

Introduction Solution-focused brief therapy (SFBT) is a strength-based and a social constructivist approach that assumes that individuals have the ability to develop creative solutions that enhance their lives to develop a new self, modify worldviews, and implement behaviour changes.

Objectives To develop a quantitative research to determine which clinical variables and process variables are measured using the technique of judges and determine its statistical association with the outcome at termination of therapy and follow-up, using the videos of SFBT psychotherapy sessions, and a follow-up call.

Aims To identify variables associated with outcome at termination and follow-up and to evaluate the success applying SFBT.

Methods Sample was composed by 74 cases.

Criteria of inclusion A telephone number available to make the follow follow-up call and at least 6 months since termination (6 months to 39 months, mean 15.6 months). Three questionnaire were used, The First-Session Rating Questionnaire, The Last-Session Rating Questionnaire and The Follow-up Questionnaire.

Results Goals were reached 88% of the cases, patients said that complaint was totally resolved were 17% and 26% when the dropouts were excluded, and that complaint was partially resolved were 76% and 65% when the dropouts were excluded. According to the judges, the successful at termination was the 86%, and the successful at follow-up was 67% according to the Follow-Up Questionnaire. No variables were statistically associated to the successful at termination or the follow-up.

Conclusions SFBT reaches the “minimum efficacy permitted” according to the general consensus of experts. Clinical of process variables was not associated to success.

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

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EW463

Cognitive analytic therapy: A bibliometric review

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Introduction Cognitive Analytic Therapy (CAT) has emerged as an integrative new approach with promising results in the treatment of personality-disordered patients, particularly in borderline personality disorder. Although this approach has already demonstrated its effectiveness in adults, increasingly studies try to validate it in young population, which has meant a turning point in research.

Aim and objectives The goal of this study is to know the whole production about CAT in a double way:

–articles that describes the main theoretical concepts underlying CAT theory;

–articles with evidence supporting its effectiveness in different mental disorders.

Methods A bibliometric review of 397 scientific articles extracted from research databases including Dialnet, EBSCO, PUBMED, Unika and Scholar Google was conducted.

Results The results indicate an exponential growth in published studies on CAT, from first publications in the late 1960s, particularly strong in the last two decades and reaching its peak in 2008. Total research includes 247 literature reviews, 109 clinical studies, 47 case studies, 17 letters and comments from authors, 4 studies on diagnostic tests and 1 meta-analysis. Most research has focused on borderline personality disorder or other personality disorders (35% and 12% respectively) and eating disorders (11%). Studies have been conducted with adults (49%) the same as children and adoles-

cents (46%) whereas only the 4% has been developed for elderly population.

Conclusions Cognitive analytic therapy represents a well-documented psychotherapy with a proven efficacy in a wide range of clinical contexts.

Keywords “Cognitive analytic”; “Cognitive analytic therapy”

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Effect of an acceptance and commitment group therapy in the treatment of panic disorder and agoraphobia. A preliminary study

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Introduction Acceptance and commitment therapy for the treatment of panic disorder and agoraphobia has been a big boost in last years, and there are preliminary studies about its efficacy. However, most studies have used individual interventions.

Objectives Evaluate the effect of an acceptance and commitment group therapy in patients with panic disorder and agoraphobia.

Methods The sample consisted of 24 patients, aged between 18 and 55 years old, who were referred to groups by psychologists and psychiatrists of Mental Health Center. The intervention in each group consisted of 12 treatment sessions of 1 h 30 m duration, weekly. One pretest and posttest evaluation was conducted. The variables studied were: severity of panic disorder (Panic Disorder Severity Scale [PDSS]), fear of physical sensations (Body Sensations Questionnaire [BSQ]), frequency of catastrophic thoughts (Agoraphobic Cognitions Questionnaire [ACQ]) and level of experiential avoidance (Acceptance and Action Questionnaire-II [AAQ-II]).

Results The mean scores for all variables studied decreased in the post-evaluation. Means in post-evaluation were significantly lower (*t* Student, $\alpha=0.10$) in three of the four variables studied: severity of the condition ($P=0.001$), frequency of catastrophic thoughts ($P=0.038$) and level experiential avoidance ($P=0.073$). In other words, patients had fewer panic attacks after treatment, and those who had were less intense, they had less catastrophic thoughts about consequences of anxiety, and they were better to accept their feelings and thoughts.

Conclusions Although it is necessary to continue the study with a larger sample, these preliminary results support the use of ACT in group format in the treatment of panic disorder and agoraphobia.

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Shifting focus approach: An alternative to classical CBT therapy for relapse prevention among opioid detoxified patients

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