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### Effectiveness of psychoeducational family intervention on coping strategies of relatives of patients with bipolar I disorder

M. Savorani\*, G. Borriello, V. Del Vecchio, G. Sampogna, C. De Rosa, C. Malangone, M. Luciano, B. Poci, V. Giallonardo, A. Fiorillo

University of Naples SUN, Psychiatry, Naples, Italy

\* Corresponding author.

**Background** Relatives' coping strategies – an essential element for the recovery of patients with severe mental disorders – are grouped in problem-oriented and emotion-focused. The former include practical strategies to deal with the stressful situation and are associated with a better long-term outcome of patients and relatives; the latter are psychologically driven and are associated with a worse outcome. It has been reported that psychoeducational family intervention (PFI) can improve problem-oriented coping strategies, while few data are available on relatives of patients with bipolar disorder.

**Objectives** To assess the impact of the PFI on promotion of problem-oriented coping strategies adopted by relatives of patients with bipolar I disorder.

**Methods** This study was conducted in 11 Italian mental health centers. Patients and their relatives were allocated to the experimental group receiving PFI or to the control group (waiting list). Before starting the intervention and at the end of the PFI, coping strategies were assessed using the family coping questionnaire.

**Results** Of the 139 recruited families, 72 families were allocated to the experimental group and 67 to the control group. Relatives from the experimental group reported a significant improvement in problem-oriented coping strategies, such as positive communication ( $P < .01$ ) and searching for information ( $P < .05$ ). On the other hand, a reduction in collusion ( $P < .0001$ ), avoidance ( $P < .01$ ) and resignation ( $P < .001$ ) were found at the end of the intervention.

**Conclusions** PFI is effective in promoting the coping strategies in relatives of patients with bipolar I disorder and it should be given routinely in mental health centers.

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

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### Oral communications: Classification of mental disorders; comorbidity/dual pathologies; psychopathology; psychopharmacology and pharmacoconomics and sleep disorders & stress

0027

### Integrating the findings from boundary sciences for development of the DSM/ICD classifications

I. Trofimova

McMaster University, Psychiatry and Behavioral Neurosciences, CILab, Hamilton, Canada

**Introduction** Temperament and mental illnesses are considered to be varying degrees along the same continuum of imbalance in the neurophysiological regulation of behavior. Mental disorders are linked to specific patterns in the relationships between neurotransmitters and between brain structures. Similar links were found for temperament traits. Development of DSM and ICD classifications

might benefit therefore from an integration between psychiatry, functional neurochemistry and differential psychology.

**Objectives** To describe the neurochemical systems underlying mental disorders and temperament traits in healthy adults.

**Methods** Findings in neurochemistry, neuropsychology, differential psychology and psychopathology are compared to the traits described in various temperament models. This analysis is summarized in the perspective of the neurochemical functional ensemble of temperament (FET) model.

**Results** Neurochemical correlates for 12 main dynamical aspects of behavior are presented as a systemic framework that follows a universal functional structure of human actions described in kinesiology, neuroanatomy, neurochemistry and clinical neuropsychology. The role of monoamine systems (serotonin, dopamine, noradrenalin), acetylcholine, GABA/glutamate, neuropeptide and opioid receptor systems are linked to regulation of specific dynamical properties of behavior in a systematic way. Several insights for the structure of the classification of mental disorders from the perspective of the FET model are proposed.

**Conclusions** An integration of research in neurochemistry and psychopathology of behavior with differential psychology based on healthy samples can bring new insights for future versions of DSM and ICD classifications of mental disorders. Such integration does not follow either dimensionality or categorical approach but instead is based on functional ecology of human behavior.

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0028

### Substance use disorder among admitted patients with bipolar disorder in a psychiatric service during a three-year period

M. Fernandes\*, S. Silva, D. Mota, A. Oliveira, J. Ribeiro, V. Santos, N. Madeira, C. Pissarra, Z. Santos

Centro Hospitalar e Universitário de Coimbra, Centro de Responsabilidade Integrada em Psiquiatria e Saúde Mental, Coimbra, Portugal

\* Corresponding author.

**Introduction** Bipolar disorder has the highest rates of comorbid substance use disorders. Approximately 60% of patients with bipolar I disorder have a lifetime diagnosis of a substance use disorder (SUD). Excluding tobacco, alcohol is the substance most often abused, followed by cannabis, amphetamines and cocaine.

**Objectives** Determine the prevalence and compare sociodemographic and clinical variables in patients with SUD comorbid diagnoses and patients without this comorbidity.

**Methods** Charts of all patients with a diagnosis of bipolar disorder admitted in the Coimbra Hospital and University Center over a three-year period (2013–2015) were reviewed to gather data on sociodemographic and clinical data.

**Results** During a three-year period, 189 patients were admitted with bipolar disorder, almost half of patients (47,6%) had a SUD comorbid diagnosis. Comorbidity of BD and SUD is characterized by a complicated course with multiple recurrences of bipolar episodes and increased hospitalizations. The risk of suicide attempt is significantly higher when associated with SUD. In addition, BD is associated with pervasive social, family, and employment dysfunction. Poor treatment adherence in this population is also a serious clinical challenge that significantly impacts treatment response and outcome. The authors will analyze all this variables in the population admitted.

**Conclusion** According to the most recent literature on SUD and BD, these two problems occur together so frequently that all patients with a bipolar diagnosis should also be assessed for drug and alcohol problems. BD complicated by SUD represents a seri-

ous public health problem and a major challenge to treatment providers.

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

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0029

### Clinical outcomes of the first 2 years of implementation of the integrated care pathway for concurrent major depressive disorder and alcohol use disorder

A.V. Samokhvalov<sup>1,\*</sup>, S. Awan<sup>2</sup>, B. Le Foll<sup>3</sup>, C. Probst<sup>4</sup>, P. Voore<sup>5</sup>, J. Rehm<sup>4</sup>

<sup>1</sup> Centre for Addiction and Mental Health, Institute for Mental Health Policy Research/Addiction Medicine Service, Toronto, Canada

<sup>2</sup> Centre for Addiction and Mental Health, Integrated Care Pathways Program, Toronto, Canada

<sup>3</sup> Centre for Addiction and Mental Health, Addiction Medicine Service, Toronto, Canada

<sup>4</sup> Centre for Addiction and Mental Health, Institute for Mental Health Policy Research, Toronto, Canada

<sup>5</sup> Centre for Addiction and Mental Health, Ambulatory Care and Structured Treatments, Toronto, Canada

\* Corresponding author.

**Background** Both major depressive disorder (MDD) and alcohol use disorder are highly prevalent, often comorbid and cause significant socioeconomic burden. At CAMH, we have developed and integrated care pathway (ICP) to treat these disorders and evaluated its effectiveness in comparison to treatment as usual (TAU).

**Methods** Chart review; descriptive statistics,  $\chi^2$  and  $t$ -tests, linear mixed effects models, Kaplan–Meier and log-rank analyses.

**Results** Overall, 81 patients were enrolled into ICP. Comparisons of treatment retention rates between ICP patients and matched historical controls ( $n=81$ ) showed significantly lower dropout rate in ICP cohort (18.5% vs. 69.1%,  $P<0.001$ , Fig. 1). The ICP patients demonstrated significant reduction in depressive symptoms severity (QIDS: 14.6 vs. 10.0,  $P<0.001$ ; BDI 26.3 vs. 16.2,  $P<0.001$ ), reduction in the amount of alcohol consumed weekly from 44.6 standard drinks at baseline to 12.6 ( $P<0.001$ ) by the end of treatment, which was significantly better compared to controls (56.9 vs. 25.2,  $P<0.001$ ),  $P=0.014$  (Fig. 2).

**Conclusions** The ICP is a feasible approach to treatment of concurrent AUD and MDD with significantly higher retention rates than TAU. Patients demonstrate improvements on several levels including depressive symptoms, and changes in alcohol drinking patterns.

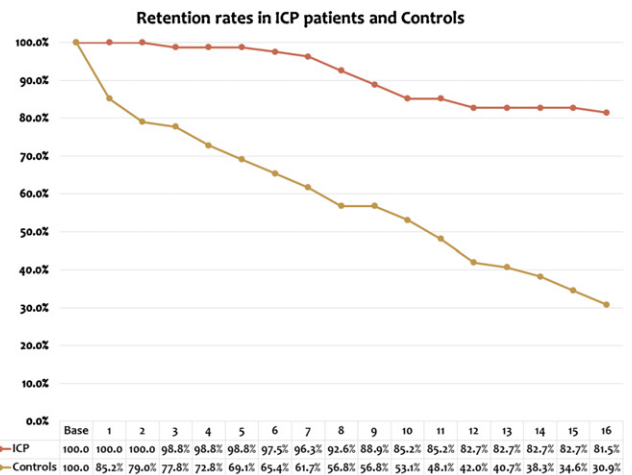


Fig. 1

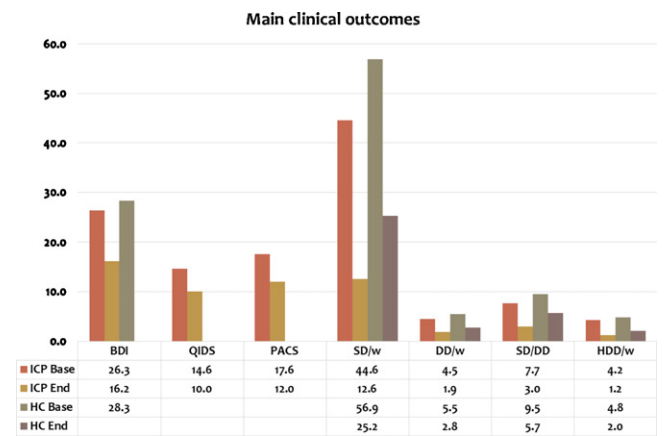


Fig. 2

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

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0030

### Party hard: Drug-related fatalities in Ibiza from 2010 to 2016

R. Santacrocce<sup>1,\*</sup>, C. Ruiz Bennasar<sup>2</sup>, J.R. Sancho Jaraiz<sup>2</sup>, C. Montemitro<sup>1</sup>, G. Baroni<sup>1</sup>, M. Corbo<sup>1</sup>, A. Pasquini<sup>1</sup>, F. Sarchione<sup>1</sup>, F. Angelini<sup>1</sup>, G. Catalano<sup>3</sup>, M.L. Carenti<sup>3</sup>, C. Di Taranto<sup>4</sup>, S. Tenuta<sup>4</sup>, U. Lecciso<sup>4</sup>, M. De Angelis<sup>4</sup>, A. Rondoni<sup>4</sup>, M. Di Giannantonio<sup>1</sup>, G. Martinotti<sup>1</sup>

<sup>1</sup> University "G.d'Annunzio", Department of Neuroscience- Imaging and Clinical Sciences, Chieti, Italy

<sup>2</sup> Instituto de Medicina Legal de Las Illes Balears, Subdirecció de Ibiza, Ibiza, Spain

<sup>3</sup> Libera Università Maria SS Assunta, Dipartimento di Scienze Umane, Rome, Italy

<sup>4</sup> Casa di Cura Villa Maria Pia, Servizio di Neuropsichiatria, Rome, Italy

\* Corresponding author.

**Introduction** Illicit drug use is well known as an important contributor to the global burden of diseases, but the physical and psychopathological risks of recreational drugs misuse are often underestimated and drug-related fatalities in specific settings are under-investigated.