

(BD-II), even though generally before 50-years-old (EOBD). Clinical observation of late-onset BD (LOBD) posed some questions regarding a differential phenotypic/psychopathological manifestations and affective temperaments between LOBD vs EOBD.

Objectives: A case-control pilot-study was carried out to investigate psychopathological, clinical and temperamental features of a psychogeriatric cohort of LOBD and EOBD subjects.

Methods: Out of 74 enrolled patients, 64 patients (31 EOBD, 33 LOBD) were included and administered an ad hoc socio-demographic datasheet, BPRS, CGI, GAF, HAM-D, GDS, MSRS, MRS, MOCA and TEMPS-M.

Results: LOBD is significantly associated with higher rates of BD-II diagnosis ($X^2 = 26.1, p < .001$), depressive ($p = 0.05$) and mixed states ($p = 0.011$), higher comorbid anxiety levels and depressive affective temperament ($p < .001$); while clinical manifestations of geriatric EOBD is significantly associated with higher endocrinological ($X^2 = 7.815, p = .005$) and metabolic comorbidity ($X^2 = 6.896, p = .009$), a diagnosis of BD-I, manic episodes and hyperthymic ($p = .001$) affective temperaments. GDS and MSRS total scores were significantly higher in LOBD (respectively, $p < .001$ and $p = .008$).

Conclusions: Further studies with larger sample sizes and a control group should verify whether LOBD is a distinct psychopathological entity from EOBD and evaluate differences (if any) in terms of prognosis and treatment between EOBD and LOBD.

Disclosure: No significant relationships.

Keywords: LOBD; EOBD; bipolar disorder; temperament

Bipolar Disorders 02

EPP0096

The role of Executive Attention in the association between obsessive-compulsive symptoms and relapses in Major Depressive and Bipolar Disorder

L. Lucassen^{1*}, I. Tioli¹, M. Ferrari², P. Ossola¹ and C. Marchesi³

¹University of Parma, Department Of Medicine And Surgery, Parma, Italy; ²AUSL of Parma, Department Of Mental Health, Parma, Italy and ³University of Parma, Department Of Medicine & Surgery, Unit Of Neuroscience, Psychiatric Unit, University Of Parma, Parma, Italy,

*Corresponding author.

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Introduction: Major Depressive (MDD) and Bipolar Disorder (BD) are chronic relapsing condition in which mood episodes are interspersed with periods of euthymia. Impairments in Executive Attention (EA) are a trait characteristic of mood disorder that persists also during remission. Similarly prefrontal dysfunctions are crucial in the genesis and maintenance of Obsessive-Compulsive Symptoms (OCS), which are highly comorbid in both MDD and BD.

Objectives: The aim of this study is to test a model in which deficits in EA mediate the relationship between the OCS and the relapse in a cohort of patients with MDD and BD.

Methods: Sixty-four euthymic subjects with BD and MDD performed the Attentional Network Task Revised (ANT-R), that gauges EA in a standard conflict task. Here we adopted a drift

diffusion model to measure the task efficiency as the drift rate in incongruent trials. Patients also completed at baseline the YBOCS, a questionnaire that evaluate the severity of OCS. All the participants have been followed-up for up to 5 years and relapses have been recorded.

Results: The association between OCS and time in euthymia was fully mediated by the EA so that greater OCS were associated with poorer executive functions ($\beta = -0.341; p = 0.006$) that in turn predicted a sooner relapse ($\beta = 0.349; p = 0.005$). This held true even when controlling for classic predictors of recurrence such as previous episode distance, the duration of illness and medications.

Conclusions: Treatment targeting executive functions could hence be crucial in preventing relapses in subjects with mood disorders experiencing obsessive compulsive-symptoms.

Disclosure: No significant relationships.

Keywords: bipolar disorder; Obsessive-compulsive symptoms; Executive Attention; major depressive disorder

EPP0097

Applying existing clinical staging models in a sample of Italian bipolar patients over a 10-years follow-up

M. Macellaro^{1*}, N. Girone¹, L. Cremaschi¹, M. Bosi¹, B. Cesana², F. Ambrogi² and B. Dell'Osso^{1,3,4}

¹University of Milan, Department Of Mental Health, Department Of Biomedical And Clinical Sciences Luigi Sacco, Milan, Italy; ²University of Milan, Department Of Clinical Sciences And Community Health, Unit Of Medical Statistics, Biometrics And Bioinformatics "giulio A. Maccacaro", Faculty Of Medicine And Surgery, Milan, Italy;

³University of Milan, "aldo Ravelli" Center For Nanotechnology And Neurostimulation, Milan, Italy and ⁴Department of Psychiatry and Behavioral Sciences, Stanford University, Milan, Italy

*Corresponding author.

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Introduction: Bipolar Disorder (BD) is a life-course illness with evidence of a progressive nature. Although different staging models have been proposed from a theoretical perspective, longitudinal studies are scarce.

Objectives: The aim of the present study was to apply four staging models in a sample of BD patients and to observe their progression in 10 years of retrospective evaluation.

Methods: In a naturalistic sample of 100 BD patients, a retrospective assessment of clinical stages across 10 years of observation at six time points (T0: 2010; T1: 2013; T2: 2015; T3: 2018; T4: 2019; T5:2020) was performed according to the BD staging models (Berk et al., 2007; Kapczynski et al., 2009; Kupka et al., 2012 and Duffy et al., 2014). Socio-demographic and clinical variables were collected and the staging progression across time was analyzed.

Results: A significant progressive staging worsening emerged over 10 years of BD observation for each examined model ($p < 0.001$). Moreover, for all considered staging approaches, stage values were lower over the time points for BD II, lower number of lifetime episodes and hospitalizations ($p < 0.05$). Finally, the stage increase was associated with a lower age at first elevated episode ($p < 0.05$).

Conclusions: Present preliminary results confirm the relevance of illness onset and early intervention in BD, given their role in