

**Methods:** In this investigation, 30 persons from patients with chronic tension headache complaint in Ardebil hospitals were selected randomly. These 30 patients were appointed in two tests group and one control group. The patients in first and second group received and pharmacotherapy respectively. The third groups testable were taken for control group and received no intervention. Indices of headache were been evaluated in 3 stages with using of headache diary tool for all of testable, collected Data were analyzed with inferential statistical methods and LSD pair corporations.

**Findings:** Obtained data from ANOVA methods, showed that both two studied methods are effective in treatment of chronic tension headache, but comparison between two groups showed that the groups have received have significant differences with group received pharmacotherapy, for purpose of efficacy rate on duration of headache symptom. In other indices of headache there is no significant difference between these two groups.

**Conclusion:** This study showed that efficacy rate of stress inoculation training is more than efficacy rate of pharmacotherapy in treatment of tension headache

**Keywords:** tension headache, Drug-therapy, SIT.

### P0374

Psychotherapy and social counseling for young mothers for 0-3 year old child development, growth and care

L. Stoica. *Alba Iulia University, Alba Iulia, Romania*

My paper work approaches the relationship between young mothers from the ages of 14 to 25 years old and their children. It addresses the concerns of the child's development, growth and care starting from the point of pregnancy to the age of three to prevent the child's abandonment. The psychotherapy and social counseling for the mothers includes the risk factors that influence the child from the time of pregnancy up until the age of three, this segment of childhood being the subject of our study. I have also described modes of preventive care for the appropriate growth and development of the child during the respective time period.

I began from the hypothesis that mothers are minor with no incomes or less money, homeless or not, who don't habitat with their parents, no matter their residence, with personality disorders, with or without relating problems and unable to respond to the needs of the children, by neglecting and maltreating them.

### P0375

Art therapy may reduce schizophrenic psychopathology by strengthening the patient's sense of self

H.S. Teglbjaerg. *Centre of Psychiatric Research, University Hospital in Risskov, Aarhus, Denmark*

**Background and Aims:** Dealing with art requires an active sensual involvement and, furthermore, art creates form and meaning. Research in phenomenological psychopathology finds, that schizophrenic psychopathology develops from a destruction of the patient's very primary sense of self (ipseity) leading to a breakdown of meaning. Art therapy may therefore be useful in the treatment of schizophrenia.

Art therapy research is very sparse and inconclusive although it is used rather extensively in psychiatry. The lack of a common theory

and practice within this field may be an obstacle for further investigation.

This study describes a phenomenological based art therapy and presents a qualitative analysis of possible connections between the art making and the psychopathology.

**Methods:** Two groups of five patients received art therapy during one year. The logbooks, pictures, interviews and evaluations were used for a narrative description and a hermeneutic, phenomenological analysis.

**Results:** All patients found the art therapy helpful. Common trends were that the patients obtained a more clear sense of who they were or that they accepted themselves and their illness better. In addition, the paranoid patients experienced a subjective reduction of anxiety while painting. These effects seem to be connected to the active and sensing interaction with the art material and the creation of meaning in the paintings.

**Conclusions:** The study shows that art making may affect psychopathology. A possible connection between art and psychopathology was established via phenomenological psychopathology and the philosophical concept of primary sense of self.

### P0376

Comprehensive approach to psychotherapy in families of post-stroke patients

E.M. Yankovskaya. *Psychotherapy Department, Saint-Petersburg Medical Academy of Postgraduate Studies of The RF Ministry of Public Health, Saint-Petersburg, Russia*

Cerebral stroke is the most prevalent CNS affection. The number of patients suffering from it has substantially grown for the recent years, and there is an evident trend towards strokes "getting younger."

Taking into account the aforesaid, it seems impossible to adhere to any single method or approach (dynamic, cognitive and behavioral as well as rational, etc.). The goal of the comprehensive psychotherapy approach distinguished by a combination of individual and familial activities is to solve the problems related to complete recovery of the functions that the patients and members of their families lost.

As many as 100 families of post-stroke patients took part in the study. The control group consisted of 50 families that did not participate in the psychotherapeutic process.

Several techniques were used during the psychological research including the Family Environment Scale (FES), Color Test of Attitudes (A.M. Etkind), Personal Questionnaire (Gissensky), E. Heim's coping behavior study techniques. The same tests were applied after the psychotherapy to assess the psychotherapy efficiency. The "motional activity test" (TDA), "self-service test" (TS) and "rehabilitation level test" (TUR) were used to evaluate clinical and social results of the rehabilitation both in the group of patients with family consultations and in the control group.

**Conclusion:** application of the comprehensive approach to psychotherapy distinguished by a combination of individual and familial activities at the early regenerative stage for post-stroke patients allows reducing the rehabilitation period and extending opportunities for patients' adequate functioning in the social environment in general and in family, in particular.