

Thus touch therapy has a similar effect to physiotherapy in reducing the severity of pain, while touch therapy requires no special instruments or techniques.

### P378

Using our model of fairy-tale CBT (FCBT) at the psycho-social rehabilitation center

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The FCBT has been developed by us as a separate component of our Complementary Group Psychotherapy at the Psycho-social Rehabilitation Center in Tbilisi.

The structure of the FCBT model consists of: 1) preparatory talk; 2) reading of certain fairy-tales in group; 3) cognitive-behavioral analysis of the fairy-tale; 4) drawing a parallel between the content of the fairy-tale analysis and the group members' own experiences, problems, etc.

The cognitive-behavioral analysis of the fairy-tale implies: 1) cognitive analysis of the fairy-tale (what are: the main ideas of the fairy-tale, meanings of important elements of the fairy-tale, rational and irrational beliefs and views of the characters, peculiarities of the characters' thinking, etc.); 2) behavioral-situational analysis of the fairy-tale (how the character behaves in a concrete situation; what wishes, emotions and thoughts does the character have in a concrete situation; what are the causes, triggers and factors of the character's concrete behavior; what are the results of the character's behavior; how is it possible to change the concrete behavior of the character); 3) problem analysis of the fairy-tale (what problems and ways of their solution are presented in the fairy-tale; causes, sources and factors of the problems; scientific models of problem solving).

### P379

The influence of physical activities on happiness of female students of medical sciences of Isfahan university

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The aim of the present study was to examine and compare happiness in athletic and non-athletic women. 120 female university students (athletes and 60 non-athletes) were randomly assigned to two groups and Oxford happiness Inventory (reliability and validity have been shown in Iran) was used. The results showed that athletic women were in higher level at the five scales (mental health, self-esteem, efficiency, satisfaction and positive mood). Also, there was a significant difference between level of happiness in two groups

**Key words:** Self-Esteem, Satisfaction, Efficiency, Positive Mood, Health, Happiness, Athlete, Non-Athlete

### P380

The effectiveness of long-term and short-term psychodynamic psychotherapy on psychiatric symptoms - A randomized trial

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**Background and aims:** Insufficient evidence exists for a viable choice between long and short-term psychotherapy in the treatment of psychiatric disorders. This study compares the effectiveness of long-term and short-term psychodynamic psychotherapy in the treatment of mood and anxiety disorders.

**Methods:** The Helsinki Psychotherapy Study is a randomized clinical trial based on 229 psychiatric outpatients from the Helsinki area, with depressive or anxiety disorder. The patients were randomly assigned to either long-term or short-term psychodynamic psychotherapy. The patients were followed for 3 years from start of therapy. Primary outcome measures were depressive symptoms, measured by the self-report Beck Depression Inventory (BDI) and the observer-related Hamilton Depression Rating Scale (HDRS), and anxiety symptoms measured by the self-report Symptom Check List, Anxiety scale (SCL-90-Anx) and the observer-related Hamilton Anxiety Rating Scale (HARS).

**Results:** A statistically significant 49-64% reduction of symptoms was noted for the 4 outcome measures during the 3-year follow-up. Short-term psychodynamic psychotherapy was more effective than long-term psychodynamic psychotherapy during the first year of follow-up showing 15%-27% lower scores for the outcome measures. During the second year of follow-up no significant differences were found between the two psychotherapy groups. After 3 years of follow-up, long-term psychodynamic psychotherapy appeared to be more effective with 14%-37% lower scores of the outcome measures.

**Conclusions:** Short-term psychodynamic psychotherapy is more effective than long-term psychodynamic psychotherapy during its treatment period but in the long run long-term psychotherapy is more effective than short-term psychotherapy.

### P381

PTSD

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After the war events in 1999 all of us in Yugoslavia inherited PTSD: night mares constantly repeated, causing terrible traumatic experience, daily inserted thoughts about the events which are involuntary mixing in current thinking, as well as "flash-back" episodes as particularly dissociative state of mind during which a person behaves and feels as if he in the some traumatic situation. The purpose of this work is to implement the rapid-eye movement, behavioral technique, belongs to the kind of system desensitization during psychotherapy treatment PTSD and to diminishing or total lose of all three rare components. The testing was conducted during the war since 1st of May to 30th of June 1999 in Nis. 52 of 164 patients have had the PSPD characteristic (23 male and 141 female). The rapid - eye movement technique was used during psychotherapy. The number of the seances was 4-5 times a month, after which the nights mares and flash-back episodes permanently stopped. Also it was notified that the inserted thoughts were quite random. The drugs therapy was decreased from 30 to 5 mg of Diazepam or none. The "rapid - eye movement" is easy applicable and effective as specific therapeutically method for PTSD treatment especially during the first month after the trauma took place.

### P382

Experiences of using neurofeedback in clinical practice

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