

## EW0396

### Confirmatory factor analysis of the postpartum depression screening scale-21 in a sample of Portuguese women

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**Introduction** The postpartum depression screening scale (PDSS; Beck & Gable, 2002) is a widely used measure to assess women's depressive symptoms after their children's birth. Pereira et al. adapted, validated and developed a short-version of PDSS for Portuguese women (PDSS-21).

**Objective** To examine the factor structure of the PDSS-21, using confirmatory factor analysis (CFA) in a sample of Portuguese women in the postpartum period.

**Methods** The sample was composed of 208 women (mean age = 32.72; SD = 4.49) who completed the PDSS-21 approximately at the 6th week postpartum. CFA was used to test the model suggested by prior exploratory factor analyses of PDSS-21. AMOS software was used.

**Results** After two items were deleted and some errors were correlated, CFA indicated a good fit for the second-order factor ( $\chi^2/df=1.793$ ; CFI=0.957; GFI=0.889, rmsea=0.062;  $P$  [rmsea  $\leq$  0.05] < 0.056). The 19-item PDSS showed excellent internal consistency ( $\alpha=0.92$ ) and the four dimensions presented Cronbach's alphas ranging between good ( $\alpha=0.83$ ) and excellent ( $\alpha=0.93$ ).

**Conclusions** These findings suggest that the 19-item PDSS obtained through CFA is a reliable and valid measure to assess depressive symptoms among women in the postpartum period.

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

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## EW0397

### The paradoxical effect of two different emotion regulation processes in the association between shame and depression

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Experiential avoidance, considered a main process of psychological inflexibility, has been defined as the unwillingness to be in contact with particular unwanted inner experiences and the effort to control or avoid its form, frequency and the context in which they occur. On the other hand, decentering, conceptualized as the ability to deal with feelings, thoughts and emotions as subjective and ephemeral events, which occur in the mind, is considered an important protective process against psychopathology. The present study aimed to explore the moderator effect of two different emotional regulation processes, decentering and experiential avoidance, on the association between external shame and depression. The sample comprised 421 participants (131 males and 290 females), aged between 18 and 34-year-old. Results from two independent path analysis revealed that decentering abilities and experiential avoidance showed a significant moderator effect on the association between external shame and symptoms of depression. In fact, these findings allow to verify that decentering abilities were negatively linked to symptoms of depression. Through a path analysis,

the buffer effect of decentering was confirmed. On the contrary, performed tests demonstrated that experiential avoidance exacerbates shame's impact on the severity of depressive symptoms. Taken together, these findings emphasize the importance of targeting maladaptive emotion regulation processes (such as experiential avoidance), and developing adaptive strategies (e.g., decentering abilities), as strategies to diminish depressive symptomatology in prevention and intervention programs.

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## EW0398

### Shame and depression: The roles of self-reassurance and social safeness

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Self-reassurance and social safeness are both positive factors linked with a lighter experience of shame and depression symptoms. Self-reassurance is defined as an adaptive emotion regulation process, and social safeness as an emotion experience related to feelings of being safe around others, accepted by others, and connected to one's social world. Nevertheless, data about how self-reassurance and social safeness and pleasure operate in the association between external shame and depression is still scarce. A path model which hypothesised that self-reassurance and social safeness and pleasure may act as mediators on the association between shame and depressive symptomatology was tested. This study's sample consisted of adult men ( $n=54$ ) and women ( $n=125$ ), from the Portuguese general population. Results indicated that self-reassurance and social safeness act as mediators in the relationship between shame and depression symptoms. Specifically, a higher report of shame seems to explain higher levels of depressive symptomatology, via lower tendency for self-reassurance and poorer experience of social safeness. The tested model explained 45% of the variance of depressive symptomatology and was revealed to be invariant between men and women. This study's results underline the profound impact of the experience of comfort within secure and warm social relationships, but mostly the importance of self-soothing and self-compassion abilities which associate with greater social functioning. Moreover, in practical terms, these findings reinforce the pertinence of cultivating self-compassion, which has proven to be particularly relevant when intervening with high levels of shame, and in the prevention of depression.

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## EW0399

### Cognitive function before and after electroconvulsive therapy in patients with major depression

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**Background** Despite its high effectiveness, electroconvulsive therapy (ECT) is not a widely used method to treat depression. One of the reasons for this could be the fear of cognitive side effects. The aim of this study was to investigate effects of ECT on cognitive function.