

in terms of age distribution. On average the depressive episode lasted for 9.0 months (SD 11.5, median 6.0) with no difference between the two groups. The mean EEG seizure time was significantly shorter in the propofol group (28.1 sec; 95%-CI: 23.8-32.4) than in the thiopental group (38.3 sec.; 95%-CI: 34.3-38.3). The mean EMG seizure activity was also shorter in the propofol group (12.0 sec.; 95%-CI: 8.0-15.0) compared with the thiopental group (21.5 sec.; 95%-CI: 18.3-24.8). The ECT series was interrupted due to cognitive side-effects in 20 cases. The majority of these cases (n=17) concerned the thiopental group, compared to 3 cases in the propofol group.

**Conclusions:** Propofol narcosis in ECT was associated with worse seizure parameters, whereas thiopental narcosis was associated with increased risk of cognitive side-effects.

**Disclosure:** No significant relationships.

**Keywords:** ect narcosis; thiopental; Electroconvulsive therapy; propofol

## EPV0550

### Electroconvulsive therapy as life-saving in an acute catatonic syndrome associated with bipolar disorder: A case report

R. Almeida Leite, A. Costa\*, J. Borges, J. Alcaface and A. Mesquita  
Psychiatry And Mental Health, Baixo Vouga Hospital Centre, Aveiro, Portugal

\*Corresponding author.

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**Introduction:** Catatonia is a neuropsychiatric syndrome characterized by an onset of a dysfunction in psychomotor activity and/or muscle tone, which may be associated with changes in consciousness, affect, and thinking. It is characterized by negativism, wax flexibility, catalepsy, mutism echolalia, ecopraxia, or stupor. It was first described in 1874 by Kahlbaum, who characterized it as specific motor disorder associated with different psychiatric disorders. Kraepelin and Bleuler restricted catatonia to a specific subtype of schizophrenia. However, the association between catatonia and other disorders, notably mood disorders, has been reinstated, including Bipolar Disorder. Its etiology is multiple and there are two severe forms: Neuroleptic Malignant Syndrome (NMS) and Malignant Catatonia (MC). These are syndromes that present high mortality, and the health professional should be aware of its etiology, signs, symptoms, evaluation and treatment.

**Objectives:** The aim of this work is to present a clinical case of MC, who was sustained by literature included on scientific platforms.

**Methods:** Case report

**Results:** It is essential to recognize the different clinical presentations of catatonia, taking into account that these are psychiatric alterations in which urgent intervention is justified. In the presented case, the use of antipsychotic medication has worsened the motor function and its suspension, associated with the introduction of lorazepam, resulted in a slight improvement. The electroconvulsive therapy was the last resort, fully succeeded.

**Conclusions:** The relationship between SMN and Catatonia/MC remains nuclear from a psychopathological and pathophysiological point of view. Nevertheless, there is general agreement that catatonia represents a very significant risk factor for NMS.

**Disclosure:** No significant relationships.

**Keywords:** Catatonia; Electroconvulsive therapy; bipolar disorder; neuroleptic malignant syndrome

## Psychotherapy

### EPV0552

#### Efficacy of dialectical behavioral therapy DBT for couples with emotional dysregulation

A. Rady\*, A. Abdelkareem, T. Mouloukheya and N. Elkholy  
Psychiatry, Alexandria University School of Medicine, Alexandria, Egypt

\*Corresponding author.

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**Introduction:** Couple therapy continues to gain in stature as a vital component of mental health services. The linkage of relationship distress to disruption of individual emotional and physical well-being emphasizes the importance of improving and extending empirically based strategies for treating couple distress

**Objectives:** To evaluate the efficacy of dialectical behavior therapy “DBT” in outpatients couples with emotional dysregulation

**Methods:** Twenty couples presented with marital distress and at least one of them suffers from emotional dysregulation assigned at their convenience or according to immediate availability of treatment slot to a couple DBT group. Arabic version of DERS was used for assessment of emotional dysregulation before and after intervention. Dyadic Adjustment Scale was used for assessment of marital adjustment

**Results:** Both male and female partners showed significant improvement in marital adjustment and emotional regulation. Female partner showed significant higher change amplitude in both scales. Female partners showed significant improvement in all DERS subscales except for (GOALS) subscale (significant decrease), while male partners showed significant improvement in (IMPULSE), (AWARENESS), (STRATEGIES) and (CLARITY) subscales

**Conclusions:** Dialectical behavioral therapy for couples is an effective approach to couples with emotional dysregulation in one or both partners

**Disclosure:** No significant relationships.

**Keywords:** DERS scale; Dialectical behavioral therapy DBT; couple therapy; emotional dysregulation

### EPV0554

#### Approach to early grief: Report of two cases

A. Sotillos Gómez<sup>1</sup>, P. Marco Coscujuela<sup>1\*</sup> and A. Hernández Mata<sup>2</sup>

<sup>1</sup>Psychiatry, Hospital Universitario de Getafe, Getafe, Spain and

<sup>2</sup>Psiquiatría, Hospital Universitario de Getafe, Getafe, Spain

\*Corresponding author.

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**Introduction:** Early grief is a concept about which there is little literature. This generates difficulties in order to perform a differential diagnosis, as it poses complications to determine if the

symptoms that the patient suffers are relative to the mourning or if they appear as part of a comorbid disorder.

**Objectives:** To assess the difficulty in discriminating when accompaniment is necessary and when the patient can benefit from pharmacological, psychotherapeutic or combined treatment.

**Methods:** Patients' data is obtained from their medical history as well as psychological interviews carried out during the process.

**Results:** 32-year-old woman, with a previous history of depression. The patient was living abroad when her father was diagnosed with a terminal illness, so she decided to return home, making a radical change in her life. She is currently facing the functional deterioration of her father, who is rapidly getting worse. The patient shows symptoms of anxiety, tendency to cry and apathy. 34-year-old woman, with no history in Mental Health. As a result of her father's illness, the patient develops a clinical manifestation of anxiety and low spirits. After one year, the clinic is maintained according to the variations in the health of her father. She also reports problems concentrating, fatigue, ruminative thoughts and structured autolothic ideas. Finally, she is referred to begin a psychotherapeutic follow-up.

**Conclusions:** Bearing in mind that we are facing an increase in diagnoses of terminal illnesses, I consider it is necessary to reflect on this concept in order to provide a better response to patients.

**Disclosure:** No significant relationships.

**Keywords:** grief; mourning; illness

## EPV0555

### Understanding schizophrenia as a self-disturbance

K. Fredheim<sup>1</sup> and R. Wynn<sup>2\*</sup>

<sup>1</sup>Division Of Mental Health And Substance Use, University Hospital of North Norway, Tromsø, Norway and <sup>2</sup>Department Of Clinical Medicine, UiT The Arctic University of Norway, Tromsø, Norway

\*Corresponding author.

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**Introduction:** Phenomenological theory has contributed to a renewed understanding of schizophrenia, as a supplemental perspective to contemporary operationalistic theories. Phenomenological research with patients suffering from schizophrenia emphasizes the nature of subjectivity and suggests that a basic disturbance of the self can be understood as a core phenotypic marker of schizophrenia.

**Objectives:** To briefly present and discuss the phenomenological theory of self-disturbance, illustrated through a case.

**Methods:** In this case study we briefly present the phenomenological theory for self-disturbance. We illustrate the theory by presenting elements from a case involving a patient that suffers from schizophrenia. Our focus is on how the self-disturbance is experienced by the patient and how the therapist can address this experience. The challenges in psychotherapy related to the phenomenon of self-disturbance and the implications for examination and treatment are discussed.

**Results:** The patient gives a detailed description of how he experiences a diminished basic sense of self. Central elements in his experience are a loss of a common-sense ability, hyperreflexivity, and a loss of a first-person perspective. He describes how this disorder creates difficulties in communication, relationships, treatment, and in coping with life. He also describes which elements of his treatment that he has experienced as the most helpful. The case underlines the importance of considering the concept of self-disturbance in psychotherapy.

**Conclusions:** In this case study, we draw on phenomenological theory to gain insight into a patient's experiences relating to the concept of self-disturbance.

**Disclosure:** No significant relationships.

**Keywords:** Psychosis; psychotherapy; phenomenology; self-disturbance

## EPV0556

### A literature therapeutic group at a psychiatric closed-unit

H. Yaniv\*, D. Shalom Nimni and S. Raskin

Closed Unit, Jerusalem Mental Health Center, Kfar Shaul Hospital, Israel, Jerusalem, Israel

\*Corresponding author.

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**Introduction:** This lecture will present a therapeutic group that took place at a closed-unit in a psychiatric hospital. The members of this group were patients suffering from psychotic disorders

**Objectives:** Patients suffering from psychotic disorders.

**Methods:** The patients had difficulty in organizing their thoughts as well as with the expression of their internal-world and emotions. Moreover, they were suspected of the units' staff members. These circumstances led us to create a theme group that combines a verbal-affective metaphoric instrument - literature. Art, such as literature, represents the mind of its creator and when incorporated into the therapeutic process, can serve as a third-voice - a symbolic language that conveys an idea indirectly and arouses the patient's personal associations and emotions. The use of literature, while relating to content that aroused from a poem or a short story, led to a connection or an identification with the emotion expressed in the writing stimuli or in opposition to it, and from there to a projection of the internal world of the patient.

**Results:** Through the possibility of alternating between proximity and distance, regard the metaphoric instrument, patients could organize their associations and emotions and express them in a more beneficent way - "normalization" of the cognitive and expressive process.

**Conclusions:** The analysis of the different group's sessions, points to the potential of using literature in a therapeutic group with patients in their acute state, at the closed-unit. Examples of verbal reports from different group settings, in which literature was used, will be presented.

**Disclosure:** No significant relationships.

**Keywords:** Psychotic disorders; Literature; Therapeutic Group; Psychiatric Closed-Unit

## EPV0557

### A microgenetic approach to the relationship between creativity and aggression in mental disorders

H. Yaniv

Criminology, Bar Ilan University, Ramat Gan, Israel

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**Introduction:** A study, examined creativity and aggression in individuals suffering from mental disorders, will present.