

P03-168

QUALITY OF LIFE AND STRESS COPING REGARDING PEOPLE WITH PSYCHIATRIC DISORDERS IN A ONE-YEAR TRAINING

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Objectives: Evaluation of QOL, stress and coping strategies of people with psychiatric disorders after a one-year training course for social and occupational reintegration.

Methods: The main elements of the study focused on the SVF 120 (Stress Processing Questionnaire) and PLC (Quality of Life with Chronic Disease questionnaire).

Results: In total a number of 20 people were enrolled in the study. Mean age of the participants was 33.4 years. The reintegration programme showed a retention rate of 100%. The PLC questionnaire showed no statistically significant results ($p > 0.050$). The SVF 120 showed a slightly better score after one year regarding social encapsulating ($p = 0.056$) and trivializing ($p = 0.021$). After the one-year training course 60% of the participants could be reintegrated in an occupational activity and 40% could achieve a better social status.

Conclusions: Our results showed that participant of the programme used stress coping strategies more than before the course. Reintegration data make clear that training courses of people with psychiatric disorders can achieve valuable results.

Keywords: Stress, Burnout, QOL, social, reintegration.