

P397

Investigating the effectiveness of enhancing optimism skills on high school students' locus of control

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Optimism can lead to happiness, academic achievement, health, and internal locus of control (Linly & Joseph, 2004, Seligman, 2003, Tailor & Brown, 1998).

This is an interventional study with pretest–posttest control group design. The main purpose of this research is the investigation effectiveness of enhancing of optimism skills on the locus of control in high school students. The main hypothesis of the study was: Enhancing the optimism skills increases the internal locus of control in high school students.

The sample of this study was 40 students randomly selected from high schools of Gorgan city of Iran. Before intervention, two groups completed the pretests of Rutter's locus of control, Rosenberg's self-esteem and Oxford happiness questionnaires. Subjects were divided into groups of external and internal locus of control. Externals participated in the training program of optimism skills for 8 sessions. After the intervention, both groups were tested by the same questionnaires again.

Using T-test indicated that the difference between two groups is significant ($p < 0.007$). Results showed that the training program of optimism skills is effective in changing external locus of control into internal. Totally, the result of this study, confirmed the utility and effectiveness of training optimism skills in internalization locus of control in high school students.

P398

Food, life, and death. The film *la grande bouffe* of marco ferreri in an art psychological point of view

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Background and aims: The theme of food and eating or its disorders are often presented on the screen as well. Marco Ferreri's *La Grande Bouffe*, made in 1973, has become a classic in this field.

Method: We performed an art psychological, psychoanalytical evaluation of the film.

Result: The film is not only about the criticism of consumer society — we try to show that this is an elaborately structured, mythological story with psychoanalytical meaning and several examples for symbolic interpretations of eating in it. Our approach is an art psychological perspective.

The story is rather surrealistic, full of mythological connotations. The four main male characters represent perfect incarnations of the first four Freudian stages of sexual development — actually, neither of them could reach the stage of mature sexuality. They are dying when found by the woman, Andréa, the Angel of Death.

Conclusion: Critics reckon Ferreri's film among postmodernism. Film analysts pointed out social criticism, the destructive overdrive for consuming, or the decay of civil societies. The film provides the opportunity for different polisemic interpretations in a similar way, revealing the harmonic balance between the artist's intuition and his conscious.

P399

Drug-addicted adults: Their self-concept, self-esteem and their role in treatment

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Self-esteem and self-concept seem to be very important in the development of drug use and abuse. Thus the major objectives of this study were to explore these two psychological variables in the group of drug-addicted adults (currently involved in treatment) and the group of students. Gender, duration of treatment, employment etc. influences were investigated in the group of patients. We also compared this group to the group of faculty students. We used the statistical methods included in the statistical package for social sciences. We found some statistically significant differences between the groups on both measures (self-esteem and self-concept), some indication of positive contribution of longer treatment in the group of drug-addicted adults and some gender differences in this group also. These results can be used in the drug-addiction treatment and open several questions for further research.

P400

The efficiency of application physical factors in rehabilitation of children in conditions psychiatric clinic

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The prevalence of mental frustration in different age groups of the population, including in children's age defines a urgency of development of complex measures of rehabilitation of the patients directed on lengthening of the remission period. Under supervision there were 85 children of school age receiving medical treatment in conditions of dispensary in connection with mental and behavioristic frustration. Among them 55 patients in a general complex of treatment under the indications nominated the physical factors (electrodream, electrophoresis with medicinal preparations, franklinisation), medical physical training, massage of neck-and-shoulder zone and a hairy part of a head.

In comparison with group of the patients receiving only medical therapy, the effect of complex treatment with use of the physical factors was shown on 37% of cases more often. It had an effect in improvement of general state of health, reduction of a degree of shown uneasiness, high level of frustration and aggression, reduction of phobias, adequacy of behavioristic of reactions, concentration of attention. The reduction of deficientive, negative symptoms promoted decrease of displays of specific defects of the person at children, lengthening of the period remission.

Taking into account the discussionability of a problem of rehabilitation of the patients in conditions of dispensary, the efficiency of application of the physical factors is necessary to note.

Keywords: Mental frustration, children, rehabilitation, physical factors.

Poster Session 1: MENTAL HEALTH, CAREGIVERS ISSUES AND SOCIAL PSYCHIATRY

P401

Psychological risk factors in anxiety and depression symptoms in patients with cardio-vascular diseases

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Aim of the work: To follow the significance of some psychological risk factors in patients with anxiety and depression symptoms with cardio-vascular diseases.

Materials and methods: During the research we included 30 patients with anxiety and depression symptoms diagnosed with cardio-surgical diseases after cardio-surgical intervention. They were chosen randomly, hospitalized and treated in the Specialized cardio-surgical clinic Filip II, Skopje. The patients were of both sexes, aged 30-70. They were evaluated by HAMD and HAMA and non-standardized questionnaire.

The patients were tested once two weeks after the cardio-surgical intervention.

Results: In 25 patients there was a score increase in HAMD and HAMA in correlation with the psychological risk factors (stressful events: losing the job, losing someone you love, hostility, high professional plans and ambition)

Conclusion: Psychologically unfavourable situations are risk factors which lead to anxiety and depression symptoms in cardio-vascular diseases.

P402

Treatment in obsessive – compulsive disorder with high dosage of sertraline (asentra) and low dosage of olanzepine(zalasta)

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Aim of the work: To follow the efficiency in treating the obsessive-compulsive disorders in higher dosages of Asentra and low dosages of Olanzapine as an augment of the pharmacological treatment in the obsessive-compulsive symptoms in these patients.

Materials and methods: During the research we included 30 patients with long-term obsessive-compulsive symptoms. They were chosen randomly, treated in an out-patient clinic as well as in the Psychiatric clinic. The patients were of both sexes, aged 25-45. In all patients serious somatic diseases were excluded. They were observed by HAMD, HAS, 18 PF(18 Personality Factor-Katel), Scale for measuring the obsession, compulsion and schizophrenia and it was done twice: in the beginning and after three months constant treatment with Asentra tablets in dosages of 100-300mg and Zalasta tablets in dosages of 2,5-5mg per day.

Results: In 12 patients there was an improvement which resulted in score decline of the HAS, HAMD, and 18 PF (18 Personality Factor-Katel). In 8 patients there was a slight improvement. And in 10 patients there was no significant improvement.

Conclusion: High dosages of Asentra given in combination with Olanzapine for anxiety treatment and as an augment of the anti-depressive are efficient and safe in treating patients with obsessive-compulsive disorders.

P403

Medical students' attitudes towards mental illness

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Negative attitudes towards person with mental illness can be marked as stigma. These attitudes are commonly negative, rejected and fearful.

Objective: The goal of this survey is to explore medical students' attitudes towards mental illness and to estimate how their knowledge of mental disease can impact their attitudes.

Method: In this survey is used questionnaire to estimate students' attitudes towards mental illnesses. Sixty- nine medical students of third year took part in this survey without any previous experience with mental patients, and forty-seven medical students who finished fourth year and had experience with mental patients through lectures and practice.

Conclusion: Medical students' attitudes are significant improved by taking part in theoretical and practical lecture about mental health. Their attitudes are less negative. It seems that knowledgement arises tolerance of mental diseases.

Key words: medical students, mental illness, stigma

P404

Needs of persons with different psychiatric disorders, satisfaction with services, social functioning and quality of life

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Background: The evaluation of needs, satisfaction with services, social functioning and quality of life has been recognized as domains important for care planning and outcome assessment in care of persons with psychiatric disorders.

Aim: The aim of the study was to assess what are demographic, social and clinical variables associated with higher needs for care and to find out what are correlates among needs, satisfaction with services, social functioning, and quality of life.

Method: The sample included 170 out-patients from psychiatric clinics with diagnosis F 2- 6 according to ICD-10. Demographic, social and clinical data were collected with special questionnaire. Several instrument were used: the Brief Psychiatric Rating Scale (BPRS), the Camberwell Assessment of Need Short Appraisal Schedule (CANSAS), the Client's Scale for Assessment of Treatment (CAT) – to assess satisfaction with services, the Groningen Social Disability Schedule (GSDS-II) and the Manchester Short Assessment of Quality of Life (MANSA).

Results and conclusion: Needs were positively related to patient age, being male, single, unemployed and to intensity of psychopathological symptoms. Unmet needs were negatively associated with satisfaction with services. Quality of life and social functioning were strongly related to number of met, unmet and total needs (quality of life and social functioning decreased as needs increased). The results showed that different variables as well as their satisfaction with services, social functioning and subjective quality of life are associated with patients needs.

P405

Psychiatry in the community: one year experience

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Psychiatric intervention in the Community has been one of the most relevant activities developed by our Department.