in the elderly. PHPT is one of differential diagnoses for psychiatric symptoms, like depression, whose management is conditioned by that of the somatic disease.

Keywords: hyperparathyroidism; Depression

EPP0549

Alcohol use disorder as a warning sign for depressive disorders in acute psychiatric care? hospitalization demographics in arad (ROMANIA)

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Introduction: Screening for psychiatric disorders is the job of primary care providers. As such, general practice residents spend one month on psychiatry rotation. During which, they need to familiarize with the diagnostic and treatment of mental disorders. Since depressive disorders in early stages can be easily overlooked by the untrained eye, we set out to analyse the demographic particularities of our patients.
Objectives: The objective of our study was to analyze demographic characteristics of patients hospitalised on Acute Inpatient Psychiatry Ward with unipolar depression and to identify the specific warning signs, later to be used for an awareness campaign addressed to family medicine residents.
Methods: Data was collected from Acute Inpatient Psychiatry Ward of Arad County Emergency Clinical Hospital (Romania) between 1th January 2019 and 30th September 2020. We included every patient who was discharged with unipolar depression diagnosis according to ICD-10 criterias(F32-F33). Every patient was included only once. In cases of multiple hospitalisations, we included the most severe episode. If the severity of episodes was similar, the longest hospitalisation from the selected period. The data analysis accomplished in Microsoft Excel2010.
Results: A number of 344 patients were included in our analysis (175 male, 169 female). Their presumptive diagnosis upon hospitalisation: Depressive Episode(F32)-32.3%, Recurring Depression (F33)-32,3%, Alcohol Use Disorder(F10)-23,8%, Suicid Attempt (X61-80)-7,0%, Other Psychiatric Disorders(F06,F20-23), Other Substance Use Disorder(F19)-0,6%. From 82 patients with presumptive diagnosis of Alcohol Use Disorder and definitive diagnosis of Depressive Disorder, 90,2% were male.
Conclusions: In primary practice alcohol misuse can be objectively spotted. Awareness is needed to investigate a possibly underlying depressive disorder.

Keywords: alcohol use disorder; Depression; comorbidity; sex differences

EPP0550

Prescribing exercise as a treatment for depression

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Introduction: Depression is a heterogeneous syndrome linked to significant structural brain abnormalities, such as volumetric reductions in the hippocampus, anterior cingulate cortex and prefrontal cortex, as well as compromised white matter integrity. Recent growing evidence suggests that exercise is a promising and compelling treatment for depression in adults, showing effects that are comparable to other first-line treatments for depression.
Objectives: This review aims to improve our understanding of the biological pathways involved in both the pathophysiology of depression and the antidepressant effects of exercise.
Methods: This literature review considers the latest available scientific research addressing a comprehensive analysis of the antidepressant effect of physical exercise and the biological pathways involved.
Results: Physical activity has been shown to have a multimodal effect that stimulates biochemical pathways and restores neuronal structures disturbed in depression. Experimental evidence supports exercise-induced increases in hippocampal, anterior cingulate cortex and prefrontal cortex volume, suggesting that exercise and antidepressant medication may alleviate depression through common neuromolecular mechanisms. However, the benefits of exercise may also persist beyond the end of treatment, unlike antidepressant medication.
Conclusions: Given the undeniable scientific evidence favoring physical exercise in alleviating depression, it is of crucial importance to recommend this treatment in adjunct to psychotherapy and medication. Individuals at risk for depression also greatly benefit from it's neuroprotective effects and should prioritize lifestyle changes. In older adults, there is a greater need for non-pharmaceutical treatments for depression due to limited efficacy of pharmaceutical treatments in this population.

Keywords: Physical Activity; Exercise

EPP0551

The impact of dose on the real-world effectiveness of vortioxetine in outpatients with mdd in greece

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Introduction: The current treatment goal in Major Depressive Disorder (MDD) is functional recovery (Zimmerman M et al, 2012). However, finding the "right dose for the right patient" may be challenging and the dose-response relationship for antidepressant efficacy remains controversial (Hieronymus F et al, 2016). Efficacy evaluated by MADRS increases with higher vortioxetine doses, based on meta-analysis data (Thase ME et al, 2016).

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