

statistical differences reported as well as in the overall life quality level as in its compound factors for both groups. The same result applies for the gender differences.

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#### EV1168

### Quality of life at work and motivation for research activities for residents of general practice in two different surgical departments in Greece

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**Introduction** Quality of life at work has very much to do with educational efforts during medical residence years. Constant changes of work environment for general practice residents, is a strong reason for high levels of stress at work.

**Objectives** Our study is to present the general rules of work for general practice residents in surgical departments in Greece and the quality of their lives and career motivation.

**Methods** We use information coming from two hospitals, a large city hospital which covers a population of 780.000 of citizens during all-night duties, and a provincial hospital, which covers a population of 50.000 citizens.

**Results** In both workplaces, general practice residents spend much of their education time in the emergencies department or the outpatient clinics of surgery. Stress is more intense in the large hospital, based on the number of patients examined per day and the frustration they receive at work. However, the heavy duty to accompany a patient for a transfer to other hospital is much more often in province, and then the stress is much more intense and lasting. Frustration is also often in the urban hospital where the residents of various specialties are more experienced and have more confidence due to their departments expertise. Satisfaction at work varies according to the personality of every doctor.

**Conclusions** Opportunities for scientific development through participation in scientific meetings was stronger in the provincial Hospital due to a good team of strongly motivated researchers that happened to be there and better work environment.

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#### EV1169

### First episode psychosis service (EPS): Evaluation of implementation in a rural Australian setting

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**Introduction** Recent decades, has seen an increasing focus on developing specific early or first episode psychosis services, in various parts of the world. There has been a growing awareness of the emotional impact of psychosis like trauma at onset, suicide and loss of social network. There is also a co relational link between the duration of untreated psychosis (DUP) and outcomes. The first

2–3 years following first episode onset have been argued to be a critical period for treatment.

**Method** Our study was an evaluation of an early psychosis service (EPS) in a rural Australian MHS 'experiencing' or 'at risk' of experiencing first episode psychosis. The guidelines were based on the Australian clinical guidelines for early psychosis (1998). The audit tool used was a checklist based on 10 treatment guidelines developed by the EPS special interest group evaluation sub-committee.

**Results** The overall results show that 7 out of the 10 treatment guidelines were well adhered throughout the implementation process. Guidelines strongly adhered to were numbers 2, 3, 5, 6, 7, 8, and 10, whereas guidelines 1, 4, and 9 were poorly adhered to.

**Discussion** The implementation process was found to be generally effective. The factors that influenced the effectiveness will be discussed in the poster.

**Conclusion** There were a number of trends when we looked at the overall results which included aspects of the guidelines that were done well and aspects that needed improvement which will be further discussed in the poster.

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## e-Poster viewing: Rehabilitation and psycho-education

#### EV1170

### Development of an interview schedule for assessing factors influencing educational outcome in students with schizophrenia

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**Introduction** Schizophrenia is a severe mental disorder with a relatively high toll on the quality of life of the patient and caregiver. It has a high financial, emotional and psychosocial burden. Surprisingly, optimum academic and educational outcomes in individuals with schizophrenia have been a neglected area of research and service provision.

**Objectives** Development of an interview schedule assessing the helpful and hindering factors affecting the educational attainment in persons with schizophrenia.

**Methods** Twenty-one participant were recruited (11 patients and 10 caregivers) from August 2014 to 2015 using purposive sampling and interviewed in a semi-structured qualitative fashion. Patients were between 16–25 years of age. Data collection and interpretation continued iteratively till saturation of factors was achieved. The list of factors (hindering/helping) was compiled and sent to a panel of 14 experts. They rated the schedule and the individual factors on a Likert scale. Reliability and validity parameters were tested and the final schedule was formulated.

**Results** The final schedule contained 17 hindering and 18 helping factors. Detailed instructions to the interviewer for administration of the schedule are included. The factors have been further subdivided into illness related and illness unrelated. Some of the major hindering factors were symptoms of illness, medication side effects, delay in treatment initiation, perceived conflict in parents, lack of motivation. The major helpful factors were adequate symptom control, withholding inpatient care, spirituality, and peer group acceptance.

**Conclusions** Service provisions for ensuring optimal educational achievement can be formulated by assessing the felt needs and hindrances of patients and their caregivers.

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

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#### EV1171

### Applicability and feasibility of the Italian version of the cognitive remediation program circuits: A pilot study

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**Introduction** Cognitive deficits are considered central and persistent features of schizophrenia and have a significant impact on outcome and quality of life. The computerized interactive remediation of cognition (CIRCuiTS) is a new computerized cognitive remediation program aimed at improving different cognitive domains in patients with schizophrenia. In particular, the program was designed to mainly rehabilitate executive functions, attention and memory by training each cognitive function through several exercises and by improving metacognition.

**Objectives** In the present study, CIRCuiTS was translated and adapted into Italian. The applicability and feasibility of the Italian version was evaluated. Moreover, preliminary data on the effectiveness of the program were investigated.

**Methods** Four patients with a diagnosis of schizophrenia were recruited for the study. We investigated the changes in neurocognition, psychopathology, self-esteem and functional outcome at the end of the remediation program. The level of satisfaction of operators and participants was evaluated by means of the client satisfaction questionnaire (CSQ).

For each patient, the entire program took place through 2 weekly sessions of 50 minutes for a total duration of 40 sessions.

**Results** CIRCuiTS produced an improvement in all domains of neurocognition, disorganization, self-esteem and real-life functioning in the areas “self-care” and “interpersonal relationships”. Moreover, high levels of satisfaction were shown by CSQ for both, operators and participants.

**Conclusion** The Italian version of CIRCuiTS demonstrates high levels of acceptability and feasibility for both, patients and clinicians. Additionally, preliminary data suggest that the use of CIRCuiTS provides an improvement on several aspects of the disease.

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

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#### EV1172

### Coping skills training intervention on the quality of life of psychiatric patient’s caregivers: A randomized controlled study

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**Introduction** The caregivers of the psychic patients experience decreased quality of life (QOL).

**Aims** The aim of this study is the determination of the effect of coping skills training on improved quality of life of these caregivers compared to traditional treatments.

**Methods** The samples consisted of 82 caregivers of psychiatric patients who were admitted in the educational hospital of Tehran for the first time from 2015 to 2016. The caregivers were randomly divided into two groups including Interventional group ( $n=41$ ) who received an educational booklet in addition to coping skills training, and control group ( $n=41$ ) who received usual care. A two-group randomized controlled trial was conducted, including WHOQOL-BREF questionnaire used to collect the data before and after 90 days.

**Results** The results demonstrated that there were significant changes in the quality of life of family after training ( $P=0.05$ ). But this change was not seen in the control group. The comparison of the two groups after intervention indicated, that the scores of the intervention group were higher than the control group in all dimensions. But these scores were significantly different in the psychological health and the environmental health.

**Conclusions** To educate the coping skills interventions can have a positive effect on the quality of life of caregivers than usual care.

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

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#### EV1173

### The effects of animal-assisted therapy on happiness of chronic psychiatric patients in a nursing home in Tehran: A randomized controlled study

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**Background** Psychiatric patients who live in nursing homes may often feel a loss of autonomy, decision-making, and participation in social activities. They usually had little or no visitors and also they do not have any purpose for living. Pets may decrease this problem and improve their happiness.

**Objectives** The aim of this study is to evaluate the effects of animal-assisted therapy (AAT) on happiness of chronic psychiatric patients in nursing home.

**Method** The study design was a randomized controlled trial (RCT) with pre and post-test. Seventy males with chronic mental health disorder who were patients of the nursing homes were randomly divided into a pet therapy intervention group and control group. Patients in the experimental group received pet-therapy with bird as 6 weeks therapy comprising 6 sessions per week. All patients were evaluated by the Oxford happiness questionnaire before and after 6 weeks.

**Results** Analysis of covariance (ANCOVA) was conducted and pretest was considered as a covariate variable. The result demonstrated that the patients in the experimental group had significantly increased ( $P<0.001$ ) happiness in posttest scores.

**Conclusion** It is important to consider ways of enhancing happiness in psychiatric patients who live in the nursing homes. Also, it is appearing that AAT can be helpful for them.

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