

G. Gómez-Bernal<sup>1</sup>, F. Romero<sup>1</sup>, S. Reboreda<sup>1</sup>, M. Bernal<sup>2</sup>, E. Esteban<sup>1</sup>. <sup>1</sup>*Hospital Psiquiátrico de Teruel, Unidad de Media Estancia, Teruel, Spain* <sup>2</sup>*Facultad de Medicina, Universidad de Zaragoza, Zaragoza, Spain*

**Background and aims:** The objective of this study is to examine the efficacy of group psychoeducational therapy for inpatients with DSM-IV schizophrenia.

**Methods:** Fourteen in-patients with DSM-IV schizophrenia were randomly assigned to a treatment group or a control group. Both groups received standard medication as prescribed by their treating physicians, but the treatment group also received a two-months course of psychoeducational psychotherapy. Outcome was evaluated using Clinical Global Impression-Schizophrenia Scale.

**Results:** Patients who attended psychoeducational group showed an improvement in CGI-SCH score.

**Conclusions:** The results suggest that psychoeducational psychotherapy can improve the treatment of schizophrenia.

Psychoeducational psychotherapy has no side-effects and is relatively inexpensive.

### P375

My new Alfa Romeo GT is not in the garage any more

E.N. Gruber<sup>1</sup>, V. Dordevic<sup>2</sup>, S. Martic-Biocina<sup>3</sup>, M. Agius<sup>4</sup>. <sup>1</sup>*Neuropsychiatry Hospital "Dr.I.Barbot", Popovača, Croatia* <sup>2</sup>*Psychiatry Clinic, Clinical Hospital Centre Zagreb, Zagreb, Croatia* <sup>3</sup>*Psychiatry Hospital Vrapče, Zagreb, Croatia* <sup>4</sup>*Early Intervention Centre Bedfordshire in Association and University of Cambridge, United Kingdom*

Authors are presenting a case of co morbid panic disorder and psychosis with a focus on the successful treatment of the panic disorder via a CBT approach. The patient has had only one episode of psychosis.

The cognitive model of panic disorder is used as a template to consider this young man's psychotic experiences, in the context of some types of delusional beliefs, especially those involving the catastrophic and atypical misinterpretation of the physiological sensations associated with anxiety.

This case is emphasising the therapeutic value in certain patients of focussing therapy on the non-psychotic symptoms once the acute psychotic state has been managed.



### P376

The rebuild trial: An intervention for challenging behaviour in intellectual disabilities

A. Hassiotis<sup>1</sup>, A. Canagasabay<sup>2</sup>, D. Langridge<sup>2</sup>, D. Robotham<sup>1</sup>, M. King<sup>1</sup>. <sup>1</sup>*Department of Mental Health Sciences, Royal Free and University College Medical School, London, United Kingdom* <sup>2</sup>*South Essex Partnership Foundation NHS Trust, Laindon, Essex, United Kingdom*

**Aims:** To carry out a three year randomised controlled trial of a specialist behaviour therapy service for adults with learning disabilities compared with treatment as usual, within South Essex Partnership NHS Trust. The study is funded by the South Essex Partnership NHS Trust (ISRCTN62134865).

**Background review:** Challenging behaviour is common in people with intellectual disabilities, but there is a paucity of specialist services in most areas. Currently, most of the care is provided by local community based intellectual disabilities teams whilst specialist care is usually hospital based and situated away from the clients' residence. South Essex Partnership NHS Trust provides such a specialist service to people with intellectual disabilities and challenging behaviour within a five sector locality.

**Method:** 68 participants will be randomly assigned either to specialist intervention or treatment as usual group. Structured interviews are conducted with clients and their carers at baseline and at three and six month follow-up. Main outcome is reduction in challenging behaviour. Secondary outcomes are reduction in carer burden and costs.

**Results:** Will report on the first 2 years of a 3-year trial.

**Discussion:** Intervention research is very scarce if not completely lacking in the field of intellectual disabilities mental health. We anticipate that the data from this study will provide evidence not only for further research but also for service developments and improvement in patient care.

### P377

The effects of touch therapy and physiotherapy on pain in females refer to physiotherapy ward of hafez hospital

M. Hazrati. *Nursing and Midwifery School, Shiraz, Iran*

There are a direct relationship between pain & stress. In this study concerning the effect of two types of treatment on reducing pain. 63 females patient had participated with low back pain, which met the required criteria. Patient were allocated randomly and divided in two groups by specialist physician. The treatment was given to both groups every day. The researcher on each patient conducted touch therapy, 15-20 minutes in 5-10 sessions. In the second group, a physiotherapist conducted physiotherapy in 10 sessions with hot pack & TENS for 10-15 minutes. The severity of pain was measured at 3 times, before treatment, after the last session & one month after the last session. The effect of treatment were compared by another person on a double blind fashion, by interviewing the patient of both groups. The severity of pain was measured by using a 10-degree visual analogue scale (VAS). Result show that there was no statistically significant difference between two groups on reducing of pain immediately after the last session ( $p=0.2$ ). Follow up of the patients after one month showed that severity and duration of pain were significantly different ( $p<0.005$ ). touch therapy is more effective on reduction of pain one month later than immediately after treatment.