

## EV0016

### The effectiveness of teaching positive psychology on dysfunctional attitudes and emotional self-regulation of withdrawing addicts

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**Objective** Negative attitudes and the inability of emotion regulation can make individuals vulnerable against addiction. In this field, the main objective of this study is to investigate effectiveness of teaching positive psychology on dysfunctional attitudes and emotional self-regulation of withdrawing addicts.

**Methods** This study is conducted using semi-empirical method in form of pretest posttest. Statistical population consists of all addicted people referred to Addiction Treatment Camps of Karaj by 2015. Among these camps, Vardavard Camp is selected randomly and among the referees, 30 people of those who were qualified to participate in this study and were satisfied for this action were selected and were placed in two experimental and control groups. Experimental group received positive psychology intervention and control group was in waiting list. Both groups fulfilled dysfunctional attitude scale and emotional self-regulation scale in baseline and after treatment. Obtained data have been analyzed using independent *t*-test and covariance in SPSS-22.

**Finding** There is significant difference between two groups at the end of intervention in terms of dysfunctional attitudes and emotional self-regulation ( $P < 0.05$ ).

**Conclusion** Teaching positive psychology can lead to change in dysfunctional attitudes and emotional self-regulation of addicted people.

**Keywords** Positive psychology; Dysfunctional attitudes; Emotional self-regulation; Addiction

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

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## EV0017

### Acceptance and commitment therapy and anxiety disorders: Clinical case

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Acceptance and commitment therapy (ACT) is a third-generation therapy that relates to human suffering as an inherent part of life in the human condition. Concerning personal values, ACT is focused on the acceptance of suffering, by doing away with the avoidance of things that cause us discomfort.

The goal of the therapy is to make a person's reactions to suffering more flexible, working with the role of the symptoms rather than with the eliminating the symptoms themselves.

This paper shows how the application of this therapy to a person with generalized anxiety disorder helps to reduce symptoms

such as uncontrollable worrying, lack of concentration and muscular tension that these patients often suffer. The modification of symptoms has been measured by a single case study, where the symptoms are assessed by questionnaires before and after the treatment's application. Diagnosis was made according to the Diagnostic and Statistical Manual of Mental Disorders' (DSM-IV) criteria. **Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV0018

### Patterns of dissociative (conversion) disorder cases in private psychiatric facility and the effectiveness of an indigene model of psychotherapy

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This is descriptive study was carried out on newly diagnosed dissociative (conversion) disorder patients admitted in private health care facility, Iftikhar Psychiatric Hospital Peshawar.

The studied was carried out from January 2012 to December 2012. Cases were diagnosed according to international classification of disease (ICD-10) diagnostic criteria. Subjects were selected through purposive sampling. A total of 139 patients were included in this study. Patterns of and disorder and demographic will be presented in presentation.

Due to sociocultural sensitivity of applying dialectical and CBT an indigenes model of psychotherapy was applied.

Stage 1: admission of conversion disorder cases for four days admission with informed consent, supportive psychotherapy, and brief psycho-education of attendants to avoid reinforcement of the patient's behavior. Parental single dose medication to break the cycle of fits.

Stage 2: it involves exploratory session with the patient and her/his family members focusing on what is the problem with the patient nature of stressors, and the family environment. Meanwhile, we involve the patient in the recreational and occupational therapy to avoid sick role and illness behavior.

Stage 3: psychotherapy session with the patient to give psycho-education and insight of her/his mental problem. Discussing different options, and facilitating the patient to come up with the best possible desirable option. Psychotherapy of the family members involved psycho-education about the patient's mental illness, its association with the prevailing stressors, and avoiding reinforcement. Responses have been 85% improvement in conversion disorder, 90% in sensory symptoms, 98% in motor symptoms, 95% in mixed symptoms.

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## EV0019

### The prevalence and risk factors of anxiety disorders in an Egyptian sample of school and students at the age of 12–18 years

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**Background** generalized anxiety disorder (GAD) are highly prevalent and impairing conditions among children and adolescent. There are some general population studies that have examined these conditions during the early life course.

The primary objectives of this study were to examine the prevalence, and socio-demographic factors related to GAD in

representative sample of Egyptian school students (prep, middle and secondary students), and the correlation between adolescence and socio psychological factors that lead to anxiety disorders in adolescents.

**Methods** The study included 1200 student (600 from rural area, and 600 from urban area), their age ranged from 12–18 years m we used GHQ (28 items with cut point 14), the anxiety scale and SCID I.

**Results** The positive clinical cases represent 20.6%, depression is the most prevalent 23.8%, anxiety was (6.69%), body dysmorphic disorder (15.2%), adjustment disorder (13.8%); GAD (9.2%); obsession (7.4%)

**Conclusions** Findings demonstrate the clinical significance socio demographic factors related to GAD among adolescent youth, and highlighting on the paternal relations.

**Disclosure of interest** The author has not supplied his declaration of competing interest.

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## EV0020

### Evaluation of psychological interview before prominent ear reconstruction: Three cases report

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Medical and mental health professionals have long been interested in understanding both the motivations for seeking a change in physical appearance as well as the psychological outcomes of cosmetic surgery. By time to time researchers began to incorporate standardized psychometric tests and psychiatric evaluation into their studies. Psychiatrists have studied the personality characteristics and psychological state of these patients with the hope of identifying patients who may be psychologically inappropriate for surgery or those who are likely to be dissatisfied with a technically successful surgical outcome. There were some degree of congruence in the factors that appeared to be associated with poor outcome, demographic factors like being male, younger age, psychological/psychiatric factors such as history of depression or anxiety, dysmorphophobia, personality disorder as narcissistic or borderline, previous surgical procedure with which the patient was dissatisfied and minimal deformity. As a cosmetic surgery, prominent ear deformity is the most common abnormality of the external ear. We have used both clinical interview and psychometric assessments in three cases who want to go surgery because of their prominent ear. Two of the cases have used cyanoacrylate adhesive to their postauricular skin for camouflage of their prominent ear deformity. We have evaluated the patients' psychiatric state with psychosocial viewpoint of the deformity.

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## EV0021

### A mixed approach: Posttraumatic obsessive compulsive disorder

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**Introduction** Several studies along the last two decades provide information indicating the relationship between posttraumatic stress disorder (PTSD) and obsessive compulsive disorder (OCD). The particular features described in patients who developed OCD symptoms closely after the onset of PTSD, may suggest the existence of a specific subtype of OCD more likely to be suffered after a traumatic event. The few studies focused on evaluating treatment efficacy for the association between OCD and PTSD seem to predict poor response to pharmacologic or behavioral cognitive (BCT) monotherapy.

**Objectives** Despite the evidence, most widely used guidelines propose the employment of either a psychotherapeutic or psychopharmacologic approach. We propose to combine intensive BCT and serotonin profile antidepressants in order to optimize PTSD-OCD subtype.

**Material and methods** We present two detailed case reports offering the results of combining intensive BCT and serotonin profile antidepressants as soon as the comorbid diagnosis for both disorders was established. These two patients were recruited from outpatient care centers.

**Results** Our limited experience supplied promising outcome results. Significant improvement regarding to functional impairment appeared from early stages of the treatment in both patients.

**Discussion** Despite logistic difficulties, an intensive and coordinated psychopharmacologic and psychotherapeutic approach might constitute another treatment choice which may be taken into account in those cases monotherapy fails to reduce PTSD-OCD subtype patients' impairment.

**Conclusions** A mixed treatment approach might be taken into account as a first line treatment in PTSD-OCD disorder.

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

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## EV0022

### Regression models for biopsychosocial factors affecting patients with haemoglobinopathies in a Greek hospital

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**Introduction** Sickle cell and thalassemia (haemoglobinopathies) are autosomal recessive inherited conditions that affect haemoglobin and as chronic diseases, stress, anxiety and depression are comorbid conditions.

**Objectives** To examine possible biopsychosocial factors affecting stress, anxiety and depression symptoms in these patients.

**Aims** To investigate whether different condition related markers, contribute to the psychological symptomatology.

**Methods** A total of 97 patients participated in the study, 21 males (21.6%) and 76 females (78.4%), with a mean age of 44.35. Convenience sampling method was used and participants were recruited from the General Hospital of Nikaia, 'Ag. Panteleimon', in Athens, Greece. DASS and MFI scales were used to measure the dependent and independent variables. Data were analysed with the SPSS 21 software.