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25th European Congress of Psychiatry e-Poster Walk Part 1

e-Poster walk: Anxiety disorders and somatoform disorders

EW0001

Fear crush: Effect of an interventional program for elementary school children with performance anxiety

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The prevalence of mental disorders in Portugal is 23%. Of these, anxiety disorders are most prevalent. Given these data, the development and implementation of remediate programs in general takes urgent character, especially in the younger population, where it is estimated that one in every five children suffer from some mental disorder. Given the lack of intervention programs in performance anxiety, we propose the development and implementation of a group program for elementary school children, targeting both the improvement and possible recovery of this condition as a means of reducing school failure in these children. In this program the following aspects will be addressed: the study and regulation of emotions; perceptions of self-efficacy; and therapeutic strategies based on third generation of cognitive behavior therapy—acceptance and commitment therapy. As a non-randomized controlled study, this project involves the development, implementation and validation of the intervention program. To this end, an assessment protocol will be administered to both control and experimental groups. This latter protocol will be administered at three different times: before and after implementation of the program and as a follow-up evaluation 6 months later. This program aims to promote emotional regulation in children with performance anxiety and, concurrently, to improve chances for their possible recovery as well as the reduction of significant school failure rates among Azorean children. The implementation

of this therapeutic group intervention program with elementary school children may also prevent later interventions in other health and educational settings.

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EW0002

Psychological interventions for psychogenic non-epileptic seizures: A meta-analysis

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Introduction and objective Psychological interventions for psychogenic non-epileptic seizures (PNES) show promising results. The aim of this meta-analysis is to evaluate and synthesize the available evidence from the previous 20 years regarding the utility of psychological interventions in the management of PNES.

Method Studies were retrieved from MEDLINE via OvidSP and PsychINFO. Selection criteria included controlled and before-after non-controlled studies including case series, using seizure frequency as an outcome measurement. Studies were required to assess one or more types of psychological intervention for the treatment of PNES in adults. Data from 13 eligible studies was pooled to examine the effectiveness of psychological interventions in treating PNES on two primary outcomes: seizure reduction of $\geq 50\%$ and seizure freedom. A meta-analysis was conducted with data extracted from 228 participants with PNES.

Results Interventions reviewed in the analysis included CBT, psychodynamic therapy, paradoxical intention therapy, mindfulness, psychoeducation and eclectic interventions. Meta-analysis synthesized data from 13 studies with a total of 228 participants with PNES, of varied gender and age. Results showed 82% of people with PNES who complete psychotherapy experience a reduction in seizures of $\geq 50\%$. Additional meta-analysis synthesized data from 10 studies with a total of 137 participants with PNES. This analysis found 47% of people with PNES are seizure free upon completion of a psychological intervention.

Conclusion The studies identified were diverse in nature and quality. Findings highlight the potential for psychological interventions as a favorable alternative to the current lack of treatment options offered to people with PNES.

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