

replicate results of previous studies in a mixed gender sample of Egyptian outpatients.

**Aim** The aim of the current study was to examine the effectiveness of DBT without drug replacement relative to treatment as usual “TAU” in improving behavioral outcomes related to SUD and BPD, and improving emotional regulation.

**Methods** Forty outpatients with co-morbid BPD and SUD in Alexandria and Cairo were assigned for one year either to comprehensive DBT program (20 patients), or TAU defined as ongoing outpatient psychotherapeutic treatment from referring center (20 patients). Patients were assessed at baseline and follow up assessment at 4, 8, 12 and 16 months was done using Arabic version of Difficulties in Emotion Regulation Scale (DERS), urine multidrug screen and time line follow-back method for assessment of alcohol and substance use history.

**Results** Following one year of treatment, DBT group showed significantly lower doses of drugs used, DERS score, rates of hospital admission, ER visits, suicidal attempts and episodes of NSSI. Also, DBT patients showed markedly increased retention in treatment and longer duration of total alcohol abstinence and other drugs of abuse. Positive outcomes were maintained for four months post-treatment.

**Conclusion** DBT demonstrated superior efficacy in comparison to TAU for treatment of Egyptian patients suffering from co-morbid borderline personality and substance use disorder across behavioral domains of SUD, BPD and reduction hospital admission, emergency room visits and DERS score.

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

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#### EW0455

### Empirical redundancy of burnout and depression: Evidence from time-standardized measures

R. Bianchi\*, A. Lichtenthäler

University of Neuchâtel, Institute of Work and Organizational Psychology, Neuchâtel, Switzerland

\* Corresponding author.

**Introduction** Burnout and depression are ordinarily assessed within different time frames. Burnout is most frequently assessed on an annual or a monthly basis whereas depression is generally assessed over a one- or two-week period. This state of affairs may have partly obscured the burnout-depression relationship in past research and contributed to an underestimation of burnout-depression overlap.

**Objectives** We investigated burnout-depression overlap using time-standardized measures of the two constructs. We additionally examined whether burnout and depression were differently associated with work-related effort and reward, occupational social support, and intention to quit the job.

**Methods** We enrolled 257 Swiss schoolteachers (76% female; mean age: 45). Burnout was assessed with the Shirom-Melamed Burnout Measure and depression with a dedicated module of the Patient Health Questionnaire. Work-related effort and reward were measured with a short version of the Effort-Reward Imbalance Scale and occupational social support with a subscale of the Job Content Questionnaire. Intention to quit the job was assessed with 3 generic items (e.g., “I plan on leaving my job within the next year”).

**Results** We observed a raw correlation of .82 and a disattenuated correlation of .91 between burnout and depression. Burnout’s dimensions (physical fatigue; cognitive weariness; emotional exhaustion) did not correlate more strongly with each other (mean  $r = .63$ ) than with depression (mean  $r = .69$ ). Burnout and depression showed similar associations with the job-related factors under scrutiny.

**Conclusions** Burnout and depression may be empirically-redundant constructs. Measurement artifacts probably contributed to an underestimation of burnout-depression overlap in many studies.

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#### EW0456

### Vulnerable narcissism as key link between dark triad traits, mental toughness, sleep quality and stress

H. Annen<sup>1</sup>, C. Nakkas<sup>2</sup>, D. Sadeghi Bahmani<sup>3</sup>, M. Gerber<sup>4</sup>, E. Holsboer-Trachsler<sup>3</sup>, S. Brand<sup>5,\*</sup>

<sup>1</sup> Military Academy at the Swiss Federal Institute of Technology, Military Academy at the Swiss Federal Institute of Technology, Zurich, Switzerland

<sup>2</sup> Swiss Armed Forces, Psychological-Pedagogical Service of the Swiss Armed Forces, Thun, Switzerland

<sup>3</sup> Psychiatric Clinics of the University of Basel, Center for Affective Stress and Sleep Disorders, Basel, Switzerland

<sup>4</sup> University of Basel, Department of Sport and Psychosocial Health, Basel, Switzerland

<sup>5</sup> Psychiatric University Hospital, Center for Affective Stress and Sleep Disorders, Basel, Switzerland

\* Corresponding author.

**Introduction** The concept of the Dark Triad (DT) consists of the dimensions of Machiavellianism, narcissism, and psychopathy, and has gained increased interest within the last 15 years for its predictive power to explain success in the fields of economy, politics, and professional sport. However, recent research suggests that the associations between DT and behavior are not as uniform as expected.

**Aims** Investigating the associations between DT traits and vulnerable narcissism, mental toughness, sleep quality, and stress perception.

**Methods** A total of 720 participants between 18 and 28 years took part in the study. The sample consisted of military cadres in the US ( $n = 238$ ), Switzerland ( $n = 220$ ), and of students from the university of Basel ( $n = 262$ ). Participants completed self-rating questionnaires covering DT traits, mental toughness, vulnerable narcissism, sleep quality, and perceived stress.

**Results** Irrespective of the sample, participants scoring high on vulnerable narcissism also reported higher DT traits, lower mental toughness, poor sleep quality, and higher scores on perceived stress.

**Conclusions** The present pattern of results suggests a more fine-grained association between DT traits and further behavior, calling into question to what extent DT traits might be a predictor for greater success in the fields of economy, politics or elite sports. Specifically, vulnerable narcissism seems to be key for more unfavourable behavior.

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#### EW0457

### Associations between chronotype and schizotypy in healthy adults

A. Chrobak<sup>1,\*</sup>, A. Tereszko<sup>1</sup>, A. Arciszewska<sup>2</sup>, M. Siwek<sup>2</sup>, D. Dudek<sup>2</sup>

<sup>1</sup> Jagiellonian University Collegium Medicum, Faculty of Medicine, Cracow, Poland

<sup>2</sup> Jagiellonian University Collegium Medicum, Department of Affective Disorders, Cracow, Poland

\* Corresponding author.

Chronotype is defined as individual circadian preference, most often represented on the continuum between two extremes: morningness and eveningness. Growing number of studies show associations between circadian preference and various psychopathological symptoms. Eveningness has been shown to be related with depressiveness in non-clinical population, while morningness has been presented as protective factor. Schizotypy is a schizophrenic-spectrum personality trait linked with a tendency to eccentricity, magical thinking and unusual experiences. Features of schizotypy has been identified in patients with mood disorders i.e bipolar disorder. While there is growing number of studies evaluating associations between chronotype and affective symptoms, to our best knowledge there are no studies addressing the issue of association between schizotypy and circadian preferences. A total of 887 healthy individuals took part in the web-based study. Chronotype has been assessed with the use of Composite Scale of Morningness. Schizotypy has been measured with the use of the enlarged version of The Oxford–Liverpool Inventory of Feelings and Experiences (O-LIFE). Analysis revealed significant positive correlations between cognitive disorganization, introverted/anhedonia, implusiveness/nonconformity and eveningness. To our best knowledge, results indicate for the first time relationship between eveningness and schizotypy, measured by O-LIFE.

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#### EW0458

### The effect of treatment recognition based on mental conscious on decreasing depression and stress on those affected by lupus disease and by 3 months follow up

N. Farrokhi<sup>1,\*</sup>, A. Golmohammadi<sup>2</sup>, S. Ghahari<sup>3</sup>

<sup>1</sup> Young researchers club of Islamic Azad University, Roudehen Branch, Clinical Psychology, Tehran, Iran

<sup>2</sup> Faculty of Psychology, University of Isfahan, Clinical Psychology, Isfahan, Iran

<sup>3</sup> Assistant professor of Mental Health, University of Medical Sciences IUMS, Center of Excellence in psychiatry, School of Behavioral Sciences and Mental Health, Clinical Psychology, Tehran, Iran

\* Corresponding author.

**Introduction** Systemic lupus erythematosus is a chronic inflammatory disease of the multimedia system that appear on renal involvement, cortical-mucous, bloody, and neurotic.

**Aim** The target of this study is to examine the effect of treatment recognition based on mental conscious on decreasing depression intensity on lupus disease and three month follow up.

**Method** The method of study is semi test by targeted random selection in access in which we have used of pre-test by observe group. Volume of sample includes 200 women afflicted by lupus and among them about 20 ones were ready to cooperate and in study duration were in related improvement situation and has been evaluated. They have been grouped in the two test group (ten persons) and observe one (10 persons) in which two persons has been excluded from test group and we have excluded two persons from observe group, too. Test group have received eight MBCT treatment sessions but observe group has not received any treatment. Beck depression questionnaire (BDI-II) and brief signs of psychology questionnaire (BSI-53) has been performed as pre-test and after clinical test, post-test and three-month-follow up has been done. We have used of descriptive statics and co-variance for analysis.

**Results** Findings has shown that treatment recognition based on mental consciousness, meaningfully have an effect on decreasing remained signs of depression.

**Conclusion** Three-month-follow up has shown that treatment recognition based on mental consciousness, had an effect on depression disorder, anxiety disorder, and lupus patients.

**Keywords** Treatment recognition based on mental consciousness; Depression; Erytmatosus systematic Lupus

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

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#### EW0459

### The effectiveness of multi-systemic family therapy in bullying behavior of adolescents

D. Gashi Bytyçi

Community Based Mental Health Center and House for Integration, Child and Adolescent Mental Health Unit, Prizren, Kosovo

**Introduction** Multi-systemic family therapy is a type of psychotherapy that base on the assumption that all kinds of difficulties in individuals are at least partly explained by dysfunctions in the family system and other systems to which the individual belongs.

**Objectives** This study examined associations between bullying behavior and family ethos, and provides data for changes after treatment with Multi-systemic family therapy-Integrative model, as a culturally sensitive approach.

**Methods** Thirty-six adolescents with bullying behavior and their families were evaluated. Participants were randomly assigned into two groups: Family therapy group (FT-G) and Control group (CG). The FT-G was treated with integrative model for 6 months; the focus of FT sessions was on proximity-control goals and plans, bugs in the plans, emotive, and types of relations between family members programs. The CG was treated with the same frequency as the FT-G, but with interventions consisting of a detailed survey of their mental health, adolescents' feelings, daily routines and life events. Every month, data were collected through interviews, questionnaires, observation facilitating techniques and observations of a family play therapy.

**Results** In the study participated 36 outpatient adolescents ages 14–16. Seventeen adolescents were male and 19 female (Fig. 1).

**Conclusions** At baseline, 70 percent of participants met criteria for more than one of the following disorders, by ICD-10: conduct disorder, substance use, bulimia, borderline personality disorder, and attention deficit/hyperactivity disorder. Six months after the baseline measurement, there was a significant decrease in bullying behavior, substance use, smoking, excessive social media use, and anger control for the FT-G compared with the CG.

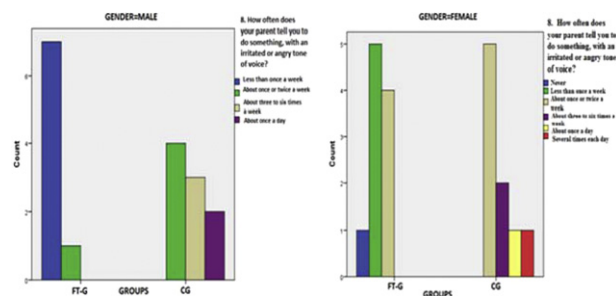


Fig. 1 Groups by gender in variable: How often does your parent tell you to do something, with an irritated or angry tone of voice?

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