

**Objectives:** To investigate the use of psychotherapeutic methods in family physicians work in Latvia and the association between burnout rates and the use of these methods in practice as well as different demographic and work-related factors.

**Methods:** A cross sectional study was carried out. An anonymous online form that contained questions about the demographic data, psychotherapeutic methods/techniques mastering and usage and questions from the Maslach Burnout Inventory was sent out to the publicly available email addresses of family physicians in Latvia. The collected data was analyzed using Microsoft Excel and IBM SPSS software.

**Results:** Together 54 responses were received from all regions of Latvia. The analysis found association between work hours per week, patients seen per week, usage of psychotherapeutic methods and burnout. More hours per week was associated with higher rates of depersonalization ( $p=0,014$ ) and burnout ( $p=0,010$ ). More patients per week was associated with higher rates of burnout ( $p=0,024$ ). Being unsure if they were using any psychotherapeutic methods was associated with higher rates of depersonalization ( $p=0,028$ ).

**Conclusions:** The data obtained allows a better insight in to the usage of psychotherapeutic methods, everyday work and the association with burnout rates in family physicians.

**Keywords:** family medicine; burnout; psychotherapeutic methods

#### EPP1094

### Mindfulness-based cognitive therapy for major depressive disorder- a literature review

D. Vasile\*, O. Vasiliu, A. Mangalagiu, B. Petrescu, C. Tudor and C. Candea

Psychiatry, University Emergency Central Military Hospital Dr. Carol Davila, Bucharest, Romania

\*Corresponding author.

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**Introduction:** Mindfulness-based cognitive therapy (MBCT) is a third wave cognitive-behavioral therapy (CBT) that incorporates meditation exercises in the classical, structured intervention. Mindfulness has been associated with psychological well-being, and certain symptoms that occur in major depressive disorder (MDD), e.g. worries, ruminations, ideas of incapacity or self-devaluation, are considered potential targets for MBCT.

**Objectives:** To evaluate the current level of evidence for the MCBT efficacy in MDD.

**Methods:** A literature search was performed in the main electronic databases, targeting clinical trials that evaluated in a randomized manner the efficacy of MCBT versus active comparators or placebo in patients with MDD.

**Results:** MBCT was efficient in a 10-week randomized controlled trial (RCT) versus standard treatment, and it decreased ruminations, increased patients quality of life, mindfulness abilities, and self-compassion. In another randomized, 8-week RCT, MBCT prevented relapses in MDD, with similar rates when compared to psychoeducation and standard treatment. A 26-month follow-up study evidenced the persistence of symptoms improvement detected after 12 months of the trial, when compared to active control group and treatment as usual. MCBT was compared to cognitive therapy in a randomized 8-week trial, and both treatments had similar efficacy in MDD relapse prevention.

**Conclusions:** MCBT may be an useful adjuvant to the current treatment in acute MDD, but it may also decrease the risk of relapse after psychotherapy termination.

**Keywords:** cognitive-behavioral therapy; mindfulness; major depressive disorder; relapse prevention

#### EPP1097

### Integrative psychotherapy of patients with schizophrenic spectrum disorders

R.M. Holm-Hadulla Md

Psycho-social Medicine, Heidelberg University, Heidelberg, Germany  
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**Introduction:** Psychotherapy of patients suffering from schizophrenic disorders remains controversial. There are promising descriptions of psychotherapeutic interventions in combination with pharmacological treatment. Some empirical studies show that different forms of psychotherapy are effective. However, there are few models to combine different psychotherapeutic strategies in a comprehensive way.

**Objectives:** We here propose a model of integrative psychotherapy that is based on the therapeutic alliance and the general principles of understanding and communication. It comprises interpersonal, behavioral, psychodynamic, and existential elements.

**Methods:** Theoretical principles of different psychotherapeutic schools are applied hermeneutically to a case of schizophrenia. Thus, general methods of psychotherapy gain contextual meaning by the analysis of an individual narrative. The patient himself assessed and approved his case report.

**Results:** After remission of the acute symptoms, integrative psychotherapy played the major role in the recovery of a young musician. It is shown how the therapeutic alliance and communication in a general sense interacted with behavioral, cognitive, psychodynamic, and existential techniques. It is demonstrated narratively how recovery was facilitated, adjunct to pharmacological treatment, by method-integrative psychotherapy. Basic cognitive-behavioral techniques ensured at first the stabilization of the patient. Then psychodynamic remembering, repeating, and working through became possible. Finally, existential topics and creative solutions dominated the sessions.

**Conclusions:** Psychotherapeutic method-integration is necessary to treat patients with various mental disorders especially schizophrenia. We propose an ABCDE-Model that comprises the following principles: Therapeutic alliance (A); behavior change (B); cognitive reflection on dysfunctional meanings and beliefs (C); psychodynamic remembering, repeating, and working through (D); and existential understanding and communication (E).

**Keywords:** method integration; common and specific factors; schizophrenic spectrum disorders; psychotherapy

#### EPP1098

### Alexithymia and gambling: Psychotherapy to differentiate feelings

A. Savnikova and O. Khaustova\*

Medical Psychology, Psychosomatic Medicine & Psychotherapy, Bogomolets National Medical University, Kiyv, Ukraine

\*Corresponding author.

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**Introduction:** The relationship of alexithymia with gambling addiction is not obvious, but it is present, as evidenced by the results of many studies. Alexithymia is likely to associate with gambling as a coping behavior to increase emotional arousal and avoid negative emotions, according to the affect dysregulation model. Alexithymic individuals experience the same spectrum of emotions as ordinary people, however, from the standpoint of psychology, psychiatry, unexpressed emotions are repressed into the subconscious, and their bodily manifestations accumulate.

**Objectives:** We plan to conduct research to improve the medical and psychological support of patients with pathological gambling due to the presence of alexithymia.

**Methods:** A systematic search of the literature was run in the major reference databases including PubMed, Cochrane Database for Systematic Review, Web of Science, Scopus until 2019. All studies assessed alexithymia with the Toronto Alexithymia Scale while gambling problems were assessed mostly with the South Oaks Gambling Screen.

**Results:** We assume that for pathological gamblers, specific psychotherapeutic techniques like body-centered psychotherapy could help them to differentiate feelings from bodily sensations.

**Conclusions:** The results highlight the importance of taking in the relationship between alexithymia and pathological gambling. Further studies are needed to widen the knowledge of this association.

**Keywords:** Gambling; alexithymia; psychotherapy

## EPP1100

### An existential model of addiction

G. Grech

Psychiatry, Mount Carmel Hospital, Attard, Malta

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**Introduction:** Despite existentialism positing that existential concerns are universal, research into the existential issues related to addiction remains scarce. An existential model of addiction is lacking.

**Objectives:** This research aims to develop an existential model of addiction, conceptualising the development of addiction through to authenticity.

**Methods:** A scoping literature review was carried out using PUBMED, reference lists and internet websites.

**Results:** Psychopathology, from an existential point of view, occurs as a result of the avoidance of the existential givens which are death, freedom, existential isolation and meaninglessness. In this model, addiction is positioned as a coping mechanism to deal with the existential or neurotic anxiety which arises from facing or avoiding the existential givens. Addiction is defined as being-with-drug; a state in which our inherent relation to others is replaced by a relation with a substance. This state is understood from the ontological, axiological, ethical and praxeological levels, shedding light on the phenomenological experience of addiction. The existential dilemmas around meaning, loneliness, death, freedom, guilt and control while living with addiction are discussed. Finally, existential crises, boundary situations and secondary suffering are seen as the main motivators to overcome addiction.

**Conclusions:** Phenomenological and existential research support the fact that existential issues are relevant to addiction. This model explains the relationships between existential concepts and addiction, while providing a framework for clinicians to explore and address these issues with patients.

**Keywords:** authenticity; being-with-drug; Addiction; existentialism

## EPP1101

### Acceptance commitment therapy for preschool children : A pilot study

T. Brahim\*, S. Bouzgarrou and A. Guedria

Child And Adolescent Psychiatry Department, Fattouma Bourguiba University Hospital, Monastir, Tunisia, Monastir, Tunisia

\*Corresponding author.

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**Introduction:** Emotion regulation is a key world to understand many human behaviors. Preschool children can exhibit disturbing behaviors that could interfere with their integration, development and learning abilities. One way to understand these behaviors is their “immature” emotional regulation process. Helping children acquiring this ability can help to solve these disturbances’, which can lead to mental health problems.

**Objectives:** To experiment with a new acceptance and commitment therapy protocol in preschool children

**Methods:** It is a qualitative interventional study that relies on issues to enable the recognition and regulation of emotions. a protocol was implemented which consists of activities and techniques useful to help children recognize, regulate and accept their emotions, with the support of the educator.

**Results:** All six selected children accepted to undergo the therapy till the end of the eight sessions. at first, they were able to recognise some emotions. it was the most difficult for them to recognise body expression of emotion. they had also difficulties find the different worlds to express them and to enact them. Throw different activities, we tried to help children visualize their emotions, imagine them under different faces and play with them. Children were introduced to mindfulness and emotional regulation technics. After One month of the intervention, children were still able to recognize emotions and to propose technics to regulate them. their score on the CBCL were below 70 one month after the intervention.

**Conclusions:** Even at an early age of 4 years, ACT seems to be possible and helpful for children.

**Keywords:** preschool children; regulation; emotion; acceptance therapy

## EPP1102

### Emotional experiences reported by psychologists attending patients with suicidal crises in a service in northeastern Brazil: A qualitative study

E. Turato\*, L. Guerra, C.A. Oliveira, B. Gondinho and P.A. Leme

Medical Psychology And Psychiatry, University of Campinas, Campinas, Brazil

\*Corresponding author.

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**Introduction:** Contextualization: Emotional experiences of psychologists related to the care of suicide crises are important since the health professional has been trained to save lives. It makes him apprehend the aggressive side of suicide and symbolize it as an attack. When the patient’s desire to live ceases, the professional may feel confused, since his/her profession/vocation was confronted.

**Objectives:** AIM: To explore and interpret the meanings of emotional experiences reported by psychologists who care for patients in suicide crises.