

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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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

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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

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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-