

**Introduction and objectives:** Dementia is associated with a high burden of disease, impacting patients, families and society. Nevertheless, related epidemiological data is becoming outdated, given the difficulties of implementing costly and laborious fieldwork surveys. Data is also difficult to retrieve from health and social services' information systems. Overall, we must improve the feasibility and validity of case definition regarding dementia and the assessment of caregivers' consequences.

The 10/66 Dementia Research Group diagnostic algorithm is a cross-culturally valid method(1). A 'short 10/66' was also validated(2), but not in Portugal. We intend to assess its feasibility and validity in Portuguese samples, using REDcap (a browser-based, metadata-driven software) in mobile devices. Additionally, we aim to assess dementia family caregivers' subjective burden and psychological distress, contrasting primary care and hospital outpatient settings.

**Methods:** A multicentre mixed-methods study will be conducted on fifty dyads of older people with dementia and their caregivers, plus 150 dyads of 'controls' and their close family members, as informants. The 'short 10/66' will be administered. Dementia caregivers' assessments include the Zarit Burden Interview and Self-report Questionnaire. Quantitative analyses will estimate the sensitivity and specificity of the 'short 10/66' dementia case definition. Semi-structured qualitative interviews will be conducted with participants and research assistants, exploring their experiences with the assessment process; thematic analysis will then be used.

**Implications:** We expect this study to facilitate the diagnosis of dementia and data collection in health/social services on a routine basis, which will potentially improve the feasibility and decrease the costs of epidemiological surveys and allow for prevalence monitoring in Portugal.

**References:** 1. Gonçalves-Pereira, Cardoso, Verdelho, et al. The prevalence of dementia in a Portuguese community sample: a 10/66 Dementia Research Group study. *BMC Geriatr.* 2017;17(1):261. 2. Ibnidris, Piumatti, Carlevaro, et al. Italian version of the short 10/66 dementia diagnostic schedule: a validation study. *BMJ Open.* 2021;11(6):e045867.

## **P126: Older adults' psychological distress: exploring the role of implicit age stereotypes**

**Authors:** María Del Sequeros Perdroso-Chaparro, Isabel Cabrera, José A. Fernandes-Pires, Maria Marquez-González, Laura García-García, Inés García-Batalloso, Andrés Losada-Baltar

**Objective:** Self-perceptions of aging seem to be a key variable to understand physical and mental health (see the systematic review conducted by Tully-Wilson et al., 2021). Following Levy's (2003) stereotype embodiment theory, negative attitudes towards aging originate as aging stereotypes (e.g., "older people are frail"; Warmoth et al., 2016) during childhood. They are internalized and reinforced in adulthood, both consciously and below conscious awareness, becoming aging self-stereotypes in old age and affecting self-perceptions of aging (Levy, 2003). Kordnat et al. (2016) developed an implicit association test (IAT; Greenwald et al., 1998) to assess implicit age stereotypes for specific life domains (health and family domains) across the life span and found positive stereotypes towards older people for family domain and negative for health domain. However, the associations between implicit age stereotypes and adults' psychological distress have been scarcely analyzed. The aims of this communication are: a) to present the preliminary data of the validation of the implicit association test (IAT, Greenwald et al., 1998) to measure implicit aging stereotypes and b) to explore the relationship between implicit aging stereotypes and older adults' psychological distress (loneliness, guilt associated with self-perception as a burden, and anxiety and depressive symptoms).

**Methods:** The IAT used is an adaptation of the IAT developed by Kordnat et al. (2016). The IAT explores the relationship between the categories of sickness/health and old/young age. The task has a target category that consists of: a) a set of 6 words of physical and mental sickness (e.g., frail, weak, sad, lonely) and 6 words of physical and mental health (e.g., healthy, energetic, happy, in company); and b) 6 photos of old people and 6 photos of young people.

**Results:** Preliminary results of the implicit aging stereotypes task associations with older adults' psychological distress in 100 community dwelling older adults will be presented.

**Conclusion:** Findings will be discussed. The implicit (below awareness) assessment of the aging stereotypes with the IAT in older adults could provide a better understanding of the role of aging stereotypes in older adults' psychological distress, avoiding the weaknesses of assessing the construct through self-report measures.

### **P139: Psychotherapy for Anxiety and Anxiety related symptoms in Mild Cognitive Impairment - A Case Treated with Morita Therapy-**

**Authors:** Masahiro Shigeta, Keisuke Inamura, Department of Psychiatry, The Jikei University School of Medicine

Morita Therapy is a psychotherapy which originated in Japan. Conventionally, it had been applied to 'neurosis'. The patients who have anxiety symptoms make various efforts in order to be free from the unpleasant emotion. Morita Therapy (1) does not try to eliminate anxiety and its symptoms and builds the patients' attitude to leave these symptoms as a natural course, and (2) to focus on the feeling that they should aspire to enhancing their life and to encourage them to exert their lust for life. The authors presumed that this concept can be applied to anxiety symptoms in patients with mild cognitive impairment (MCI) and attempts to intervene. This case is for a male patient aged 74 years old with MCI with the complaint of subjective cognitive impairments. He had severe anxiety for his own cognitive impairment and recognized a severe decrease of Quality of Life (QOL) due to worrying about his own excessive anxiety. The authors implemented the therapeutic approach to address his anxiety and encouraged him to improve his QOL by accepting the anxiety, not excluding it. During the therapeutic process, various problems were evident, such as the caregiver's excessive fear of dementia, so education about the nature of dementia was provided to dispel the stigma for the family members. As a result, the patient's anxiety was decreased, and his daily activities were observed in spite of his subjective cognitive decline. This case suggested that Morita therapy was effective for anxiety symptoms in patients with MCI.

### **P147: Internet-delivered guided self-help Acceptance and Commitment Therapy for family carers of people with dementia (iACT4CARERS)**

**Author:** Naoko Kishita (University of East Anglia)

**Background and objective:** Despite the high prevalence of anxiety and depression, many family carers of people living with dementia are not able to access timely psychological support due to various barriers such as lack of respite care and a shortage of skilled therapists. Online treatments have the potential to improve access, and also scalability, reducing inequalities in access to care. This uncontrolled feasibility study aimed to evaluate whether it is feasible to deliver internet- delivered guided self-help Acceptance and Commitment Therapy (iACT4CARERS)