

importance of social support variable for daily activities, albeit only in the control group. Curiously, the obtained results indicated that the stronger the support network perceived by these subjects, the lowest the ability to functional independence.

Conclusions: The findings suggest that a need exists for the development of social programs and policies aimed at maximizing the engagement of older adults in volunteer roles, independently of the type of volunteer work.

Poster Session II: Cognitive Psychotherapy

P0363

Motivational interviewing increases physical activity in depressed inpatients

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Background and Aims: Physical activity (PA) is recognized to be an efficient therapy for depression but few patients are practicing it.

This study investigates whether motivational interviewing stimulates hospitalized depressed patients to participate to PA therapeutic programs.

Methods: 70 depressed patients, hospitalized in a psychiatric unit were followed regarding their participation to indoor bike training sessions. The first 39 ones (controls = C) were informed that this training possibility was at their disposal without further comment. The 31 next ones (the participants = P) received one session per week of motivational interviewing. Frequency, time, and intensity of the indoor bike training were compared between groups. Demographical variables, BDI and STAI were recorded. There were no significant differences between groups regarding these variables. Participation frequency was recorded as the total number of sessions of physical training by each patient divided by the number of his hospitalization days.

Results: The frequency of participation to AP for the P group is 0.45 participations per day [SD=0.14] versus 0.16 for the C group [SD=0.14] ($p < 0.0001$). The mean energy spent at each participation is equivalent in both groups, 41.9 Kcal [SD=21.8] for the P group versus 44.2 Kcal [SD=32.7] for the C group.

Conclusions: Motivational interviewing is able to raise significantly the frequency of participation to physical activity programs in depressed inpatients.

P0364

CBT treatment of depression-case study

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Introduction: CBT is proved to be very efficient in treatment of depression with or without pharmacotherapy. In this paper case study of a patient with clinical manifested severe depressive episode will be presented. This patient was treated only with CBT without pharmacotherapy.

Aim: Is to demonstrate efficiency of CBT in treatment of depression based on case study.

History of the problem: Patient J., 41 years old female was referred for CBT treatment on recommendation of a friend. When she started treatment she was diagnosed as Severe Depressive episode without psychotic symptoms. Before she was referred for CBT treatment, her symptoms lasted about 4 months and she was treated with pharmacotherapy without improvement. On initial assessment she showed high scores on BDI (33) and BAI (21) scales.

She was complaining on depressive mood, anhedonia, loss of interest, social isolation and frequent anger outbursts.

Discussion: CBT treatment for this patient lasted 14 sessions. CBT techniques used were: behavior activation, self monitoring of activities and level of achieved satisfaction, cognitive restructuring and problem solving. Patient was motivated to accept her part of work according CBT principles. Rapid improvement of her condition that patient subjectively recognized contributed to final therapy outcome. Objectively on BDI her depressiveness had tendency to decrease from BDI 33 on BDI 7 and level of her anxiety decreased from BAI 21 on BAI 5. General functioning of the patient significantly increased.

Conclusion: This case study suggests that CBT can be effective in the treatment of depression without applied pharmacotherapy.

P0365

An open clinical trial of cognitive therapy in Chinese adolescents with anxiety disorder

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Background and Aims: Anxiety disorder in adolescents is a common mental disorder seen in the clinics. It can impair the psychosocial wellbeing of adolescents, influence their academic achievement and increase the family burden. Now cognitive-behavior therapy (CBT) may be the best provided psychotherapy for the treatment of it with a comparable effect with pharmacological treatment. And evidence based medicine had recommended the combining usage of the two treatments.

Purpose: The aim of the present study was to examine the effectiveness of manual-guided cognitive-behaviour therapy (CBT) for adolescents with anxiety disorder.

Methods: With the help of foreign manual and consideration of characteristics of Chinese anxiety disorder adolescents, a treatment manual for the treatment of adolescent anxiety disorder in China is established. Clinical control test is formed to test the effect of manual. A cases analyze of the adolescent patients who received the CBT treatment.

Results: A multimodal and several stage treatment manual for the treatment of Chinese anxious adolescents is established with objectives as oriented. 63.7% of the adolescent anxiety disorder patients who received the CBT treatment is recovered. Analyze of patients who receive CBT result three models of requirements.

Conclusions: The treatment manual in this research is fitted with the characteristics of the adolescent anxiety disorder in China, and it is proved useful in the clinical work. In the CBT treatment of adolescent anxiety disorder, the patients can be classified to three requirement models which should be treated with different focus.