

patients from 1999 through 2006. We also fulfilled the AMDP-SYSTEM (Manual for the Assessment and Documentation of Psychopathology) for all these patients.

**Results:** A total of 135 clinic patients was followed up during this period. Most of these patients came from North Africa (32%) and Sub-Saharan Africa (25%) for financial purposes and 70% were in Italy for less than 10 years. More than  $\frac{1}{4}$  are undocumented. One third of the patients were affected by adjustment disorders, another third by psychotic disorders and the last third by depression or anxiety disorders. Group setting and helping relation have shown transcultural efficacy, especially during the first period after migration, on psychopathology and adjustment's abilities. This method was effective among every ethnic and diagnostic groups, except for cases in which cultural components, preceding migration, were responsible of suffering.

**Conclusions:** Starting from therapeutic efficacy of our model, we propose that immigrants psychological distress in Italy is mainly due to cultural shock and role identification loss.

### P363

A structured group psychotherapy programme improves adjustment to lipodystrophy in HIV+ patients: Preliminary data

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**Objective:** To evaluate the immediate efficacy of a specific group therapy program in improving quality of life and adjustment to body changes due to fat redistribution (lipodystrophy syndrome) in HIV+ patients taking antiretroviral treatment.

**Methods:** The therapy program consisted of 12 weekly two-hour sessions following a structured cognitive-behavioral group psychotherapy program focused on development of coping strategies, including specific psychoeducational interventions in nutrition and physical exercises. Eight HIV-positive patients with generalized lipodystrophy (affecting face, buttocks and extremities) who referred psychological impairment due to body changes participated in a group therapy. Repeated measures Friedman test was used to analyse changes on the modified version of the Dermatological Quality of Life Inventory (DQLI) administered at three time points: T1 (one month before therapy), T2 (first session), and T3 (last session) Results: All participants (six women, and two men) completed the therapy program. A significant improvement was observed during the intervention time (between T2 and T3). No changes were observed during baseline (between T1 and T2). Issues raised by group participants were problems with dressing, fear of stigmatization, social isolation, and difficulties in sexual relations.

**Conclusions:** Preliminary data show that our psychotherapy program improves quality of life and psychological adjustment to lipodystrophy body changes in HIV infected patients. Further groups should be performed to confirm its efficacy.

### P364

The effect of groupcoaching in adult ADHD

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**Background and aims:** The treatment of Attention Deficit Hyperactivity Disorder (ADHD) should be multimodal. Apart from pharmacological treatment, that is frequently insufficient, psychosocial interventions are considered worthwhile. In order to assess the usefulness of a coaching procedure in adult ADHD with respect to symptoms and daily life functioning a pilot study was performed. Before and after the coaching symptoms and functioning were rated.

**Method:** Ten patient (age 25-61, 6 males) with a diagnosis of ADHD according to DSM-IV criteria were included. They took part in an 8 weeks structured coaching procedure once weekly for two hours. Before and after the coaching patients were assessed with the Rosenberg Self-Esteem Scale, The Attention Deficit Self Rating Scale (ASRS), the Behavioral Assessment of the Dysexecutive Syndrome (BADS), the Quality of Life, Enjoyment and Satisfaction Questionnaire (Q-LES-Q) and the Weiss Adult Functional Impairment Rating Scale. The ratings were done by the patients and a significant other (e.g. spouse)

**Results:** There were no significant effects on symptoms of ADHD as rated by the patients. The significant other however noted improvement. Functioning in daily life, as measured with the Weiss, showed a significant improvement.

**Conclusions:** Improvement or not-improvement of ADHD symptoms does not automatically parallel functional outcome in daily life. Psychosocial measures may be of benefit in this respect.

### P365

The "V.I.T.A. project": An experimental study for psychotherapeutic interventions in telemedicine

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**Background and aims:** The "telepresence" allows innovative strategies of intervention in psychiatry and new forms of high therapeutic potential in mental healthcare assistance. Within this general framework the authors introduce the "Velletri Intensive Telepsychotherapy Assistance - V.I.T.A. Project". The project has started four years ago and it consists of psychotherapeutic treatments systematically carried out in videoconference modality. It is aimed at: - defining the feasibility criteria (technical and psychopathological ones) of this kind of treatment; - comparing it with "face to face" psychotherapy; - pinpointing out its elective fields of application in psychotherapy, especially with regards to acute episodes of "crisis".

**Methods:** Twelve patients have been recruited involved, six for the control group treated by traditional "face to face" cognitive therapy and six for experimental group treated by videoconferencing cognitive therapy. This Psychotherapeutic treatments were carried out by means of regular video connections (ISDN-based, 384 Kb/s) between the research centre and patients who live in towns near Rome. Both the treatments were assessed by: WHO-Quality of Life, HDRS (Hamilton Depression Rating Scale), HRSA (Hamilton Rating Scale for Anxiety), ZDS (Zung Depression Scale), STAI (State-Trait Anxiety Inventory), COPE (Coping Orientation to Problems Experienced), MSPSS (Multidimensional Scale of Perceived Social Support), DES (Dissociative Experiences Scale), BPRS (Brief Psychiatric Rating Scale), GAF (Global Assessment of Functioning scale) and WAI (Working Alliance Inventory); at regular intervals of three months for four years.

**Results:** A more detailed description of "V.I.T.A. Project" methodology and its preliminary results will be presented.