EPV0202

Real clinical experience of inhaled esketamine in bipolar depression. A retrospective study

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Introduction: Bipolar depression is a severe type of depression that poses a clinical challenge when treating it, as it can often be resistant to treatment and there is also the possibility that when treated with antidepressants the patient may switch to a manic episode. In addition, there are few medications indicated for the depressive phase of bipolar depression, which reduces the therapeutic possibilities and makes the treatment of these patients even more complicated. Bipolar depression is associated with high rates of dysfunctionality and suicide, being a serious condition that can cause severe damage to the patient. Treatment with inhaled esketamine has been shown to be safe and effective in patients with bipolar depression.
The present study shows the response in a series of cases with bipolar depression treated with inhaled esketamine, showing their evolution through the Montgomery-Asberg Depression Rating Scale (MADRS) as main outcome.
Objectives: The main objective of this study is to describe the use of inhaled esketamine in patients with bipolar depression in real clinical practice, using the MADRS as main outcome to show the evolution.
Methods: Retrospective descriptive study with a sample selected by non-probabilistic consecutive sampling, retrospective type, in a time interval of 2 years. The patients selected were those who completed treatment with inhaled esketamine and had a diagnosis of bipolar depression at Hospital Universitario Infanta Elena. A descriptive analysis was performed. Mean and standard deviation were calculated for quantitative variables and N and percentage for categorical variables.
Results: A total of 3 patients diagnosed with bipolar depression were included in the study (n: 3). Treatment with intranasal esketamine showed a clear improvement in the 3 patients with bipolar depression included in the study (100% response), greatly improving the MADRS score and restoring functionality to the patients. In addition, the treatment was well tolerated and no serious adverse effects occurred, with no switch to mania occurring in any of the patients.
Conclusions: This study shows that inhaled esktemina may be a useful drug in the treatment of bipolar depression, showing high efficacy and good tolerability. No switch to mania was observed in any of the patients in this study. Longitudinal studies must be carried out to confirm this hypothesis.

Disclosure of Interest: None Declared

EPV0201

The connection between alexithymia and attachment style in the bipolar pathology

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Introduction: Difficulties in identifying and expressing one's emotions, known as alexithymia, may influence the development of bipolar disorder. Attachment style reflects how a person forms and maintains interpersonal relationships
Objectives: The aim of the study is to analyze the connection between alexithymia, attachment style and the clinical evolution of bipolar disorder.
Methods: The study was conducted on a sample of 31 subjects diagnosed with bipolar affective disorder, with a longitudinal evolution of at least 10 years. Sociodemographic parameters, alexithymia (Toronto Alexithymia Scale), and attachment style (Adult Attachment Scale) were evaluated. Data were collected and analyzed to identify potential correlations between levels of alexithymia and attachment styles, as well as their impact on the number of illness episodes.
Results: There is no correlation between alexithymia and attachment style ($r = -0.044$, $p > 0.05$). A strong and significant correlation was observed between the level of alexithymia and the number of bipolar episodes ($r= 0.907$, $p < 0.05$). Attachment style did not have a significant influence on the course of illness. The educational level correlated inversely with alexithymia, but without being statistically significant ($r=- 0.344$, $p > 0.05$).
Conclusions: Alexithymia has an important role in the evolution of bipolar disorder, as it appears to be associated with an increased frequency in the number of illness episodes. The development of psychotherapy interventions to reduce alexithymia are essential to ensure a satisfactory quality of life for patients.

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EPV0202

Antidepressant use in bipolar disorder, a case report

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Introduction: Pediatric bipolar disorder is a severe and disabling condition that affects around 1–3% of youth worldwide. The typical clinical course consists of alternating episodes of depressed or elevated mood, with intervals of well-being. Studies have shown that the onset of bipolar disorder is frequently of depressive polarity, and the long-term affective morbidity is primarily depressive, even in patients who have received treatment. This indicates that

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