

**Aim** Most current psychotherapeutic approaches are self-focused in terms of focusing attention on how one thinks, feels, behaves or maintains, in one way or another, a pathological chain reactions. The aim of current is to challenge such focus by shifting the focus of attention to serving others rather than analyzing one's self.

**Method** Sixty patients were recruited after heroin detoxification, all have been subject to psycho-education about addictive behavior, craving process and risks of relapse. Half of them (group A;  $n = 30$ ) were subject to weekly basis classical CBT group sessions while the other half (group B;  $n = 30$ ) were subject to shifting focus approach where they were encouraged to serve on voluntary nonprofit basis at Alexandria university hospitals with weekly group support sessions to share experiences and encourage action. Patients in both arms were followed for 3 months and evaluated in terms of abstinence rate and quality of life.

**Results** Both groups were balanced in terms of age, marital status, age of onset of abuse, number of previous detoxification, criminal record and score of the Quality of Life Scale QLS at base line before psychotherapy. After 3 months, no difference as regards abstinence rate between both arms ( $X^2 = 1.763$ ;  $P = 0.288$ ), also no difference between both groups as regards change in QLS score after 3 months ( $t = 0.039$ ;  $P = 0.969$ ).

**Conclusion** Shifting focus approach shows no difference in terms of abstinence or quality of life improvement compared to classical CBT in non inferiority study.

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#### EW467

### Student's strategies to cope with stressful situations

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**Introduction** It is well known that students have several stressful situations to cope with and their coping strategies are of a wide range (Brougham et al., 2009, Zi et al., 2011, Pierceall and Cane, 2009).

**Objective** The purpose of the study was to investigate how students coped with various stressful situations they faced.

**Aims** One hundred participants, 60 men and 40 women, studying at TEI of Patras, Greece, were randomly selected and asked to describe their stressful situations and the ways they dealt with them.

**Method** The questionnaire used was based on "Échelle Toulousaine de Coping" (Tap et al., 1993) adjusted by Theodoratou et al. (2006).

**Results** Forty-five percent of the students could not control their feelings, while facing a difficult situation and might feel panic, but the majority of the students (63%) did not use medication to cope with a difficult situation. When facing a problem, the 45% of the students did not amuse themselves and 35% of the participants avoided communication with other people when they faced a problem. Moreover, 29% of the students chose to pray to face a difficult situation. Finally, 58% of the participants estimated that a counseling center in TEI of Western Greece would be necessary.

**Conclusions** In conclusion, many students were overwhelmed by a negative emotion and most of them chose social withdrawal. Thus, they might feel helpless and suggested that a counseling center in their College and university might help them to overcome difficulties during their studies.

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## Quality management

#### EW468

### Canadian psychiatry utilization trends

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**Introduction** The number of psychiatrists continues to grow in Canada. Patient psychiatry utilization statistics, including reasons for termination of such services, are important factors that have the potential to impact future Canadian and international psychiatry service policies and practices. In addition, understanding the reasons for psychiatry service termination is necessary to improve service quality and effectiveness.

**Aims** This study focused on utilization trends, perceived effectiveness of psychiatry services, and reasons for termination of psychiatry services in Canada.

**Method** Prevalence of psychiatry service use, perceived effectiveness, and reasons for termination of such services were investigated in a Canadian sample ( $n = 25,113$ ). Prevalence rates were investigated by geography, sex, and age. Data were self-reported and collected through a national Canadian phone survey focused on mental and physical health.

**Results** Results highlight that a small percentage of participants reported utilizing psychiatry services. The majority of participants using such services perceived them as useful. Across geographical regions, reasons for discontinuing services were most often related to completing treatment, feeling better, or not seeing the treatment as helpful.

**Conclusions** This study explored psychiatry utilization trends, perceived psychiatry effectiveness, and reasons for patient termination of such services. Results are explored through a geographical region breakdown, sex differences, and age stratification. Implications for policy, practice, and training are discussed from a Canadian and international perspective.

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## Rehabilitation and psychoeducation

#### EW469

### How we can enhance treatment adherence? Perspective of patients and clinicians

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**Introduction** Non-adherence to antipsychotic medication is commonly found in mental health disorders (MHD), thus forming a major obstacle to long-term maintenance treatment and contribut-

ing to high relapse rates and also can influence the attitudes and beliefs of mental health professionals (MHP).

**Objectives** –assess the beliefs of MHP;

–assess perception of illness in patients with MHD.

**Aims** Contribute to treatment adherence of patients with MHD, through developing adequate strategies to their needs.

**Methods** In this cross-sectional study, we use a convenience sample of patients with MHD attending in the mental health departments of three general hospitals in Lisbon great area. Data is being collected through individual interviews. We have applied clinical and socio-demographic questionnaire and additional measures to assess symptom severity, treatment adherence and attitudes towards medication. For MHP, we used a optimism scale (ETOS), Difficulty Implementing Adherence Strategies (DIAS); Medication Alliance Beliefs Questionnaire (MABQ).

**Results** Two convenience samples were composed by 150 patients with MHD (mean age: 39.7; SD  $\pm$  9.8) and 65 MHP (mean age: 37.0; sd 8.3) working in a variety of settings is being collected. From the perspective of patients, the most important reason for adherence is to accept the illness (54.7%,  $n$  = 82). 50.8% ( $n$  = 33) of MHP believes that if patients are unmotivated for treatment, adherence strategies are unlikely to be effective. 43.1 ( $n$  = 28) of MHP agrees that if patients do not accept their illness, any adherence strategies that result.

**Conclusion** With this study, we expect to gain further knowledge on the factors related patients and MHP that might influence compliance and, therefore, contribute to the development of effective strategies to promote treatment adherence in MHD.

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#### EW470

### A neuropsychological group rehabilitation program with institutionalized elderly

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**Introduction** Elderly institutionalization involves an emotional adaptation and the research shows that the risk of depression increases.

**Objectives** Evaluate the impact of a neuropsychological group rehabilitation program (NGRP) on depressive symptomatology of institutionalized elderly.

**Aims** NGRP influences the decrease of depressive symptoms.

**Methods** Elderly were assessed pre- and post-intervention with the Geriatric Depression Scale (GDS) and divided into a Rehabilitated Group (RG), a Waiting List Group (WLG), and a Neutral Task Group (NTG).

**Results** In this randomized study, before rehabilitation, 60 elderly people (RG; 80.31  $\pm$  8.98 years of age; 74.2% women) had a mean GDS score of 13.33 (SD = 9.21). Five elderly included in the NTG (80.13  $\pm$  10.84 years; 75.0% women) had a mean GDS score of 10.60 (SD = 4.72). Finally, 29 elderly in the WLG (81.32  $\pm$  6.68 years; 69.0% women) had a mean GDS score of 14.93 (SD = 6.02). The groups were not different in GDS baseline scores ( $F$  = 0.74;  $P$  = 0.478). ANCOVA has shown significant differences ( $P$  < 0.05) in GDS scores between the three groups after 10 weeks. Sidak adjustment for multiple comparisons revealed that elderly in the WLG got worse scores in GDS, comparing with elderly in RG ( $P$  < 0.01), and with elderly in NTG ( $P$  < 0.05).

**Conclusions** Elderly that are not involved in a task get worse in depressive symptomatology. Being involved in a structured group task means lower depressive symptoms and being in a NGRP means even greater results.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW471

### Cognitive training using a web-based tailor-made program for first-episode psychosis patients: An exploratory trial

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**Introduction** Cognitive deficits are a core feature of the first psychotic episode patients and could be an obstacle to functional ability. Cognitive stimulation could be a promising method to surpass neuropsychological deficits.

**Objectives** –to implement an online training protocol to stable first psychotic episode outpatients;

–to assess adherence to the intervention;

–to measure neurocognitive, psychopathological and functional outcomes pre- and post-training.

**Aims** To investigate the feasibility of an online-based resource for cognitive stimulation (COGWEB®) and explore possible benefits in different domains.

**Methods** Fifteen patients were enrolled from the Early Psychosis Intervention Program (PROFIP) at the Department of Psychiatry of Santa Maria Hospital, Lisbon. The training consisted on 30-40-minute online sessions performed every weekday during 6 months at home. Assessments were performed at baseline and after program completion and included: psychopathological scores; personal and social functioning scores; Clinical Global Impression and a neuropsychological battery.

**Results** Every participant had some kind of impairment on baseline. Mean training time was 36 h. Six patients left the program before completion (half of them because they got employed). The program showed overall good feasibility and safety with no reported significant psychiatric occurrences or hospitalizations. Results regarding final neuropsychological, psychopathological and functioning showed a tendency for stability or improvement on an individual case analysis.

**Conclusions** Our results show that cognitive training using an online-based stimulation software is a feasible intervention for first-episode psychosis patients with possible benefits for this population. However, results should be analyzed very carefully because of different participant trajectories and of study limitations.

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#### EW472

### Effectiveness and factors predicting success of therapeutic patient education in obese patients candidates for bariatric surgery

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