

## EPP0707

## New approaches in the neuropsychological evaluation of aADHD

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**Introduction:** In Hungary, the understanding and diagnosis of adult attention-deficit/hyperactivity disorder (aADHD) are influenced by a blend of international epidemiological data and the standardized criteria established in DSM-5. The diagnostic protocols at our aADHD Outpatient Clinic at Semmelweis University have been carefully adjusted and validated to align with the practical application of empirical evidence and the extensive clinical expertise of professionals. The current diagnostic protocol encompasses the use of diagnostic interviews (symptoms identification based on DSM criteria; SCID-5-PD; M.I.N.I.-PLUS-5.0), the Conners' Adult ADHD Rating Scales–Self Report questionnaire (CAARS), heteroanamnesis with parents, a comprehensive neuropsychological instruments battery (including the Rey Auditory Verbal Learning Test, Stroop Test, Conners-CPT3, Trail Making Test) and WAIS-IV Intelligence Scale.

**Objectives:** A valid and appropriate diagnosis plays a crucial social role by legitimizing individuals' attention/health issues, confirming their concerns, and addressing cultural and moral expectations. The primary objective of this work is to refine the diagnostic methodology by extensive review of the international literature and the analysis of our own data.

**Methods:** With the aim of aggregating and analyzing the collected data based on examinations of the Hungarian adult population, our assessment methods are employed to acquire detailed information regarding ADHD prevalence, symptoms, and the related neuropsychological profiles.

**Results:** While various diagnostic approaches generally demonstrated good alignment, in some cases, significant discrepancies between neuropsychological assessment and the rest of our tools were observed, indicating a number of instances of false positives or false negatives. Especially the relevance of Rey Auditory Verbal Learning Test and Trail Making Test are questionable.

**Conclusions:** The results highlight the necessity for more refined diagnostic criteria and a meticulous selection of neuropsychological techniques to enhance consistency between various approaches, ultimately enabling a more robust diagnostic accuracy.

**Disclosure of Interest:** None Declared

## EPP0708

## Self-stigma, career development and employment in young adults with ASD in Chile.

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**Introduction:** Stigma describes prejudicial attitudes, negative stereotypes, and discrimination targeting a subgroup. Various forms of stigma have been identified in the literature, including self-stigma. Self-stigma or internalized stigma occurs when stigmatized individuals become aware of the negative stereotypes and apply these to themselves. Self-stigma may be a barrier to career development and employment in individuals with Autism Spectrum Disorder (ASD). However, there are few data available on the presence of self-stigma among young adults with ASD in Chile to inform local interventions and policies.

**Objectives:** To analyze self-stigma and its relation with career development and employment in young adults with ASD in Chile.

**Methods:** A mixed-method observational study was conducted to analyze self-stigma and its association with career development and employment among young adults with ASD in two regions of Chile. For the quantitative analysis, self-stigma was assessed using the Internalized Stigma of Mental Illness (ISMI) scale, and employment information was collected. For the qualitative analysis, in-depth interviews were conducted. Data from the interviews were digitalized and transcribed, and the analysis was conducted using ATLAS.ti following the principles of Glaser and Strauss's Grounded Theory. All participants provided written informed consent, and the study was approved by the local Institutional Review Board.

**Results:** Overall, 356 participants were included in the quantitative analysis (mean age: 27.8 [SD 6.2] years, 44.7% women, 14.8% with regular employment). The mean ISMI for the total sample was 2.34 (SD = 0.62). By triangulating this information with the qualitative analysis (n=27), it was observed that young adults with ASD frequently experience self-stigma attitudes. Through the in-depth interviews, we identified barriers and facilitators for the development of self-stigma. Also, we identified that negative self-perceptions among young adults with ASD may be a barrier to seeking career development opportunities and employment in this population.

**Conclusions:** The current study shows self-stigma is present in young adults with ASD in Chile, and this may impact negatively their career development and employment.

**Disclosure of Interest:** None Declared

## Psychotherapy

## EPP0709

## The Detached Mindfulness approach to anxiety disorders in an Italian mental health service

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**Introduction:** Anxiety disorders are one of the most common mental illnesses, and a consistent increase was observed after the COVID-19 pandemic. Mindfulness refers to a process that leads to a mental state characterized by nonjudgmental awareness of the present experience. Mindfulness can be considered both a skill and a practice. The stronger is the ability to adopt a mindful state, the less suffering one will experience. While Mindfulness-based

Psychotherapies have shown efficacy in their treatment, they have not yet been thoroughly studied in Italian public mental health services. In Detached Mindfulness, negative thoughts are acknowledged and avoided by turning them into actions using a standardized, time-limited, metacognitive intervention.

**Objectives:** The purpose of this study is to examine the efficacy and cost-effectiveness of Detachment Mindfulness for twelve patients with Generalized Anxiety Disorder (GAD) not being treated pharmacologically.

**Methods:** We enrolled 12 patients diagnosed with GAD according to DSM-V in an 8-session program of Detached Mindfulness Psychotherapy (once a week). The Generalized Anxiety Disorder - 7 Scale (GAD-7) and the Kellner Symptom Questionnaire (SQ) were used to assess anxiety symptoms at baseline (T0), after 4 sessions (T1), and at the end of treatment (T2). The Client Satisfaction Questionnaire (CSQ-8) was used to assess treatment satisfaction.

**Results:** The GAD-7 score showed consistent reductions in generalized anxiety symptoms after Detached Mindfulness treatment (mean decrease of -42% at the end of the program). As measured by SQ, patients also reported improvement in physical well-being, relaxation, and somatic symptoms significantly respect to baseline. As for treatment satisfaction, ten out of twelve patients rated their treatment as satisfactory. As reported by patients, mindfulness can become a powerful and effective means to relate to one's own internal experiences such as anxiety or fear, learning to recognize them, staying with them and avoiding their consequences.

**Conclusions:** These results showed that detached mindfulness was an effective and cost-effective intervention for GAD, given the short amount of time it requires and the ease with which it can be implemented. For its extensive use in the public mental health system to be further supported, studies on larger populations are needed.

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## EPP0711

### Attention-deficit/hyperactivity symptoms and personal strengths in adults

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**Introduction:** Attention-deficit/hyperactivity disorder (ADHD) is one of the most prevalent chronic neuropsychiatric disorders in children and adolescents; however, it continues into adulthood in 4-77% of the cases. Due to executive dysfunction, adults with ADHD may have deficits in personal strengths, as well as difficulties utilizing existing strengths in challenging situations, which may add to the functional impairments associated with ADHD in adults.

**Objectives:** Therefore, we aimed to explore the association between personal strengths and ADHD symptoms in a community sample of adults.

**Methods:** Five hundred and twenty-eight adults (mean age = 21.41 years, *SD* = 2.29, range: 18- 28, female: *N* = 488, 92.4%) filled

out an online questionnaire after giving their informed consent. Personal strengths were assessed using Bernstein's Strengths Scale (BSS) which measures sixteen positive attributes grouped into four higher-order factors: self-directedness (Identity, Self-reflection, Self-confidence, Self-assertion, Imagination/Creativity), self-regulation (Emotional balance, Resilience, Self-control, Self-care, Reality testing), connection (Empathy, Compassion, Humour, Responsibility), and transcendence (Gratitude and Wisdom). ADHD symptoms were measured by the screening version (Part A) of the Adult ADHD Self-Report Scale (ASRS).

**Results:** Participants who were screened positive in ASRS (*N* = 247, 46.7%) scored lower in all but four BSS subscales than participants who were screened negative (*N* = 280, 53.3%). Effect sizes reached the medium level (Cohen's *d* > .5) for Self-confidence, Self-care, Responsibility and Wisdom, and were small (Cohen's *d* > .2) for Identity, Self-assertion, Imagination, Resilience, Reality-testing, Emotional balance, and Gratitude. However, no group differences were found in the Self-reflection, Empathy, Compassion, and Humour subscales of the BSS.

**Conclusions:** Our results suggest that ADHD symptoms in adults may be associated with deficits in personal strengths; that is, adults with ADHD may have difficulties, especially in trusting in their abilities, qualities, and judgements, in taking care of their own emotional and physical well-being, in taking responsibilities and in being open to learning from their experiences. Addressing personal strengths in psychosocial interventions for adult ADHD may improve patients' functioning.

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**Disclosure of Interest:** None Declared

## EPP0712

### A Cohort Based Case Series: Learnings from an Iterative Group Therapy Model to Support Psilocybin-Assisted Therapy for Patients with a Terminal Diagnosis

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**Introduction:** While much is known about psilocybin-assisted therapy for individuals, little is known about the experience of participants in a group psilocybin therapy model.

**Objectives:** In an attempt to bridge this gap in the literature, a program development and quality improvement effort was launched.

**Methods:** Thirty-one psychedelic-assisted therapy (PaT) sessions were provided for 25 participants within four iterative cohorts over the span of one year. This article reports participant feedback in an effort to inform the benefits and challenges of group-administered-PaT.

**Results:** Six to eight once-weekly group resilience-based community of practice (CoP) sessions were combined with one psilocybin-assisted therapy session for patients experiencing distress related to a terminal health condition. The virtual hybrid group therapy model is research informed, with a curriculum that provides knowledge-based content, combined with the relational elements