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**Background and aims:** The objective of this study is to examine the efficacy of group psychoeducational therapy for inpatients with DSM-IV schizophrenia.

**Methods:** Fourteen in-patients with DSM-IV schizophrenia were randomly assigned to a treatment group or a control group. Both groups received standard medication as prescribed by their treating physicians, but the treatment group also received a two-months course of psychoeducational psychotherapy. Outcome was evaluated using Clinical Global Impression-Schizophrenia Scale.

**Results:** Patients who attended psychoeducational group showed a improvement in CGI-SCH score.

**Conclusions:** The results suggest that psychoeducational psychotherapy can improve the treatment of schizophrenia.

Psychoeducational psychotherapy has no side-effects and is relatively inexpensive.

### P375

My new Alfa Romeo GT is not in the garage any more

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Authors are presenting a case of co morbid panic disorder and psychosis with a focus on the successful treatment of the panic disorder via a CBT approach. The patient has had only one episode of psychosis.

The cognitive model of panic disorder is used as a template to consider this young man's psychotic experiences, in the context of some types of delusional beliefs, especially those involving the catastrophic and atypical misinterpretation of the physiological sensations associated with anxiety.

This case is emphasising the therapeutic value in certain patients of focussing therapy on the non-psychotic symptoms once the acute psychotic state has been managed.



### P376

The rebuild trial: An intervention for challenging behaviour in intellectual disabilities

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**Aims:** To carry out a three year randomised controlled trial of a specialist behaviour therapy service for adults with learning disabilities compared with treatment as usual, within South Essex Partnership NHS Trust. The study is funded by the South Essex Partnership NHS Trust (ISRCTN62134865).

**Background review:** Challenging behaviour is common in people with intellectual disabilities, but there is a paucity of specialist services in most areas. Currently, most of the care is provided by local community based intellectual disabilities teams whilst specialist care is usually hospital based and situated away from the clients' residence. South Essex Partnership NHS Trust provides such a specialist service to people with intellectual disabilities and challenging behaviour within a five sector locality.

**Method:** 68 participants will be randomly assigned either to specialist intervention or treatment as usual group. Structured interviews are conducted with clients and their carers at baseline and at three and six month follow-up. Main outcome is reduction in challenging behaviour. Secondary outcomes are reduction in carer burden and costs.

**Results:** Will report on the first 2 years of a 3-year trial.

**Discussion:** Intervention research is very scarce if not completely lacking in the field of intellectual disabilities mental health. We anticipate that the data from this study will provide evidence not only for further research but also for service developments and improvement in patient care.

### P377

The effects of touch therapy and physiotherapy on pain in females refer to physiotherapy ward of hafez hospital

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There are a direct relation ship between pain & stress. In this study concerning the effect of two types of treatment on reducing pain. 63 females patient had participated with low back pain, which met the required criteria. Patient were allocated randomly and divided in two groups by specialist physician. The treatment was given to both groups every day. The researcher on each patient conducted touch therapy, 15-20 minutes in 5-10 sessions. In the second group, a physiotherapist conducted physiotherapy in 10 sessions with hot pack & TENS for 10-15 minutes. The severity of pain was measured at 3 times, before treatment, after the last session & one month after the last session. The effect of treatment were compared by another person on a double blind fashion, by interviewing the patient of both groups. The severity of pain was measured by using a 10-degree visual analogue scale (VAS). Result show that there was no statistically significant difference between two groups on reducing of pain immediately after the last session( $p=0.2$ ). Follow up of the patients after one month showed that severity and duration of pain were significantly different ( $p<0.005$ ). touch therapy is more effective on reduction of pain one month later than immediately after treatment.

Thus touch therapy has a similar effect to physiotherapy in reducing the severity of pain, while touch therapy requires no special instruments or techniques.

### P378

Using our model of fairy-tale CBT (FCBT) at the psycho-social rehabilitation center

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The FCBT has been developed by us as a separate component of our Complementary Group Psychotherapy at the Psycho-social Rehabilitation Center in Tbilisi.

The structure of the FCBT model consists of: 1) preparatory talk; 2) reading of certain fairy-tales in group; 3) cognitive-behavioral analysis of the fairy-tale; 4) drawing a parallel between the content of the fairy-tale analysis and the group members' own experiences, problems, etc.

The cognitive-behavioral analysis of the fairy-tale implies: 1) cognitive analysis of the fairy-tale (what are: the main ideas of the fairy-tale, meanings of important elements of the fairy-tale, rational and irrational beliefs and views of the characters, peculiarities of the characters' thinking, etc.); 2) behavioral-situational analysis of the fairy-tale (how the character behaves in a concrete situation; what wishes, emotions and thoughts does the character have in a concrete situation; what are the causes, triggers and factors of the character's concrete behavior; what are the results of the character's behavior; how is it possible to change the concrete behavior of the character); 3) problem analysis of the fairy-tale (what problems and ways of their solution are presented in the fairy-tale; causes, sources and factors of the problems; scientific models of problem solving).

### P379

The influence of physical activities on happiness of female students of medical sciences of Isfahan university

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The aim of the present study was to examine and compare happiness in athletic and non-athletic women. 120 female university students (athletes and 60 non-athletes) were randomly assigned to two groups and Oxford happiness Inventory (reliability and validity have been shown in Iran) was used. The results showed that athletic women were in higher level at the five scales (mental health, self-esteem, efficiency, satisfaction and positive mood). Also, there was a significant difference between level of happiness in two groups

**Key words:** Self-Esteem, Satisfaction, Efficiency, Positive Mood, Health, Happiness, Athlete, Non-Athlete

### P380

The effectiveness of long-term and short-term psychodynamic psychotherapy on psychiatric symptoms - A randomized trial

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**Background and aims:** Insufficient evidence exists for a viable choice between long and short-term psychotherapy in the treatment of psychiatric disorders. This study compares the effectiveness of long-term and short-term psychodynamic psychotherapy in the treatment of mood and anxiety disorders.

**Methods:** The Helsinki Psychotherapy Study is a randomized clinical trial based on 229 psychiatric outpatients from the Helsinki area, with depressive or anxiety disorder. The patients were randomly assigned to either long-term or short-term psychodynamic psychotherapy. The patients were followed for 3 years from start of therapy. Primary outcome measures were depressive symptoms, measured by the self-report Beck Depression Inventory (BDI) and the observer-related Hamilton Depression Rating Scale (HDRS), and anxiety symptoms measured by the self-report Symptom Check List, Anxiety scale (SCL-90-Anx) and the observer-related Hamilton Anxiety Rating Scale (HARS).

**Results:** A statistically significant 49-64% reduction of symptoms was noted for the 4 outcome measures during the 3-year follow-up. Short-term psychodynamic psychotherapy was more effective than long-term psychodynamic psychotherapy during the first year of follow-up showing 15%-27% lower scores for the outcome measures. During the second year of follow-up no significant differences were found between the two psychotherapy groups. After 3 years of follow-up, long-term psychodynamic psychotherapy appeared to be more effective with 14%-37% lower scores of the outcome measures.

**Conclusions:** Short-term psychodynamic psychotherapy is more effective than long-term psychodynamic psychotherapy during its treatment period but in the long run long-term psychotherapy is more effective than short-term psychotherapy.

### P381

PTSD

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After the war events in 1999 all of us in Yugoslavia inherited PTSD: night mares constantly repeated, causing terrible traumatic experience, daily inserted thoughts about the events which are involuntary mixing in current thinking, as well as "flash-back" episodes as particularly dissociative state of mind during which a person behaves and feels as if he in the some traumatic situation. The purpose of this work is to implement the rapid-eye movement, behavioral technique, belongs to the kind of system desensitization during psychotherapy treatment PTSD and to diminishing or total lose of all three rare components. The testing was conducted during the war since 1st of May to 30th of June 1999 in Nis. 52 of 164 patients have had the PSPD characteristic (23 male and 141 female). The rapid - eye movement technique was used during psychotherapy. The number of the seances was 4-5 times a month, after which the nights mares and flash-back episodes permanently stopped. Also it was notified that the inserted thoughts were quite random. The drugs therapy was decreased from 30 to 5 mg of Diazepam or none. The "rapid - eye movement" is easy applicable and effective as specific therapeutically method for PTSD treatment especially during the first month after the trauma took place.

### P382

Experiences of using neurofeedback in clinical practice

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