

**Introduction:** Maintaining remission, preventing from future episodes, better treatment adherence and improving the quality of life are main aims of long-term treatment in bipolar disorders (BD). In recent years, new generation long-acting injectable (LAI) antipsychotics have been frequently used in maintenance treatment for bipolar disorders.

**Objectives:** We aimed to review socio-demographic and clinical characteristics of bipolar patients taking LAI treatment for maintenance treatment.

**Methods:** Clinical records of 44 bipolar patients who are on LAI treatment and followed in Mazhar Osman Mood Clinic (MOMC) of Selcuk University Medical Faculty were evaluated.

**Results:** Nearly half of the patients were male (n:24, 54%). 43,2% of the patients were married. The mean age was  $36.6 \pm 11.9$  years and the mean duration of education was  $11.5 \pm 3.9$  years. All of the patients were diagnosed with bipolar 1 disorder. Most of the patients (65.9%) was on aripiprazole LAI while remaining was receiving paliperidone LAI for maintenance treatment. Ten of the patients discontinued the treatment due to the side effects and extrapyramidal side effects was the most common side effect. Relapse was observed in 25% of the patients and there was no difference between aripiprazole and paliperidone in terms of relapse rate.

**Conclusions:** LAI new generation antipsychotics are taking place in long-term treatment of bipolar disorder via improving treatment adherence. Side effect profile of aripiprazole and paliperidone are different. However, we could not find any difference between two drugs in terms of side effects and relapse rates. Small sample size and shorter duration of follow-up should be considered as limitations.

**Disclosure:** No significant relationships.

**Keywords:** Long-acting injectable antipsychotics; maintenance; bipolar disorders; Relapse

### EPV0073

#### Lithium: more than a mood stabilizer

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**Introduction:** Bipolar disorder (BD) is characterized by episodic changes in affect, motivation, cognition and behavior. This severe mental disorder has a prevalence of at least 1% and a high heritability of 60%-80%. The pathophysiology is still poorly understood but evidence indicate that the disorder relates to disturbances in front-limbic networks relevant for emotion processing and regulation. New techniques have been used to study BD and showed aberrant white matter (WM) microstructure in the corpus callosum and from-limbic pathways. However, lithium, a mood stabilizer, it looks like has cellular and neuromodulatory effects.

**Objectives:** The authors elaborate a narrative literature review to identify the existing clinical evidence of lithium's effect on the WM from BD patients.

**Methods:** Pubmed databased searched using the terms "bipolar disorder", "white matter" and "lithium".

**Results:** Lithium is a bipolar medication that confers treatment and long-term prophylaxis and been reported as having neuroprotective effects.

Studies that used new techniques such diffusion tensor imaging measures to assess white matter integrity reported a positive effect of lithium on the integrity of WM of BD patients and suggest that response to lithium treatment in BD patients is associated with normalization of WM microstructure in regions associated with emotion processing.

**Conclusions:** Lithium appears to positively influence the evolution of the white matter abnormalities described in BD patients however further investigation is required to strongly reinforce this potential and safety.

**Disclosure:** No significant relationships.

**Keywords:** bipolar disorder; Neuromodulatory; Lithium; White matter

### EPV0075

#### Clinical features of depression in women and men with bipolar affective disorder

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**Introduction:** Knowledge of the main markers of bipolarity, clinical features and the course of depression within BPAD in men and women will contribute to the correct diagnosis, prognostic assessment of the disease course and administration of an adequate therapy.

**Objectives:** The aim of the investigation was to study the clinical features of depression in men and women with BPAD in order to identify markers of bipolarity, facilitate a diagnostic search and determine therapeutic tactics.

**Methods:** The study was conducted from 2018 to 2020 in outpatient and inpatient conditions of the S. S. Korsakov Psychiatric Clinic of Sechenov University. 100 patients (50 women and 50 men) with a diagnosis of F31.3-F31.5 according to ICD-10 were examined by the clinical method.

**Results:** In the structure of the depressive phase in men, the following were more common: pronounced seasonality (with deterioration in autumn-winter) and daily fluctuations in the state (with improvement in the evening), anesthesia of the senses, depersonalization-derealization syndrome, decreased libido, difficulty falling asleep and increased appetite and / or body weight, comorbid depression, panic attacks and alcohol and surfactant abuse. Depression within the BPAD in women was characterized by a more frequent presence of apathy, tearfulness, self-harm, dysmorphic phobic inclusions, decreased appetite.

**Conclusions:** The revealed features of psychopathological symptoms and correlations between some characteristics and factors, taking into account gender differences, can be used as markers of bipolarity, which will allow for an earlier and more accurate diagnosis of BPAD and adequate therapy.

**Disclosure:** No significant relationships.

**Keywords:** Depression; Gender differences; Bipolar Affective Disorder