

EV1388

### Efficacy of rational emotive therapy among substance users

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**Introduction** Rational emotive behavior therapy refers to a realistic time bound therapeutic approach, starting with activated concern model of emotional disturbance and change.

**Objective** To set short-term goal and long-term goal for substance users by rational emotive behavior therapy.

**Aims** The present study aims at ameliorating emotional disturbance among addicts.

**Methods** A purposive sampling method was adopted. Therapy was administered on 50 substance users admitted in recovery hospital running by pioneer organization Human Development and Research Institute. Each day morning meeting was organized consisting of creed, narration from day by day; personal and interpersonal pull up, acknowledgement, newspaper reading, recreational activities, and serenity prayer. Quantitative and qualitative analysis was recorded.

**Results** Inferential statistics have shown that statistically significant differences were found among them those who have undergone counselling processes. They have found a proper orientation and significant qualities of life. Such therapy enabled them to find sobriety.

**Conclusion** In conclusion, it could be stated that Rational Emotive Behaviour therapy was found to be effective among substance users. We can utter with Walen et al. that rational emotive behaviour therapy is 'not merely working to dispel misery, but actively promoting happiness'.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

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### Reasoning, critical thinking and attitudes toward substance abuse in adolescence: Explaining the mediator role of emotional intelligence

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**Introduction** Adolescence is frequently described as a golden time for prevention of substance abuse.

**Aims** This study is aimed at determining the fit of structural equation modeling for change of attitude toward substance abuse based on the components of emotional intelligence (intrapersonal awareness, interpersonal awareness, adaptation, stress management, and general mood) and reasoning, critical thinking in female adolescents.

**Objectives and methods** The data were collected in random multistage sampling from 800 senior high school students at 4 different regions of Tehran by using the Bar-on Emotional Intelligence Inventory, the adolescent-special revised inventory, Ricketts Critical Thinking Questionnaire, New Jersey Test of Reasoning Skills and Nazari's Questionnaire for Attitude toward Substance Abuse. In the 618 valid questionnaires were statistically analyzed.

**Results** Path analysis and path coefficients in the structural equation model suggested that the strongest relation belongs to the reasoning skill, directly predicting attitude with a 61% level and also, has indirect, significant impacts on attitude through intrapersonal awareness, adaptation and stress management. The weakest relation belongs to general mood which, with a 21% level, predicts attitude toward substance abuse. Results of the fit indices in the final model also indicate that all indices are at a desirable level and the model has good fit to the data, implying that there is a linear relation between independent variables and between the moderating variables and a dependent variable.

**Conclusions** It is reasonable to show the importance of attitude toward substance abuse in prevention programs for students.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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### Efficacy of vortioxetine for patients with dual pathology

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**Introduction** Patients with dual pathology have worse clinical evolution and worse therapeutic response. Drugs modify the functioning of certain neurocerebral transmission systems, producing cognitive, emotional and behavioral changes. Vortioxetine (Brintellix®) is used as a treatment for major depressive disorder (MDD) and it is considered a new multimodal antidepressant. Preclinical data suggest that the effects on numerous serotonin receptors result in regional increases in noradrenaline and dopamine as well as glutamatergic transmission.

**Objectives** This analysis assessed the efficacy of vortioxetine (Brintellix®) in patients with affective disorders and abuse drugs (dual pathology).

**Methods** Efficacy was assessed with a study of patients who were recruited in a qualitative and observational study. They were treated with vortioxetine (Brintellix®). Outcome measures included changes from baseline to endpoint in Hamilton Depression Rating Scale (HDRS). They were also interviewed weekly about craving and substance use. Urine test controls were done to corroborate results.

**Results** A total of 11 vortioxetine-treated patients improved their depressive and anxiety symptomatology. Seven of them (64%) were males and four of them (36%) were women. Cocaine was the main drug of abuse (n=9, 82%). The doses were between 5 and 20 mg/day. After the clinical evaluation and 12 weeks of treatment, they achieved to reduce significantly the drug use and verbalized a decrease in craving. Two patients dropped out of the study.

**Conclusions** Vortioxetine (Brintellix®) was shown as efficacious in reducing depressive and anxiety symptoms in patients with dual pathology.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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### Alcoholic hallucinosis after chronic alcohol abuse: A case report

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