

in terms of age distribution. On average the depressive episode lasted for 9.0 months (SD 11.5, median 6.0) with no difference between the two groups. The mean EEG seizure time was significantly shorter in the propofol group (28.1 sec; 95%-CI: 23.8-32.4) than in the thiopental group (38.3 sec.; 95%-CI: 34.3-38.3). The mean EMG seizure activity was also shorter in the propofol group (12.0 sec.; 95%-CI: 8.0-15.0) compared with the thiopental group (21.5 sec.; 95%-CI: 18.3-24.8). The ECT series was interrupted due to cognitive side-effects in 20 cases. The majority of these cases (n=17) concerned the thiopental group, compared to 3 cases in the propofol group.

**Conclusions:** Propofol narcosis in ECT was associated with worse seizure parameters, whereas thiopental narcosis was associated with increased risk of cognitive side-effects.

**Disclosure:** No significant relationships.

**Keywords:** ect narcosis; thiopental; Electroconvulsive therapy; propofol

## EPV0550

### Electroconvulsive therapy as life-saving in an acute catatonic syndrome associated with bipolar disorder: A case report

R. Almeida Leite, A. Costa\*, J. Borges, J. Alcaface and A. Mesquita  
Psychiatry And Mental Health, Baixo Vouga Hospital Centre, Aveiro, Portugal

\*Corresponding author.

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**Introduction:** Catatonia is a neuropsychiatric syndrome characterized by an onset of a dysfunction in psychomotor activity and/or muscle tone, which may be associated with changes in consciousness, affect, and thinking. It is characterized by negativism, wax flexibility, catalepsy, mutism echolalia, ecopraxia, or stupor. It was first described in 1874 by Kahlbaum, who characterized it as specific motor disorder associated with different psychiatric disorders. Kraepelin and Bleuler restricted catatonia to a specific subtype of schizophrenia. However, the association between catatonia and other disorders, notably mood disorders, has been reinstated, including Bipolar Disorder. Its etiology is multiple and there are two severe forms: Neuroleptic Malignant Syndrome (NMS) and Malignant Catatonia (MC). These are syndromes that present high mortality, and the health professional should be aware of its etiology, signs, symptoms, evaluation and treatment.

**Objectives:** The aim of this work is to present a clinical case of MC, who was sustained by literature included on scientific platforms.

**Methods:** Case report

**Results:** It is essential to recognize the different clinical presentations of catatonia, taking into account that these are psychiatric alterations in which urgent intervention is justified. In the presented case, the use of antipsychotic medication has worsened the motor function and its suspension, associated with the introduction of lorazepam, resulted in a slight improvement. The electroconvulsive therapy was the last resort, fully succeeded.

**Conclusions:** The relationship between SMN and Catatonia/MC remains nuclear from a psychopathological and pathophysiological point of view. Nevertheless, there is general agreement that catatonia represents a very significant risk factor for NMS.

**Disclosure:** No significant relationships.

**Keywords:** Catatonia; Electroconvulsive therapy; bipolar disorder; neuroleptic malignant syndrome

## Psychotherapy

### EPV0552

#### Efficacy of dialectical behavioral therapy DBT for couples with emotional dysregulation

A. Rady\*, A. Abdelkareem, T. Mouloukheya and N. Elkholy  
Psychiatry, Alexandria University School of Medicine, Alexandria, Egypt

\*Corresponding author.

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**Introduction:** Couple therapy continues to gain in stature as a vital component of mental health services. The linkage of relationship distress to disruption of individual emotional and physical well-being emphasizes the importance of improving and extending empirically based strategies for treating couple distress

**Objectives:** To evaluate the efficacy of dialectical behavior therapy “DBT” in outpatients couples with emotional dysregulation

**Methods:** Twenty couples presented with marital distress and at least one of them suffers from emotional dysregulation assigned at their convenience or according to immediate availability of treatment slot to a couple DBT group. Arabic version of DERS was used for assessment of emotional dysregulation before and after intervention. Dyadic Adjustment Scale was used for assessment of marital adjustment

**Results:** Both male and female partners showed significant improvement in marital adjustment and emotional regulation. Female partner showed significant higher change amplitude in both scales. Female partners showed significant improvement in all DERS subscales except for (GOALS) subscale (significant decrease), while male partners showed significant improvement in (IMPULSE), (AWARENESS), (STRATEGIES) and (CLARITY) subscales

**Conclusions:** Dialectical behavioral therapy for couples is an effective approach to couples with emotional dysregulation in one or both partners

**Disclosure:** No significant relationships.

**Keywords:** DERS scale; Dialectical behavioral therapy DBT; couple therapy; emotional dysregulation

### EPV0554

#### Approach to early grief: Report of two cases

A. Sotillos Gómez<sup>1</sup>, P. Marco Coscujuela<sup>1\*</sup> and A. Hernández Mata<sup>2</sup>

<sup>1</sup>Psychiatry, Hospital Universitario de Getafe, Getafe, Spain and

<sup>2</sup>Psiquiatría, Hospital Universitario de Getafe, Getafe, Spain

\*Corresponding author.

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**Introduction:** Early grief is a concept about which there is little literature. This generates difficulties in order to perform a differential diagnosis, as it poses complications to determine if the