

positive changes in certain areas such as deeper interpersonal relationships with others, appreciating health and life.

**Conclusions:** As a result of the study, it has been thought that it is important to reduce the distress level of women with breast cancer related to their needs and difficulties and to encourage their positive changes. Besides, working in cooperation with healthcare professionals responsible for their treatment will be beneficial to reduce the distress level of the women.

**Disclosure:** No significant relationships.

**Keywords:** breast cancer; Qualitative research; post-traumatic growth; Distress

## Pain

### EPV0975

#### Mindfulness in pain self-control of people with chronic pain: a cross-sectional study

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**Introduction:** Chronic pain has a significant impact on individuals' daily lives, and its control is essential for improving quality of life. In this sense, the practice of Mindfulness is a useful non-pharmacological technique for self-management of chronic pain.

**Objectives:** This study aims to identify the level of knowledge regarding the effectiveness of Mindfulness for self-control of pain by people with chronic pain.

**Methods:** A cross-sectional study was conducted on a sample of 23 adults with chronic pain. The online survey assessed socio-demographic characterization, Brief Pain Inventory, and knowledge/opinion about the effectiveness of mindfulness strategies.

**Results:** The sample consisted mostly of middle-aged women, with family support, employed and with higher academic qualifications. 47.8% of the sample had experienced pain for over 20 years with the most prevalent diagnosis being fibromyalgia. The average intensity of chronic pain corresponded to moderate pain and the level of acceptance of it was low, interfering in instrumental activities of daily life. Although they had never tried the technique, most of the sample knew what mindfulness consisted of, considering it as a viable option for self-management of chronic pain. Moderate and positive correlations were found between the level of acceptance of pain and greater availability for the practice of mindfulness ( $\rho=0.137$ ;  $p<0.001$ ), the same happened between satisfaction with the practice of mindfulness and self-control of pain ( $\rho=0.259$ ;  $p<0.001$ ).

**Conclusions:** Our findings outline the need to include non-pharmacological measures such as mindfulness in therapeutic schemes for chronic pain management, given the manifest interest of this population.

**Disclosure:** No significant relationships.

**Keywords:** Mindfulness; self-control; knowledge; chronic pain

### EPV0978

#### Relationship between chronic pain syndrome and anxiety disorders in patients with rheumatoid arthritis

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**Introduction:** Chronic pain syndrome is still one of the leading complaints of patients with rheumatoid arthritis (RA).

**Objectives:** Study the relationship between chronic pain syndrome of different duration and the level of anxiety disorders.

**Methods:** Clinical and psychophysiological examination of 76 patients with RA was carried out, the average age was  $42.4 \pm 7.2$  years. The severity of pain syndrome was determined on the VAS scale, the level of anxiety by the Spielberger-Hanin technique

**Results:** Analysis of pain syndrome according to YOUR revealed higher rates ( $p < 0, () 1$ ) in patients with shorter periods of disease: up to 12 months and more than 12 months:  $66.0 \pm 1.5$  mm and  $61.9 \pm 1.5$  mm, respectively, than in patients with a longer period of war - more than 3 years ( $53.7 \pm 1.0$  mm). Psychophysiological examination of RA patients revealed anxiety spectrum disorders in 53 (69.7%) patients. The severity of anxiety disorders was different depending on the duration of the chronic pain syndrome: the highest indicators of reactive anxiety were detected in patients with a length of pain syndrome of up to 12 months:  $45.7 \pm 0.6$  points, in patients with a disease period of more than 12 months -  $42.4 \pm 0.5$  points, and in patients with a disease period of more than 3 years  $37.6 \pm 0.5$  points.

**Conclusions:** Thus, a direct correlation between the degree of pain severity and the level of anxiety disorders is revealed, which is desirable to consider when selecting pathogenetic therapy

**Disclosure:** No significant relationships.

**Keywords:** pain; anxiety; rheumatoid arthritis; pain,

## Personality Disorders

### EPV0979

#### Review of the interaction between lifestyle habits and personality disorders.

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**Introduction:** Individuals with personality disorders have a decreased life expectancy when compared to the general population in particular due to physical illnesses. Many factors can be associated with those physical illnesses such as lack of physical activity and bad nutritional habits. Moreover, physical activity and nutrition (lifestyle) intervention have shown great results in decreasing symptoms and improving condition in affective and anxiety