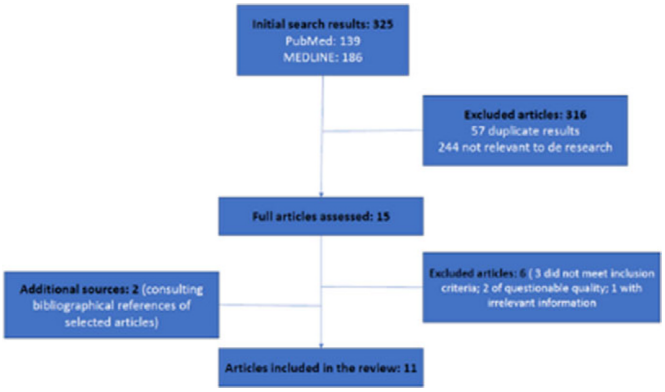
Image 1:



Conclusions: The final conclusions will be included in the full version of the systematic review, once all sociodemographic variables have been thoroughly evaluated. This detailed analysis will also assess the extent of these variables' involvement, along with how the different diagnostic criteria used may influence the prevalence of Borderline Personality Disorder (BPD) observed in the samples from the various countries included in the study.

Disclosure of Interest: None Declared

EPV1386

Navigating the Storm: Understanding Affective Instability and Its Implications

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Introduction: *Affective instability* (AI) is a psychophysiological symptom reported in many neurological and psychiatric conditions. It has assumed more relevance in the psychiatric literature as a criterion for borderline personality disorder (BPD). Although extensively clinically used, its definition remains vaguely defined, and it ends up being used interchangeably with *affective lability* or *emotional dysregulation*, and it is often mistaken for *mood lability*, as described in bipolar disorders. To accurately diagnose this symptom and document variations in emotional experiences, it is essential to identify the factors associated with AI.
Objectives: We aim to review the current definitions and conceptualizations of AI to provide more accurate use of the term.
Methods: Narrative literature review.
Results: Current definitions of AI highlight the oscillation of emotions, often described as a series of intense emotional highs and lows that can shift within hours or even minutes, making it challenging for individuals to maintain a stable emotional baseline, significantly affecting an individual's relationships, self-identity, and coping mechanisms. It is a complex construct, encompassing affective valence, affect amplitude, affective shifting with random patterning, reactivity thresholds to environmental triggers, and affective dyscontrolled modulation. Neurobiological research suggests that dysregulation in emotional processing areas of the brain, such as the amygdala and prefrontal cortex, may contribute to these rapid emotional shifts.
Conclusions: AI is a multifaceted construct with significant implications for mental health. The current definitions and conceptualizations underscore the complexity of emotional regulation and the need for a holistic approach to understanding and treating individuals experiencing these emotional fluctuations. Continued research into the neurobiological, psychological, and environmental underpinnings of affective instability will enhance the understanding of this phenomenon and improve treatment strategies for affected individuals.

Disclosure of Interest: None Declared

EPV1388

Alexithymia is associated with submissive behavior in a public goods game

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Introduction: Alexithymia is a relatively stable personality construct that reflects the difficulty in distinguishing and describing one's own emotions along with a concrete and externally directed style of thinking. Alexithymia increases the risk of development and worsens the course of several psychiatric illnesses, such as depression or addiction. It is also associated with the development of eating disorders and psychosomatic illnesses. Additionally, it has a negative impact on the ability to regulate emotions and is also associated with a reduced empathic capacity, interpersonal problems and even violent behaviors. Interestingly, in intimate partner violence, it has been observed that alexithymia is associated with both exercising and receiving abuse. However, social behavior, in dynamics of cooperation within pairs and groups of several individuals, has not been studied much in relation to alexithymia.
Objectives: We evaluated the impact of alexithymia in social behavior in three aspects: generosity, trust and submission.
Methods: After completing an online survey that evaluated their levels of alexithymia using the TAS-20, as well as depression and loneliness, 67 participants (27 men), aged 19 to 46, attended our laboratory. There, after answering the PANAS survey, they played three economic games using tiles: the Dictator game, the Trust game, and the Public Goods game. Each participant played in a group of four, with three of the group members being confederates whose contributions were pre-established and consistent across all sessions and participants. In the Public Goods game, confederates initially contributed a significant percentage (80-95%) of their endowment in the first round, but in subsequent rounds, they drastically reduced their contributions to nearly nonexistent levels.

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