Conclusions: fMRI neurofeedback led to long-term symptomatic reduction in treatment-resistant patients with OCD. Our results need further validation with the sham-control group but highlight the efficacy of fMRI neurofeedback for refractory OCD and the necessity of prolonged neurofeedback protocols.

Disclosure of Interest: None Declared

EPP0200

Cognitive flexibility moderates the relationship between exposure to COVID stressors and obsessive-compulsive (OCS) symptoms

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Introduction: Research suggests that the COVID-19 pandemic and related stressors have triggered OCS for many individuals. However, the extent to which the pandemic and related stressors have influenced OCS seems to vary by individual factors, with some individuals being at greater risk than others. Despite the well-known role of cognitive inflexibility as a marker of risk for OCS, no study to date has examined the extent to which it influences individual susceptibility to developing OCS during the current pandemic. Toward this aim, the current study examined whether cognitive flexibility moderates whether exposure to COVID-related stressors is associated with OCS. Research suggests that the COVID-19 pandemic and related stressors have triggered OCS for many individuals. However, the extent to which the pandemic and related stressors have influenced OCS seems to vary by individual factors, with some individuals being at greater risk than others. Despite the well-known role of cognitive inflexibility as a marker of risk for OCS, no study to date has examined the extent to which it influences individual susceptibility to developing OCS during the current pandemic.
Objectives: Toward this aim, the current study examined whether cognitive flexibility moderates whether exposure to COVID-related stressors is associated with OCS.
Methods: Participants were 169 students (age = 22 years, 62% female) from two student cohorts at Monash Business School who reported experiencing current OCS symptoms. All cohorts completed an online visual search task to measure flexibility of reward-related attentional capture (as an index of cognitive flexibility; measured using the VMAC-R task) and questionnaires gauging exposure to COVID-related stressors, pre-pandemic OCS, and current/lockdown OCS. A negative binomial regression examined the extent to which a) number of COVID-related stressors, b) cognitive flexibility, and c) their interaction was associated with lockdown OCS, adjusting for pre-COVID OCS.
Results: The interaction between COVID-related stressors and cognitive flexibility was significantly associated with OCS (p = 0.048). Follow-up analyses showed that this interaction was driven by exposure to COVID-related stressors being associated with greater OCS among individuals with high cognitive inflexibility scores only (p = .029). Among cognitively flexible individuals, we did not find a relationship between COVID-related stressors and OCS (p = .470).
Conclusions: The result of this study highlight the role of cognitive flexibility as a potential moderator between COVID events and OCS. Critically, these findings have implications for detecting who is at risk of developing OCS following exposure to COVID-related stressors, and suggest that future interventions aimed at modifying cognitive flexibility may hold promise for boosting resilience against the effects of COVID-related stressors on OCS.

Disclosure of Interest: None Declared

EPP0201

Body Dysmorphic Disorder (BDD): Prevalence in the general population of Pakistan and its association with social media usage

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Introduction: Body Dysmorphic Disorder (BDD) is a psychiatric, obsessive-compulsive disorder characterized by persistent, preoccupying, intrusive thoughts regarding defects in one's physical appearance. This leads to potentially harmful behaviors such as constant mirror checking, avoiding socialization, and the need to seek constant validation. The recent increase in social media usage and influence, especially the use of photo-editing apps, has been correlated with a steep decline in body satisfaction due to the perpetuation of unrealistic beauty standards.
Objectives: This study aimed to determine the current prevalence of BDD in the general population of Pakistan and assess the association of BDD with social media usage.
Methods: A descriptive cross-sectional study was conducted from August 2022 to October 2022 on the general population of Pakistan using an online self-administered, anonymous, pretested questionnaire. It contained socio-demographic factors (age, gender, marital status, educational discipline, and household income). Participants were screened for BDD using a pre-tested Body Dysmorphic Disorder Questionnaire (BDDQ) modified to fit the revised DSM-5 criteria. They were further asked about the specifics of the defects they were concerned about, and whether or not they compared their appearance with people online. Characteristics of social media use such as the types of applications used and time spent on them were also asked. Data was analyzed using SPSS v.26.
Results: Out of 779 participants, 5.3% (41) screened positive for BDD. The most repeated behaviors in BDD-positive participants were a comparison of how they looked with other people and checking themselves in the mirror to see how they look. Their most common defect of concern was skin (acne, scars, wrinkles, paleness, redness) followed by the shape or size of the nose, mouth, jaws, or lips. There was a significant association between age and BDD

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