

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.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1500>

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.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1501>

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.

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1502>

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.

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

<http://dx.doi.org/10.1016/j.eurpsy.2017.01.1503>