

Conclusion Group intervention in CG has proven effective in this population, specially regarding depression and post-traumatic stress levels.

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EV1129

Trait mindfulness at baseline predicts increases in telomerase activity over time

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Introduction Preliminary investigations of cross-sectional samples have linked trait mindfulness with measures related to the hypothalamic–pituitary–adrenal (HPA)-mediated stress response and to the inflammatory system, suggesting that this is one potential pathway linking mindfulness based interventions and health. However, no previous studies explored the association between the trait mindfulness construct and markers of cellular ageing.

Methods In the current study we examined in a sample of healthy mothers ($n=92$) of a child with Autism Spectrum Disorder (i.e. women showing high levels of chronic psychological stress) the prospective associations between a multidimensional scale of trait mindfulness, the Five Facet Mindfulness Questionnaire (FFMQ), and telomerase activity (TA), a marker of cellular ageing and telomere homeostasis. Participants' trait mindfulness and TA were assessed at baseline as well as 9 and 18 month follow-up.

Results Analysis showed that higher levels of baseline mindfulness on FFMQ observation and describe subscales were related to increase in TA from baseline to 9 month ($r=0.27$, $P=0.03$ and $r=0.24$, $P=.04$, respectively). Additionally, the FFMQ Describe subscale was related to increase in TA from baseline to 18 month ($r=.30$, $P=.02$). Results are reported following covariate adjustment of age, BMI, ethnicity, and education.

Discussion Our results showed that higher levels of baseline mindfulness are associated with higher increases in TA after 9 months and 18 months, with increased TA reportedly being associated with decreased oxidative damage, increased telomere length and overall more functional cellular physiology. These findings support a role of mindfulness-related interventions to increase general and mental health.

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The role of psychotherapy in improving the quality of life and social rehabilitation of patients with Psoriasis

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Introduction Psychotherapy can ease physical symptoms of patients with skin pathology.

Objectives To study features of social and psychological maladaptation and quality of life in patients with psoriasis.

Aim To study psychotherapy role in quality of life improvement and social rehabilitation of patients with psoriasis and their family members for the period 2000–2015 in the Belarusian population.

Methods One hundred and twenty four patients with cutaneous psoriasis, 12 patients with psoriatic arthritis and 42 healthy persons were studied. Quality of life, types of attitude towards the disease, level of social frustration, depression, level of social maladaptation, psychological defense mechanisms and patients attitudes towards psychotherapy were assessed.

Results There were detected among patients with psoriasis (especially with arthropathy form): social maladaptation, higher level of social frustration and depression ($P<0.05$), decrease in quality of life ($P<0.001$), the wider range of psychological defense mechanisms (negation, regression, substitution, reactive formation, $P<0.05$). Maladaptive types of attitude towards the disease were presented in 24% patients with psoriasis and almost in 41% patients with arthropathy.

Conclusions Psychotherapy can have a high potential for social rehabilitation and quality of life improvement for patients with psoriasis. Obtained data in social maladaptation indicate family therapy as an important therapeutic part for patients with psoriasis. Moreover, knowledge about patients psychological defense mechanisms can help to choose a direction and methods of individual psychotherapy of social maladaptation. This research shows also that psychotherapeutic approach and family psychotherapy remains underestimated in Belarus.

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EV1131

The evolution of cognitive behavioural therapy – The third generation and its effectiveness

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Introduction First wave cognitive behavioural therapy (CBT) focuses essentially on classical conditioning and operant learning and second wave on information processing. They are based on the premise that certain cognitions, emotions and physiological states lead to dysfunctional behaviour and so, by eliminating the first ones, changes in behaviour will take place. Third wave CBT appeared in an attempt to increase the effectiveness of first and second wave by emphasizing contextual and experiential change strategies.

Objectives/Aims To make a review on the actual state of the art of third wave CBT, focusing on MBSR (Mindfulness-Based Stress Reduction), MCBT (Mindfulness-based Cognitive Behavioural Therapy), DBT (Dialectical Behaviour Therapy), ACT (Acceptance and Commitment Therapy) and CFT (Compassion Focused Therapy).

Methods Research on PubMed using the terms “third wave cognitive behavioural therapy”.

Results Methods and targets differ between MBSR, MCBT, DBT, ACT and CFT. Depression, anxiety and borderline personality disorders are some of those targets. However, a transdiagnostic approach is the hallmark of all third wave therapies: mental processes or emotions transversal to many psychiatric disorders such as shame, self-criticism, experiential avoidance or cognitive fusion are the main focus, emphasizing the context and human experience over any categorical diagnosis.

Conclusions Third wave cognitive behavioural therapy is an emerging approach born from the need to improve and complement first and second waves. Although very promising, it is still a recent approach and data to support its superiority over the conventional therapies is missing.

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EV1132

Should I save my marriage?: Addressing couple relationships by means of art therapy intervention

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Objective This study investigates the case of a female patient, who was experiencing marital problems and had separated from her spouse, with whom an art (drawing) therapy process was carried out.

Aim It was aimed to address the relationship of the couple by supporting the ego and increasing self-awareness skills by means of art materials (drawings) in the process of the situational crisis.

Method Case study.

Result With this case study, it was aimed to make emphasis on the impact of drawing sessions as a means of using art in therapeutic relationships for self-awareness and opportunity for development in a situational crisis during marriage.

Conclusion During the process of individual art therapy, nine sessions and eight drawing tasks were conducted. The case patient, OS, had been separated from her spouse for 2 months. In the first session, a personal history was taken, the scores of the state-trait anxiety scale was evaluated and a therapy plan was jointly developed. Each action was carried out by providing specific instructions. Each session was evaluated within the same week in a supervision meeting with an expert experienced in art therapy and the next session was planned. OS, who developed self-awareness as a result of the sessions, evaluated his/her expectations and boundaries in his/her relationship and discovered the connections with her own nuclear family. In a session with OS one year later, she gave the information that she had started to share a house with her spouse.

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EV1133

Doctor-patient relationship: The impact of mindfulness on empathy

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Introduction The doctor-patient relationship has an increasingly important place in medical studies. Empathy is one of the quality criteria of the relationship. The development of mindfulness in medical schools is booming.

Objectives To investigate the relation between empathy and mindfulness among residents and doctors.

Methods Doctors and residents were asked to complete a demographic questionnaire – questions on their personal development

practices – and two scales. The Mindful Awareness Warning Scale (MAAS) is a unidimensional scale measuring attention and mindfulness and Jefferson Physician Empathy Scale (JSPE) is a scale measuring the clinical empathy across 3 dimensions: “perspective taking”, “compassionate care” and “in the patient’s shoes”. Multivariate linear regressions were performed to analyse the correlation between each score of JSPE and explanatory variables.

Results One hundred ninety-three questionnaires were analyzed: 87% were general practitioners, the average age was 34 years old (SD 11) and 69% were women. Regarding personal development practices, 18% practised mindfulness meditation regularly or occasionally (23% for yoga and 31% for relaxation). No correlation between the scores of JSPE and the MAAS score was found. However, doctors who practiced mindfulness had a highest score of “compassionate care” (95% CI [1.26; 4.91], $P=0.0012$).

Conclusions The mindfulness would be an effective tool for the development of the welfare of the doctors, and improving the quality of empathy and therapeutic efficacy. To support these data, it would be interesting to conduct an interventional study by offering French doctors and interns the possibility of following courses of mindfulness.

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The effect of art group psychotherapy with photograph in chronic psychiatric disorders: A pilot study

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Photograph was used as a therapeutic tool for the first time in 1856 by Dr. Hugh Diamond. Photos are considered to be representations of a person’s reality. The possibility of producing visual images when a client has verbal expression difficulties, photography provides a more structured way of expressing ideas and emotions and to be a means of projective-symbolic communication. Photo therapy with chronic psychotic patients may contribute to development of perception of reality, part-whole relationship, integration, distinction of external-internal world, symbolization capacity and improve ego functions. The aim of this study was to determine the effect of phototherapy on symptomatology, functionality, emotional regulation, cognitive skills and coping skills in patients with chronic psychiatric disorders. In accordance with this aim, the study was carried out with 14 outpatients diagnosed as chronic schizophrenic or psychotic disorder. Seven patients received routine medical care plus 28-week psychotherapy with photograph and 7 patients received only routine medical care. Patients were assessed in pre and post-treatment with Beck Depression Inventory, Beck Anxiety Inventory, Difficulties in Emotion Regulation Scale, Global Assessment of Functioning, Ways of Coping Inventory and Neuropsychological Test Battery. Wilcoxon Signed Ranks Test used for statistical analysis. The therapy method resulted in statistically significant reductions in the level of depression and general symptom levels and statistically significant improvement in cognitive abilities and functionality ($P<.05$). There was also statistically significant improvement in positive reappraisal subscale of coping ways. These findings may indicate that photo-oriented art group therapy might show positive effects on the course of chronic psychotic disorders.

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