Introduction: Negative consequences of social homonegativity and HIV status among older gay and bisexual men in Portugal are still to be documented.
Objectives: This study seeks to evaluate depression and anxiety disparities among older gay and bisexual men, based upon their HIV status.
Methods: This is a quantitative, descriptive, comparative, and cross-sectional study. Responses were collected from a total of 201 men, with 16.9% being HIV positive, 80.6% identifying as homosexual and 13.9% identifying as bisexual. Participants responded to the Rosenberg Self-Esteem Scale, the BSI-18, and the CDRISC-10.
Results: The sample collected revealed moderate levels of depression and anxiety that were below the average observed among the general population. Older gay men showed higher levels of depression when compared to older bisexual men. Self-esteem was negatively correlated with both depression and anxiety while being positively correlated with resilience. In contrast, depression was negatively correlated with resilience and, conversely, positively correlated with anxiety. Furthermore, anxiety was negatively correlated with resilience. Multiple linear regression models explain 33% of the general variation of depressive symptoms and 25% of the variation of symptoms of anxiety. Regarding comparisons based on HIV status, no statistically significant differences were found between HIV-positive and HIV-negative men.
Conclusions: This study offers a pioneering contribution to the literature on aging and mental health among older sexual minorities in Portugal, giving a voice to older HIV-positive and HIV-negative GBM in Portugal, in order to gain a better understanding of the barriers and obstacles that they face throughout the aging process.

Keywords: HIV; Aging; Anxiety; Depression

EPP0026

Are anxiety disorders a prelude to delusional disorder? A systematic review

A. Alvarez Pedrero[1]*, A. González-Rodríguez[2], A. Guàrdia[1], L. Delgado[3], G.F. Fucho[1], S. Acebillo[1], J.A. Monreal[1], J. Labad[4] and D. Palao Vidal[1]

[1]Mental Health, Parc Taulí University Hospital. Autonomous University of Barcelona (UAB). I3PT, Sabadell, Spain; [2]Mental Health, Parc Taulí-University Hospital, Sabadell, Spain; [3]Mental Health, Parc Tauli University Hospital, Sabadell, Spain and [4]Mental Health, Hospital of Mataró. Consorci Sanitari del Maresme. CIBERSAM., Mataró, Spain

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.506

Introduction: Prevalence rates of panic attacks have been reported to be around 24-63% in psychotic patients. Common underlying biological substrates for panic and paranoia have been proposed, suggesting that delusional disorder (DD) may be preceded by the development of anxiety disorders.
Objectives: The main objective of this study was to investigate anxiety comorbidity in DD. As a second objective, we set ourselves to know prescription rates for the use of antidepressants and benzodiazepines in anxiety disorders in the context of DD.
Methods: A systematic literature search was performed using PubMed (1980- September 2020) according to the PRISMA guidelines. The following search terms were used: (delusional disorder) AND (anxiety OR anxiety disorder OR anxi*). Research studies and case reports were included if they met the following criteria: DD diagnosis (DSM, ICD), publication in peer-review journal and investigations containing information on anxiety comorbidity in DD.
Results: Four studies fulfilled our criteria, including 155 patients: 65 (42%) women, mean age 42.7 years (SD:14.96). Thirty-three of the 155 patients (21.29%) presented at least one comorbid anxiety disorder: 14 specific phobias, 9 panic attacks, 5 social phobias and 2 agoraphobias. Treatment was not reported for many patients (n= 28). Four patients received fluoxetine and 1 patient benzodiazepines. All of them showed partial improvement of symptoms.
Conclusions: Less than a third of DD patients showed an anxiety disorder. The effectiveness of antidepressant and benzodiazepine treatment has been poorly described. Future studies may be focused on the investigation of preceding comorbid anxiety disorders in patients with DD.

Keywords: Delusional disorder; Anxiety; panic attack; Treatment

EPP0027

Attitude towards psychological help in anxiety disorders

M. Vinogradova[1]*, A. Ermusheva[2], A. Kiselnikov[3] and V. Tsvetkov[1]

[1]Department Of Neuro- And Pathopsychology, Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation; [2]Department Of Pedagogy And Medical Psychology, I.M. Sechenov First Moscow State Medical University (Sechenov University), Moscow, Russian Federation and [3]Department Of Psychophysiology, Faculty Of Psychology, Lomonosov Moscow State University, Moscow, Russian Federation

*Corresponding author.
doi: 10.1192/j.eurpsy.2021.507

Introduction: In anxiety disorders with a lot of research on the effectiveness of treatment procedure it is important to consider patients' implicit attitude towards mental health services, especially psychological help.
Objectives: To investigate the attitude towards psychological help in anxiety disorders.
Methods: In order to reconstruct an implicit attitude towards psychological help the method of color-emotional semantic associations (Kiselnikov et al., 2014) was used. Ten patients with anxiety disorders and 25 subjects from control group with no history of attending mental health services evaluated subjective differences between 15 semantic objects, 10 basic emotions and 10 colors. Factor analysis was used.
Results: The analysis revealed the two-factor structure: "Valence" and "Arousal". The semantic object "Psychological help" got 0.92 and 0.72 as first factor loadings and 0.26 and -0.65 as second factor loadings in anxiety disorders and in control group, respectively. The comparison showed a more intense and positive attitude towards psychological help in anxiety disorders. Contrariwise, the data for other semantic objects showed the tendency of more intense and negative evaluations in the clinical group.
Conclusions: In anxiety disorders a shift in the categorical structure of consciousness to more negative and intense attitudes could be associated to anxiety and threat readiness. However, the attitude towards psychological help was an exception as more intense and positive which could be considered as an important factor of the effectiveness of the treatment in anxiety disorders. The research was supported by Russian Foundation for Basic Research with the Grant 17-29-02506.

Keywords: anxiety disorders; psychological help

https://doi.org/10.1192/j.eurpsy.2021.507 Published online by Cambridge University Press