

Objectives: AIM: To explore and interpret how anguish experienced by physicians and nurses are mobilized regarding to the clinical and psychosocial peculiarities of patients with HNC.

Methods: Strategies: Clinical-qualitative design; semi-directed interview with open-ended questions in depth. Trigger question: "Tell me about the management of the patient with ...". Ten interviewees (06 nurses and 04 resident doctors) from a university oncology outpatient. Intentional sample. Clinical-Qualitative Content Analysis with psychodynamic concepts. Findings validated by peers at the Laboratory of Clinical-Qualitative Research at the University of Campinas, Brazil.

Results: Topics: the treatment of the speeches resulted in three emerging categories: (1) Cancer is literally on the face: self-perception of peculiarities; (2) An appalling illness: dealing with the 'deteriorated'; (3) To naturalize without trivializing: handling with their own anguish.

Conclusions: Final considerations: The anguish of health professionals who deals with the HNC patient consists of the feelings, which are not exposed, because they are not organized and neither understood as natural feelings. It is up to them to seek neutrality to minimize the anguish present in the conflict of not manifesting thoughts considered inadequate by the patient, avoiding moral judgments and conflicts. Balint groups are recommended to attend emotional demands of health professionals.

Keywords: distress; Qualitative Research; medical psychology; head neck cancer

EPP0882

Concern about chemotherapy in oncological patients first referred to this treatment predicts negative emotions

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Introduction: Treatment representation is an important factor of motivation and well-being during treatment (Horne, 2002).

Objectives: The aim was to reveal the relationship between treatment representation and well-being in oncological patients first referred to chemotherapy.

Methods: 40 oncological patients (10 males, 20-72 years old, mean age 50.49±13.75 years old, localizations included gastrointestinal tract and genitourinary system) first referred to chemotherapy filled Satisfaction with Life Scale (Diener et al., 1985), Scale for Positive and Negative Experiences (Diener et al., 2009), Hospital Anxiety and Depression Scale (Zigmond, Snaith, 1983) and Beliefs about Medication Questionnaire (Horne, 2002) that was slightly modified for the situation of chemotherapy. Disturbance of functioning was assessed in the interview as an opportunity to cope with job, home responsibilities or self-care (1-5-point Likert scale).

Results: Cronbach's alphas for Necessity and Concern scales were .69 and .76. Despite high appraisals of necessity of chemotherapy (mean 4.24±.53 on 1-5 Likert scale), concern about it was rather high (2.83±.82). Hierarchical regression analyses revealed that, after adjusting for disturbances in social functioning, concern about chemotherapy (but not its subjective necessity) predicted more severe negative emotions ($\beta=.32$, $p<.05$, $\Delta R^2=10.0\%$). After control

for general level of anxiety and depression, this relationship became weaker but marginally significant ($\beta=.32$, $p<.10$, $\Delta R^2=8.4\%$).

Conclusions: Concern about chemotherapy in patients first referred to this treatment could be important predictor of well-being demanding for interventions aimed at stabilization of emotional reaction to chemotherapy regardless belief in its necessity.

Keywords: chemotherapy; treatment representation; emotions

EPP0883

Subjective perception of treatment in patients first referred to radiotherapy and its relationship to their well-being

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Introduction: There are wide-spread fears and expectations about radiotherapy in people referred to it that are not only unrealistic (Shaverdian et al., 2018) but also lead to poorer compliance with doctors and poorer satisfaction with treatment (Dong et al., 2014).

Objectives: The aim was to reveal relationship between different aspects of subjective perception of radiotherapy in patients and their well-being.

Methods: 34 patients first referred to radiotherapy, 23-70 years old (mostly females with breast cancer) filled modified version of Beliefs about Medication Questionnaire including items about radiotherapy (Horne et al., 1996), Satisfaction With Life Scale (Diener et al., 1985), Scale of Positive And Negative Experience (Diener et al., 2009).

Results: Six scales were revealed by factor analysis in the structure of beliefs about radiotherapy (Cronbach's alphas .74-.85): confidence in the effectiveness of radiation therapy, subjective need for it, lack of understanding of it, concern and general negative attitudes towards radiotherapy, doubts about the effectiveness of radiation therapy. Elder patients reported higher need for radiotherapy but also higher concerns about it ($r=.35-.37$). Concerns about radiotherapy were related to lower satisfaction with life and positive emotions ($r=-.44$ - $-.34$) while subjective need of radiotherapy was related to higher health anxiety ($r=.71$) and lower positive emotions ($r=-.41$).

Conclusions: Subjective concerns of patients regarding radiotherapy are related to poorer well-being and could be addressed in psychotherapy.

Keywords: radiotherapy; treatment representation; well-being

EPP0885

Breast cancer: The level of stress correlated with the type of surgery and the instructive level of patients

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Introduction: Breast cancer is a severe pathology that once detected completely changes the patient’s perception of life.

Objectives: Evaluating the relationship that is established between the level of stress, the type of surgery applied and, the instructive level of women.

Methods: We selected 67 patients which were divided into 2 groups: group I(31) women who benefited from immediate reconstruction and group II(36) subjects who benefited from a late reconstruction. We split each group into two subgroups: women with secondary education and women with higher education. A socio-demographic questionnaire and the DASS-21 scale were applied.

Results: Comparing the two groups we noticed that stress level was more present in group I(38,7%) than in group II(25%). The differences were not statistically significant($p>0,05$). In the subgroup of women with higher education in group I, high levels of stress were observed at 23,08% and, in the subgroup of patients with secondary education, 50% had high levels of stress. The differences were not statistically significant ($p>0,05$). We also analyzed the two subgroups of group II and we identified increased levels of stress in 20% of patients with higher education compared to those with secondary education where 26,93% had high levels of stress. Also, the differences were not statistically significant($p>0,05$). A statistically significant difference($p<0,05$) was found when we compared the level of stress between women with secondary education of group I and those of group II.

Conclusions: The study revealed that stress levels tend to be higher in women with immediate breast reconstruction and secondary education.

Keywords: BREAST-CANCER; surgery; stress; Education

EPP0886

Cancer-related cognitive impairment in cancer: Examining portuguese cancer survivors’ acceptability and expectations regarding cognitive telerehabilitation interventions

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Introduction: Cancer-related cognitive impairment (CRCI) is one of the most frequent and worrying side effects experienced by non-central nervous system (CNS) cancer survivors, generally related to cancer treatments. Considering its detrimental impact on quality of life, including work-related outcomes, it is necessary to identify effective intervention options. Cognitive rehabilitation is considered the first-line intervention to address CRCI, being effective at improving cognitive functioning. Internet-based interventions are emerging as important means of intervention in the field of cognitive rehabilitation (known as cognitive telerehabilitation), considering the potential to overcome accessibility issues and being cost-effective.

Objectives: To assess the acceptability and expectations regarding such interventions, considering the scarce literature.

Methods: A nationwide online survey was disseminated to Portuguese non-CNS cancer survivors, aged 18-65 years, who had finished active treatments, with no metastases/history of neurological or psychiatric disease/alcohol or drug abuse. Preexisting knowledge about CRCI, expectations for support to cognitive difficulties, Internet use for health and support purposes, and intervention needs and preferences in the context of cognitive telerehabilitation were examined; sociodemographic and clinical variables (e.g., age, education, employment status, cancer treatments), as well as cognitive complaints (Portuguese version of the Functional Assessment of Cancer Therapy-Cognitive, FACT-Cog), were also assessed.

Results: Findings from this study are important to help health professionals and researchers understand and identify cancer survivors’ needs regarding cognitive telerehabilitation interventions.

Conclusions: This information could be used as a support and guide for the development and delivery of these interventions for non-CNS cancer survivors.

Keywords: Cancer-related cognitive impairment; Portuguese cancer survivors; Acceptability and expectations; cognitive telerehabilitation interventions

Pain

EPP0887

Current pharmacological treatment of fibromyalgia- a literature review

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Introduction: Fibromyalgia is a chronic condition, with a high degree of psychiatric comorbidity and an insufficiently explained pathogenesis. Therefore, its therapeutic management is challenging, with both pharmacological and non-pharmacological approaches being suggested as treatment options.