

with. By the end of the production time, I realised the podcasts needed constant summaries in order to be successful learning materials.

Disclosure of Interest: None Declared

EPV0750

Dependent Personality Disorder and Intimate Partner Violence: the “Perfect Marriage”

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doi: 10.1192/j.eurpsy.2023.2057

Introduction: Intimate partner violence (IPV) is broadly defined as physical, sexual, or psychological harm inflicted by a current or former romantic partner or spouse. Unfortunately, even nowadays, the prevalence rates of IPV victimization are still very high, with over one third of women reporting any contact sexual violence, physical violence, and/or stalking and nearly half having psychological aggression in their lifetime. Amongst a complex network of risk factors for IPV, Personality disorders (PD) are one of the most researched. Defined as enduring patterns of inner experiences and behaviors, PD play a significant role in IPV, causing perpetrators to recidivate and victims of IPV to stay in violent relationships.

Objectives: A case based approach is used to illustrate the association between Dependent Personality Disorder and Intimate Partner Violence

Methods: Case Report and Brief Literature review

Results: Case: We present a case of a 65-year-old woman, long term followed by psychiatry for anxiety and depression symptoms, built upon a personality with dependent traits. The patient has been victim of intimate partner violence since her marriage, more than 40 years ago, generating significant psychopathology, functional impairment and several suicidal attempts over the years. Nonetheless, the patient feels emotionally attached and has pity for her husband. Despite this abuse had been already reported, the patient has been unable to act on the complaint, perpetuating this situation over time. The insight is totally preserved since the victim has full conscience of the causality between perpetrator cumulative abuse and her psychological and physical suffering. This case supports research in this area which had found that individuals with high levels of dependent PD traits tend to have higher ratings of relationship satisfaction and see their relationship in a more positive light, causing them to downplay the IPV they experience.

Conclusions: The prevalence of IPV poses a serious public health concern, particularly given the increased risk of physical and mental health problems that have been linked to IPV, such as chronic pain, depression, post traumatic stress disorder, substance use, and suicidal ideation, as well as a host of other negative outcomes. Individuals with high levels of dependent PD traits are prone to victimization, clinicians should be alert.

Disclosure of Interest: None Declared

EPV0751

Mindfulness Practices in borderline personality disorder: A review of the literature

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doi: 10.1192/j.eurpsy.2023.2058

Introduction: *Borderline personality disorder (BPD)*, also known as emotionally unstable personality disorder is a severe disorder of emotional regulation. In people with BPD, mood swings are extreme, relationships are uncertain, and emotions are difficult to control, suicide and self-destructive behaviors are extremely common. medical treatment can certainly reduce the symptoms and suffering of people with BPD, but it is still not enough. The treatment is mainly based on psychotherapy especially **Dialectical behavior therapy (DBT)** focuses on the concept of **mindfulness**, or paying attention to the present emotion.

Objectives: To assess the current level of evidence for mindfulness in BPD.

Methods: a systematic review was performed using the database PubMed / Medline, using the following keywords: “MCBT”; “DBT”; “Mindfulness Therapy”; “BPD”; “Borderline personality”.

Results: Research shows that the mindfulness therapy approach teaches skills for controlling intense emotions and reducing self-destructive behaviors. Decentering appears to play a crucial role in the treatment as a primary mechanism of action in this therapy.

Conclusions: results suggest that the Mindfulness therapy is a main component for BPD treatment.

Disclosure of Interest: None Declared

EPV0752

Challenges in the Borderline Personality Disorder diagnostic in clinical practice in community: results of a pilot study

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doi: 10.1192/j.eurpsy.2023.2059

Introduction: Borderline personality disorder (BPD) has a significant presence in outpatient psychiatric practice worldwide, but data on the clinical features of patients with BPD in Russia are limited. Clinicians experience a number of difficulties in diagnosing BPD, which is also due to the high comorbidity of BPD with other mental disorders (affective, anxiety, other personality and addictive disorders).

Objectives: The aim of this pilot study was to investigate clinical characteristics of mental health care for patients c BPD in real clinical practice in community in Saint-Petersburg, Russia.