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## 25th European Congress of Psychiatry e-Poster Walk Part 1

### e-Poster walk: Anxiety disorders and somatoform disorders

EW0001

#### Fear crush: Effect of an interventional program for elementary school children with performance anxiety

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The prevalence of mental disorders in Portugal is 23%. Of these, anxiety disorders are most prevalent. Given these data, the development and implementation of remediate programs in general takes urgent character, especially in the younger population, where it is estimated that one in every five children suffer from some mental disorder. Given the lack of intervention programs in performance anxiety, we propose the development and implementation of a group program for elementary school children, targeting both the improvement and possible recovery of this condition as a means of reducing school failure in these children. In this program the following aspects will be addressed: the study and regulation of emotions; perceptions of self-efficacy; and therapeutic strategies based on third generation of cognitive behavior therapy—acceptance and commitment therapy. As a non-randomized controlled study, this project involves the development, implementation and validation of the intervention program. To this end, an assessment protocol will be administered to both control and experimental groups. This latter protocol will be administered at three different times: before and after implementation of the program and as a follow-up evaluation 6 months later. This program aims to promote emotional regulation in children with performance anxiety and, concurrently, to improve chances for their possible recovery as well as the reduction of significant school failure rates among Azorean children. The implementation

of this therapeutic group intervention program with elementary school children may also prevent later interventions in other health and educational settings.

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

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EW0002

#### Psychological interventions for psychogenic non-epileptic seizures: A meta-analysis

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*Introduction and objective* Psychological interventions for psychogenic non-epileptic seizures (PNES) show promising results. The aim of this meta-analysis is to evaluate and synthesize the available evidence from the previous 20 years regarding the utility of psychological interventions in the management of PNES.

*Method* Studies were retrieved from MEDLINE via OvidSP and PsychINFO. Selection criteria included controlled and before-after non-controlled studies including case series, using seizure frequency as an outcome measurement. Studies were required to assess one or more types of psychological intervention for the treatment of PNES in adults. Data from 13 eligible studies was pooled to examine the effectiveness of psychological interventions in treating PNES on two primary outcomes: seizure reduction of  $\geq 50\%$  and seizure freedom. A meta-analysis was conducted with data extracted from 228 participants with PNES.

*Results* Interventions reviewed in the analysis included CBT, psychodynamic therapy, paradoxical intention therapy, mindfulness, psychoeducation and eclectic interventions. Meta-analysis synthesized data from 13 studies with a total of 228 participants with PNES, of varied gender and age. Results showed 82% of people with PNES who complete psychotherapy experience a reduction in seizures of  $\geq 50\%$ . Additional meta-analysis synthesized data from 10 studies with a total of 137 participants with PNES. This analysis found 47% of people with PNES are seizure free upon completion of a psychological intervention.

*Conclusion* The studies identified were diverse in nature and quality. Findings highlight the potential for psychological interventions as a favorable alternative to the current lack of treatment options offered to people with PNES.

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#### EW0003

### Do not be afraid: Novel approaches to the treatment of anxiety disorders

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**Introduction** Anxiety disorders (AD) are associated with significant morbidity and often are chronic and resistant to the treatment. A fascinating aspect of AD is the interplay of genetic and experiential factors. It is established that abnormal genes predispose to pathological anxiety states; however evidence clearly indicates that traumatic life events and stress are also etiologically relevant. The behavioral theories of anxiety postulates that anxiety is a conditioned response to a specific environmental stimulus. There may be two ways to neutralize fear conditioning either by facilitating a process called extinction or by blocking a process called reconsolidation.

**Objectives** Review novel approaches to the treatment of AD.

**Aims** To update on treatment for AD.

**Methods** A literature search was performed on PubMed database.

**Results** Cognitive behavioral therapies use exposure techniques, in which the patient has to confront the fear-inducing stimuli in a safe environment in order to facilitate the fear extinction. The therapy is often context-specific, so one way of strengthen extinction learning is by boosting NMDA receptor activation, either with direct acting agonists (D-cycloserine) or with indirect glycine enhancing agents (selective glycine reuptake inhibitors). Memory reconsolidation is based on the notion that memories are dynamic rather than stable. Reactivation of a memory can return it to a labile state from which it must be reconsolidated. Blocking reconsolidation is a therapeutic opportunity of update and alter the memory, weakening traumatic memories. Beta-blockers and opioids may disrupt this process.

**Conclusions** Psychotherapy and psychopharmacology may have a synergistic role in AD treatment.

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

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#### EW0004

### Symptom validity testing (SVT) and social security disability claims

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**Background and aims** Over 50% of adult disability claimants fail some form of SVT. While some over report psychological, affective symptoms, others may report incredible cognitive symptoms. We examined effects of different types of response bias on free recall and self-reported depression.

**Participants and methods** This is a single site cross-sectional study using a convenience sample ( $n = 224$ ) of disability claimants in the Netherlands. The Green Word Memory Test (GWMT) was administered to all subjects. The Amsterdam Short Term Memory Test (AKTG), the Structured Inventory of Malingering. Symptomatology (SIMS), and the beck depression inventory (BDI-II) were administered in subsamples. Participant classification according to GWMT

and SIMS outcomes resulted in four groups, G+/S+, G+/S-, G-/S+ and G-/S-.

**Results** Average age of the participants was 46.3 years (SD 9.9), 41.5% were female, and 43% were higher educated. GWMT was positive in 48.2% of all subjects, and 27.6% scored positive on both GWMT and SIMS. Analysis of variance of GWMT Free recall and Beck depression scores showed significant group differences [ $F(3, 123) = 33.21, P = .000$ ] and [ $F(3, 106) = 25.17, P = .000$ ] respectively.

**Conclusions** Non credible test performance was prevalent in this Dutch study of disability claimants. Insufficient effort and over reporting of psychological symptoms are associated with different score profiles on regular tests and self-rating scales.

**Disclosure of interest** The author receives funding for his work as a neuropsychologist in an expertise setting.

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#### EW0005

### Psychoemotional disorders in pregnancy with hypertensive complications

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Psychoemotional disorders in pregnant women represent a significant medical and social problem as well as the effects caused by this pathology have a profound effect on children born to such mothers, as well as to themselves mothers during and after pregnancy. The goal–psychological correction of psycho-emotional states in pregnant women with hypertensive syndrome by Erickson hypnosis. The study was conducted on the basis of state organization “Research Center for Obstetrics, Gynecology and Perinatology named after Academician VI Kulakov”. The study involved 150 pregnant women with hypertensive syndrome. Seventy-five pregnant women with hypertensive syndrome received psychological correction method of Erickson hypnosis in an amount of 15 sessions. To assess the state of mental and emotional techniques used depression scale Beck Anxiety Scale, Spielberger-Hanin. The study was conducted 4 times—the first, second, and third trimesters of three months after childbirth. When comparing the psycho-emotional state of pregnant women with hypertensive syndrome on the background of psychological adjustment method Erickson hypnosis and in pregnant women with hypertensive syndrome who did not receive psychological correction revealed a statistically significant difference. In pregnant women with hypertensive syndrome who received psychological correction method of Erickson hypnosis, revealed lower levels of depression and situational anxiety than women who did not receive psychological correction. Thus, our study proved the need for psychological correction method of Erickson hypnosis and its effectiveness for stabilizing the psycho-emotional state of pregnant women with hypertensive syndrome and pre-eclampsia prevention.

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

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#### EW0006

### Comparing the effects of cognitive behavior therapy or regular physical exercise on sleep in the treatment of patients with panic disorder

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