ECP007

A revised biopsychosocial model for explaining complexity to mental disorders

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Abstract: The biopsychosocial model was first conceptualized by George L. Engel in 1977 in order to explain the contribution of biological, social and psychological factors in determining mental (and physical) illnesses. This model gained new attention in recent years: while many authors consider it as a complete framework, others highlight its clinical, scientific and theoretic vagueness. A revised biopsychosocial model is being proposed, including causal interactions within and between biological, social and psychological factors as the benchmarks of the complexity of mental disorders.

Disclosure of Interest: None Declared

ECP008

Are neuroinflammation and citokines possible novel targets for therapeutic treatments?

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Abstract: Schizophrenia is a serious mental illness with positive, negative and cognitive dysfunctions and a significant deterioration in psychosocial functioning. Interactions between genetic predisposition and environmental stressors at the early stages of life, and subsequently a molecular level neurodegeneration process are important in the development of schizophrenia. Current approaches suggest that cytokines-induced neuroinflammation might have a role in the development of several psychiatric disorders, including schizophrenia.

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ECP009

The exposome paradigm for severe mental disorders: is it useful for clinical practice?

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Abstract: In this presentation, I will explore how the exposome paradigm can be leveraged to advance clinical practice in psychiatry. Specifically, I will highlight the potential of cumulative environmental risk scores to predict outcomes in severe mental disorders, such as the exposome score for schizophrenia (ES-SCZ). Numerous socio-environmental factors have been linked to mental disorders, including childhood adversities, stressful life events, substance use, obstetric complications during pregnancy and childbirth, and urban living. Environmental factors do not exist in isolation; they form complex networks of interrelated and interactive elements. In this regard, the exposome represents the totality of an individual's environmental exposures throughout their lifetime. The exposome framework introduces a holistic approach to embrace this complexity and a theoretical framework to investigate the poly-gene and poly-environment etiology of psychiatric disorders.
Guided by the exposome framework, we have recently estimated the ES-SCZ, a cumulative environmental exposure score for schizophrenia, including cannabis use, winter-birth, hearing impairment, bullying, and five domains of childhood adversities (emotional and physical neglect, along with emotional, sexual, and physical abuse). The ES-SCZ successfully differentiated individuals with schizophrenia, accounting for 28% of the variance in an independent case-control sample. Subsequently, we have tested the risk stratification properties and the predictive performance of the exposome score for schizophrenia in the general population. The ES-SCZ had strong discriminative performance for schizophrenia (AUC = 0.84) and was associated with the degree of psychosis risk in the general population. Finally, we tested the performance of ES-SCZ for dissecting the functional and symptomatic outcome heterogeneity in patients with psychosis in four different cohorts (EUGEI, GROUP, Athens FEP, and HAMLETT-OPHELIA). ES-SCZ was associated with poor overall functioning and cognitive impairment at baseline and follow-up visits. ES-SCZ was also temporally associated with poor symptomatic improvement from baseline to follow-up assessments, particularly the negative symptom dimension. Furthermore, models that included the polygenic risk score for schizophrenia and clinical features showed that the relationship between ES-SCZ and functional outcomes cannot be explained by genetic or clinical risk factors alone.
Overall, our findings demonstrate the potential benefits of the exposome score for schizophrenia, which can be integrated for early detection, outcome prognostication, clinical staging, and risk stratification in the future.

Disclosure of Interest: None Declared

ECP010

Should Cannabis be legalised?

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Abstract: Legalizing cannabis can yield significant benefits for public mental health by fostering harm reduction, promoting medical access, and mitigating societal stigma. While concerns about misuse exist, a well-regulated cannabis policy can outweigh these risks and provide a balanced approach to mental health promotion.
1. Harm Reduction through Regulation Prohibition often drives cannabis use into unregulated markets, where the lack of quality control increases risks of contamination with harmful substances. Legalization allows governments to regulate cannabis production, ensuring product safety and controlled potency. This can reduce

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