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Symposium

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Abstract

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Addiction

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Abstract: Bach et al (2024) investigated in a study published in Biological Psychiatry the effects of psychosocial stress on brain activation in individuals with alcohol use disorder (AUD), finding that stress heightened alcohol cue-induced activation in the left anterior insula, a region associated with salience attribution and goal-directed behavior. The activation correlated with alcohol craving and subsequent alcohol use, suggesting a neurobiological mechanism linking stress, cue reactivity, and relapse. Hassen et al (2024) performed a multi-center study examining cocaine use across Europe, revealing prevalence rates with a general upward trend, particularly among youth, marginalized groups, and opiate-dependent individuals. The study was published in European Addiction Research. Leonhardt et al (2024) investigated individuals with co-occurring substance use disorder and mental illness during the COVID-19 pandemic in Norway and found dramatically higher all-cause mortality rates, despite no increased risk of SARS-CoV-2 infection. This excess mortality highlights the vulnerability of this population and suggests that factors beyond the virus itself contributed to their elevated death rates. The study of Qeadan et al (2024) published in Addiction was one of many studies indicating that GIP/GLP-1 receptor agonist were effective against alcohol and other abuse. This study found lower rates of opioid overdose and alcohol intoxication. The findings support the use of these drugs at least in AUD.

Disclosure of Interest: None Declared

Joint Symposium

JS001

Public mental health: An opportunity to support collaborative action

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Abstract: Public mental health (PMH) involves a population-based approach to improve coverage, outcomes and coordination of PMH interventions to treat mental health conditions, to prevent associated burden, to prevent mental health conditions from arising, and promote mental well-being and resilience. Collaborative care models involve population-based care teams sharing a defined group of patients tracked in a registry to ensure no one falls through the cracks. Practices track and reach out to patients who are not improving or who do not seek help (yet).

Disclosure of Interest: None Declared

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JS002

Collaborative Care from the Family Perspective

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Abstract: This Symposium will consider the process of collaboration from the family persective.
EUFAMI is of the view that the involvement of families in the process of care and recovery is accepted in theory but is not sufficiently practiced. concerned and involved family members are often excluded from important decisions that affect their loved ones and ultimately affect the quality of care and recvovery.
There will be a brief introduction from a representative of EUFAMI followed by a presentarion from a family member. Issues such as involvement in earlt indentivication and assessment,diagnosis, planning of interventions and supporting the recovery process will be considered.Issues such as the rights of famililies, concerns abour relapss, patiient confidentiality and the sharing of infromaton will all be considered in the context of the delivery of mentsl helth care services in the community

Disclosure of Interest: None Declared

JS003

Professional Burnout in primary care workforce

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Abstract: The so called "silver tsunami" i.e. the unprecedented increase in the number of older patients often affected by multimorbidity is a serious health and socioeconomic concern for modern societies and the interconnected challenges of huge workload, premature burnout, and the shortage of primary care personnel represent a pressing issue for the near future. Addressing the complexity of this issue requires a comprehensive approach due to the scarcity of healthcare professionals in European primary care. The health and well-being of both the primary care workforce and the communities they serve are intrinsically intertwined. Enhancing working conditions is a priority: addressing issues like long hours, heavy workloads, bureaucratic demands, and burnout can enhance the appeal of rural primary care practice, attracting and retaining more professionals. Wonca Europe is actively involved in addressing this issue: in June 2023 at the WONCA Europe 2023 Conference in Brussels with the statement Shortage of European Primary Health Care Workforce and in October 2023 at the 73rd Session of the WHO Regional Committee for Europe, Astana, Kazakhstan. Policymakers, healthcare organizations and professional associations need to collaborate to develop tailored solutions that address the unique challenges faced in each region. By addressing the workload of primary care doctors and other professionals, we can enhance their professional satisfaction, improve patient outcomes, and strengthen primary care as a whole.

Disclosure of Interest: None Declared

JS004

The role of psychiatrists in policy forums

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Abstract: On its 40th anniversary, the European Psychiatric Association (EPA) held a ceremony at the EU Parliament on December 6, 2023, and published the *Manifesto for the EU Elections* in preparation for the upcoming EU elections in June 2024.
This manifesto outlines the key goals and priorities for advancing mental health in the EU, emphasizing the vital role of psychiatrists in shaping policies and initiatives. The presentation will focus on five main topics, highlighting the involvement of psychiatrists at the European level. These include the harmonization of mental health care delivery, the improvement of working conditions and addressing the shortage of the Mental health workforce, the promotion and harmonization of ethical standards, developing new answers to an evolving World, and promotion of research and implementation of public mental health and prevention measures.
Beyond these overarching European priorities, psychiatrists are actively engaged in national policy forums, addressing a range of issues—from developing comprehensive mental health strategies to tackling specific concerns related to vulnerable populations, children, legal aspects of treatment, and more. Achieving synergy between national and international policy efforts is crucial for the successful implementation of these initiatives, which remains the core objective of this work.

Disclosure of Interest: None Declared

JS005

Reporting of psychotherapeutic methods in psychedelic treatments: on the road to ethical, professional and regulatory oversight

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Abstract: The potential of psychedelic substances to treat mental illness is of significant clinical and societal interest, leading to academic and industry-based research to test their effects. Partly, such research was conducted to fulfil requirements of government agencies such as the European Medicines Agency (EMA) and the Food and Drug Administration (FDA), that have started defining requirements and pathways to regulate psychedelic treatments. It is expected that such requirements will involve elements related to psychotherapeutic components of such treatments, which will require standardized reporting of such methods. Here, I will present the results of a systematic review summarising the quality of reporting on psychological interventions in original studies on psychedelic-assisted psychotherapy. We reviewed 45 studies assessing psilocybin, 3,4-methylenedioxymethamphetamine (MDMA), lysergic acid diethylamide (known as LSD), or ayahuasca, for the treatment of mental disorders. Our findings support that psychological interventions were done heterogeneously across studies, and completeness of information reported about these interventions was mostly low, according to an adaptation of the Template for Intervention Description and Replication checklist. In studies including MDMA, psychotherapy was more homogeneous and more procedural details were provided. We thus propose that improved reporting on psychological interventions of psychedelic treatments are necessary to support replicability, generalisability,

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