, drawing on research into hormonal, non-hormonal, and behavioural approaches. ADHD can make sleep difficult, contributing to issues like delayed sleep phase, insomnia, and restless legs syndrome/periodic limb movement disorder (RLS/PLMD), with roughly 60% of adults with ADHD screening positive for a sleep disorder. Research indicates that adults with ADHD often take longer to fall asleep and experience more sleep-related challenges than those without ADHD. Similarly, (peri)menopausal women often struggle with sleep disturbances, including poor sleep quality and increased restless legs symptoms. Considering that (peri)menopausal symptoms can also impact cognitive function, addressing these symptoms may lead to better sleep. Menopausal Replacement Therapy (MRT) may be beneficial, especially for women with vasomotor symptoms, as it can improve sleep quality and reduce nighttime awakenings. In addition, multiple studies suggest that bioidentical progesterone can improve sleep quality in perimenopausal women. We will also discuss non-hormonal options and behavioural strategies like cognitive behavioural therapy, exercise, and mindfulness techniques. With a significant percentage of women with ADHD diagnosed with a sleep disorder and prescribed sleep medication, and a similar percentage of perimenopausal women experiencing sleep disturbances, a personalised, integrated approach is key. This includes fine-tuning ADHD medication, managing any co-existing mood issues, and customising treatments to fit individual needs.

Disclosure of Interest: None Declared

CBS025

Ethical tensions created by AI in the mental health sector

J. Wise

CNWL NHS Foundation Trust, London, United Kingdom
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Abstract: Artifical Intelligecne is sold as a magic solution, and yet its inscrutability poses a major problem. Who is the source of the knowledge? Who is accountable? Who is responsible? Who can edit or train it? Has it been trained on copyrighted material? If so, have the owners been compensated? If not, is it culturally relevant? Has the 'black box' aspect been addressed? Whether a provider of knowledge, a clinical decison aid or a decsion maker, troubling issues arise that as yet have not been solved by legisaltion or the market. We shall explore potential benefits, solutions, and actual problems with real world cases that shed light on where AI may take us, and where we may need constarints that lie beyond medical ethics.

Disclosure of Interest: None Declared

Workshop

WS001

Attention-Deficit/Hyperactivity Disorder (ADHD)

S. C. Cortese

University of Southampton, Winchester, United Kingdom
doi: 10.1192/j.eurpsy.2025.190

Abstract: Attention-Deficit/Hyperactivity Disorder (ADHD) In my talk, I will present the latest evidence, mainly based on previous meta-analyses, network meta-analyses, dose-response meta-analyses, and umbrella reviews, that can inform clinical decision-making in the field of pharmacological treatment for ADHD, including the choice of initial medication, titration, treatment of stimulant-refractory cases, management of cases with comorbid conditions, and management of adverse event.

Disclosure of Interest: None Declared

WS002

Early Onset Psychosis

C. U. Correll[1,2]

[1]Child and Adolescent Psychiatry at Charité – University Medicine, Charité University Medicine - Berlin, Berlin, Germany and [2]Psychiatry and Molecular Medicine, Zucker School of Medicine at Hofstra/Northwell, Hemstead, United States
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Abstract: Early onset psychosis and, especially, early-onset schizophrenia (EOS), defined as the onset of psychotic symptoms before

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