Association 2008), and was approved by the Danish ethics committee (protocol no. 20232000-151).
Results: Analysis is ongoing, applying Braun and Clarke's thematic content analysis (Braun & Clarke. Qual Res Psychol 2006; 3:75–101) with NVivo software (Zamawe. Malawi Med J 2015; 27:13–5). Preliminary findings indicate a predominant reliance on pharmacological treatments, often linked to adverse effects, while awareness of non-pharmacological options appears limited. Early interviews highlight a need for enhanced training among healthcare professionals to broaden treatment strategies.
Conclusions: This study will provide insights into patients' perspectives on managing sleep disturbances in MDD. Early results suggest over-reliance on pharmacological therapy and limited use of alternatives. Final conclusions and clinical implications will be presented at the conference.

Disclosure of Interest: None Declared

EPV1637

Examining the Relationship between Cognitive Function and Sleep Disturbance in Pregnancy and Postpartum

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Introduction: The impact of sleep disturbances on cognitive function is well-established in the general population. However, during the psychiatric high-risk periods of pregnancy and postpartum, characterized by substantial sleep disturbances, the impact of sleep on cognition is understudied. Some studies have found that the connection between sleep disturbance and cognitive function may be strongest among individuals experiencing depressive symptoms.
Objectives: We administered a comprehensive cognitive battery in pregnant and postpartum individuals and examined its relationship with sleep disturbance in the third trimester of pregnancy and at three months postpartum.
Methods: Participants completed the Cambridge Neuropsychological Test Automated Battery (CANTAB) in the 3rd trimester (N=274) and at 3 months postpartum (N=203). Tasks assessed executive functioning (One Touch Stockings of Cambridge, Cambridge Gambling Task), memory (Paired Associates Learning, Spatial Working Memory, Delayed Matching to Sample, Pattern Recognition Memory), and attention (Rapid Visual Information Processing). A subset also completed the PHQ-9, a screening measure which assesses sleep difficulty, and the Edinburgh Postnatal Depression Scale (EPDS). Sleep disturbance was defined as a score >0 on PHQ-9 item 3. A cross-sectional analysis was performed at each time point correlating the PHQ-9 item with the 7 individual cognitive task z-scores and composite domain scores using Spearman's rank correlation. Additionally, the correlation between change in sleep items and z-scores within participants at each time point was examined using Spearman's rank correlation. Finally, we examined the prevalence of mild cognitive impairment, defined as a z-score ≤ -1, across both timepoints and its association PHQ-9 item 3. Analyses were performed at three levels: (1) unadjusted, (2) stratified by EPDS total (<10 vs ≥10), and (3) adjusted for EPDS score using rank-based regression.
Results: During pregnancy, **51.7%** had a sleep disturbance on PHQ-9 item 3 (N=**149**). At 3 months postpartum **30.2%** had a sleep disturbance on PHQ-9 item 3 (N=**129**). Greater increases in sleep disturbance were associated with greater decreases in quality of decision making on the Cambridge Gambling Task between pregnancy and postpartum (Estimate = **-0.45**, P = **0.01**; N = **62**), after adjusting for EDPS depression scores. In unadjusted and EPDS stratified analysis, there were no significant cross-sectional or longitudinal associations between PHQ-9 sleep scores and cognition.
Conclusions: We found an association between increased sleep disturbance between pre-and post-partum and quality of decision making when controlling for depression. Further research is needed to explore potential mediating factors and to use more fine-grained measures of sleep quality and duration.

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EPV1638

Stress-Related Sleep Disorders and Their Impact On Adolescents' Physical Health

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Introduction: Many young people experience sleep disorders, which may be linked to multiple factors. Poor sleep quality can have negative effects on adolescents' physical health.
Objectives: To examine the relationship between physical health and stress-related sleep disorders.
Methods: This cross-sectional study with an analytical aims, was conducted at the Oued Eddahab High School in the city of Tiflet (The Rabat-Salé-Kenitra Region). The study included 378 students (239 girls and 139 boys) with a mean age of 17.08 ± 1.28 years. Participants completed a questionnaire that collected data on age, sex, back pain, headaches, neck, shoulder, and hand pains, as well as sleep disorders. The 10-item Perceived Stress Scale (PSS-10) was also used to assess their stress levels.
Results: 39.4% of the participants suffered from sleep disorders. There was a highly significant difference in sleep disorders between girls and boys ($\chi^2 = 9.062$; $p<0.01$). Among girls, perceived stress showed a highly significant association with sleep disorders ($\chi^2 = 10.418$; $p<0.01$) and a significant association among boys ($\chi^2 = 6.771$; $p<0.05$). Sleep disorders showed a highly significant association with headaches, neck, shoulder, and hand pains among girls ($\chi^2 = 9.325$; $p<0.01$) and among boys ($\chi^2 = 11.353$; $p<0.01$). Sleep disorders showed a highly significant association with back pain only among boys ($\chi^2 = 9.429$; $p<0.01$).