

and what is just legend about Fischer. Our goal is promote chess, and also honour the great Fischer. Moreover, we wanted to explore the scientific literature published about the benefits of playing chess, especially in childhood.

Methods We made an exhaustive review of the author's life, and also testimonies of people who knew him. Moreover, we found some articles that review the relationship between chess and IQ trying to confirm or debunk some myths about this legendary game.

Results It was incomprehensible to everyone that the top of the career of Bobby Fischer at the same time meant an abrupt and complete fall. One possible explanation for this attitude would be a mentally unbalance not specified disorder throughout his lifespan.

Conclusions Not all geniuses are crazy, neither all crazy are geniuses. A genius is a person with extraordinary capabilities, that focused on a topic, has the ability to enlighten new ways to explain this complex world, whether it is to create a symphony, paint masterpiece or the next move on the chessboard.

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EV1404

Evidence-based mindfulness

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Introduction Mindfulness is a form of meditation that cultivates present moment awareness in a non-judging way. It has a Buddhist origin but has been practiced in the last 40 years without relation to any religious belief. It has been proposed as a treatment for a variety of ailments.

Objectives To carry out an overview of systematic reviews of the evidence on mindfulness as a therapeutic tool.

Aims To summarize the existing evidence on the efficacy of mindfulness.

Methods We searched for systematic reviews in the Cochrane Database of Systematic Reviews (Cochrane Library).

Results We found nine Cochrane reviews (for fibromyalgia, aggressiveness in intellectually disabled people, mechanical neck disorders, reducing sedentariness at work, anxiety, somatoform disorders, and post-stroke fatigue), two Cochrane review protocols (stress reduction of patients with breast cancer, and substance use disorders), 50 non-Cochrane reviews (29 provisional abstracts and 21 structured abstracts from the Centre for Reviews and Dissemination) on the efficacy of mindfulness. The Cochrane reviews showed a lack of conclusive evidence for fibromyalgia, aggressiveness in intellectually disabled people, anxiety disorders, somatoform disorders and post-stroke fatigue. Mindfulness training induced a non-significant reduction in workplace sitting time. For chronic neck pain, mindfulness exercises minimally improved function but no global effect was perceived at short term.

Conclusions According to the existing Cochrane reviews, there is a general lack of evidence mindfulness as an effective treatment. For chronic neck pain, mindfulness exercises minimally improved function. We have detected important areas where high quality clinical trials are needed.

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First psychotic episode on the fifth decade? Differential diagnosis of psychotic symptoms, about a case

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The postictal psychosis is a psychotic disorder that begins shortly after a crisis. Most often it affects patients with partial epilepsy and especially those with temporal lobe epilepsy. The postictal psychosis according to several publications can occur in up to 25% of patients with epilepsy. The psychotic disorder usually occurs within 24–48 hours after, be transient, with good response to treatment with antipsychotics and complete remission of psychotic symptoms. This case is for a woman of 58 years diagnosed with structural epilepsy after brain abscess left temporal intervened in childhood. The patient is being followed by neurology for complex partial seizures with secondary generalization in anti-epileptic treatment. The patient has previous studies of EEG, video EEG and brain MRI, evidence involvement of temporal lobe and hippocampus. The patient is brought to the emergency room after episode of sensory aphasia, unconsciousness and tonic-clonic limb movements, decreasing with diazepam. The patient, during the stay under observation, has auditory hallucinations, that generate anxiety must initiate being him quetiapina and clonazepam orally, yielding partially psychotic disorder, acute intracranial lesions are discarded and the patient is admitted by neurology. The evolution of psychotic disorder with antipsychotic down in a few weeks remaining asymptomatic. Epileptic psychosis is more common in refractory epilepsy. In all cases, you should make a joint approach between psychiatry and neurology, usually they have good response to antipsychotics.

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EV1406

Hypersensitivity to electricity: What place in clinical psychiatry?

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Hypersensitivity to electricity (EHS) is a self-defined syndrome where individuals experience symptoms while using or being in the proximity of equipment or devices that use electric, magnetic or electromagnetic fields. We present the case of a 45-year-old patient who received an EHS diagnosis several years ago. This patient was first sent to us for hospitalization in the psychiatric ward with mystic delusions and secondary behavior disorders. He had no remarkable psychiatric history and the thorough somatic examinations performed showed no anomaly. The EHS had first appeared 10 years ago with associated symptoms like fatigue, dizziness, headache, cognitive disturbances, as well as physically painful sensations. These symptoms had become gradually invalidating, preventing the patient from pursuing his professional activity. Nevertheless, he maintained his social and familial obligations, and, together with his wife, was still able to care for his 2 children. The patient presented, in the emergency ward, with delusions of mystical and persecuting nature of multiple mechanisms with total adherence. The initial symptomatology gradually improved under antipsychotic treatment without any real improvement of the EHS complaint. This case brought several questions. What is the place of the EHS diagnosis within the framework of a delirious episode?