

their follow-up. We assessed history of childhood traumatic experiences with the Childhood Trauma Questionnaire (CTQ) and current diagnosis of anxiety disorders with the M.I.N.I. International Neuropsychiatric Interview.

**Results:** The mean age of patients was 43.4. The sex ratio was 2.4. Almost two-thirds of patients (64%) had experienced at least one type of childhood trauma. Twenty-one percent of participants had one anxiety disorder and 12% participants had two or more current anxiety disorders. Of the anxiety disorders, social anxiety disorder was significantly associated with emotional abuse subscale ( $p=0.002$ ). Generalized anxiety disorder was significantly associated with the physical abuse subscale ( $p=0.025$ ) and the number of severe childhood trauma per patient ( $p=$ ). A statistically significant association was found between the number of current anxiety disorders and the emotional abuse sub score ( $p=0.021$ ).

**Conclusions:** Exposure to childhood traumatic experiences is associated with more common comorbid anxiety disorders among bipolar patients. These prognostic features should systematically be a part of clinical assessment and taken into account in the management of these patients.

**Disclosure:** No significant relationships.

**Keywords:** Childhood Trauma; bipolar disorder; Anxiety disorders

## EPV0060

### Natsukashii

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**Introduction:** NATSUKASHII: Japanese word that means happy nostalgia, it is the moment in which memory transports you to a beautiful memory that fills you with sweetness. NOSTALGY: (from the classical Greek [nóstos], “return”, and [algos], “pain”) feeling of sadness, suffering of thinking about something that has been had or lived in a stage and now not. In bipolar disorder, patients are more likely to complain of dysphoria than euphoria. Hypomanic periods often provide pleasant relief from depression. Patients experience this situation as pleasant, positive and longing once it has remitted, since they feel more creative, active and sociable.

**Objectives:** We intend to draw attention to the blurred limits of the state of euthymia, even when stable there is a sustained emotional hypersensitivity, which must be learned to identify and coexist. Behind the desire to be euthymic, in certain patients there is a desire to remain hypomanic and / or manic due to the fact that they have tasted absolute happiness.

**Methods:** After several interviews with stable patients, we have realized that a great majority want to re-experience the sensations of a hypomanic episode.

**Results:** After a bibliographic search we have realized that in the West there is no term in psychopathology that describes that longing that they verbalize as “manic lives happier”

**Conclusions:** Special attention must be paid to these patients since they have less adherence to treatment and risk of abandoning it.

**Disclosure:** No significant relationships.

**Keywords:** Psychopathology; bipolar disorder; NOSTALGY; euthymia

## EPV0061

### The impact of self-stigma on functioning among remitted patients with bipolar disorder

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**Introduction:** Self-stigma is widespread in patients with bipolar disorder, with many consequences for family, social and occupational functioning, as well as treatment adherence.

**Objectives:** The aim of this study was to evaluate self-stigma in remitted patients with bipolar disorder and to investigate its impact upon functioning.

**Methods:** We conducted a cross-sectional, descriptive, and analytical study of 61 patients with bipolar disorder. Euthymia was verified using the Hamilton scale for depression and the Young scale for mania. We used the Internalized Stigma of Mental Illness (ISMI) to evaluate self-stigma, the Functioning Assessment Short Test (FAST) to assess functioning.

**Results:** The mean age of patients was 43.4 years. The sex ratio was 2.4. The mean score on the ISMI was 2.36. More than half of our patients (59%) were self-stigmatized. Regarding functioning, a global impairment was noted in more than two thirds of the patients (71%). Occupational functioning was the most affected area (82%). Patients with higher self-stigma scores had significantly more impaired functioning ( $p<10^{-3}$ ). To decompose the relationship between stigma and functioning into more specific spheres, we found that all scores on the different domains of functioning were associated with a significantly higher mean self-stigma score.

**Conclusions:** The relationship between self-stigma and functioning seems to be bidirectional. Therefore, improved social functioning could reduce self-stigma and improve self-esteem.

**Disclosure:** No significant relationships.

**Keywords:** functioning; bipolar disorder; self-stigma

## EPV0063

### Physical health profile and associated behaviour during the COVID-19 pandemic in patients with bipolar disorder

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**Introduction:** The COVID-19 pandemic has led to an increased psychological strain on public mental health and may impact behavioural, mental, and physical health, presumably with effects on patients with severe mental disorders.