

## EV1385

**Group therapy for university students with autism spectrum disorders**Y. Furuhashi<sup>1,\*</sup>, F. Shusuke<sup>2</sup><sup>1</sup> Shizuoka University, Shizuoka, Japan<sup>2</sup> The National Printing Bureau, Clinic, Tokyo, Japan

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**Introduction** Autism spectrum disorders (ASD) are a group of neurodevelopmental syndromes characterized by deficits in communication, social interaction and imagination. These symptoms are present in the early developmental period, but may not be fully obvious until social demands exceed the child's limited capacities. In spite of its early presenting, this condition is not diagnosed until adult stage. In Japan, many patients with ASD were diagnosed after entering university, however, few treatment options are available. The aim of this study is to investigate the effectiveness of group therapy in university students with ASD.

**Methods** A one-group, pre-intervention-post-intervention design was adapted for this study. All patients with ASD were recruited from Shizuoka University. The group therapy programs consisted of cognitive behavioral therapy and recreational activity. Outcome measures were Beck Depression Inventory-Second Edition, Quality of Life Inventory, State Trait Anxiety Inventory and Rosenberg Self-Esteem Scale.

**Results** There were 14 participants, 7 males and 7 females. Their ages were from 19-years-old to 23-years-old. All participants had over 80% of attendance in the six-month group therapy.

**Conclusions** These preliminary results suggest that the group therapy can improve symptoms of depression and anxiety for some students with ASD. More research is needed to draw more sturdy conclusions, especially with respect to improvements in quality of life.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1386

**Disruptive behaviour's treatment with paliperidone in autistic disorder: Review and case report**M. García Moreno<sup>1,\*</sup>, A. De Cós Milas<sup>2</sup>, L. Beatobe Carreño<sup>2</sup>, B. Poza Cano<sup>3</sup><sup>1</sup> Hospital Universitario Puerta de Hierro Majadahonda, CSM Majadahonda, Madrid, Spain<sup>2</sup> Hospital Universitario de Móstoles, CSM Móstoles, Madrid, Spain<sup>3</sup> Hospital Universitario El Escorial, CE San Carlos El Escorial, Madrid, Spain

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**Introduction** Autistic disorder (AD) is a neuropsychiatric disorder that often presents significant disruptive symptoms such as irritability, aggression and self-injury in addition to impairment of social skills and communication. These symptoms interfere both individuals with AD and their families and social environment.

**Objective** Show paliperidone effect in behavioural symptoms in AD.

**Methods** Literature review about behavioural symptoms in AD and paliperidone effect in its treatment, followed by a case report of clinical improvement after treatment with paliperidone in a patient with autism. Agitation subscale Aberrant Behavior Checklist (ABC-I) scores was compared prior and 4 weeks after paliperidone treatment, and clinical improvement was assessed with Clinical Global Impression-Improvement Scale (CGI-I).

**Results** Although risperidone has been one of the most studied atypical antipsychotic to treat this symptoms, its use should be limited in order to avoid extrapyramidal and metabolic symptoms. Paliperidone – the major metabolite of risperidone – has

shown effectiveness in the treatment of behavioral symptoms in patients with autism, even in subjects with a prior ineffective trial of risperidone. Our patient, 21-years-old male with AD and significant disruptive symptoms was treated with paliperidone 9 mg/day. We observed a 20-points reduction in ABC-I scores 4 weeks later, with most significant improvement in items like auto-aggression, heteroaggressivity, irritability and slams. CGI-I scores showed a much better improvement, and no significant adverse effects appeared.

**Conclusions** Paliperidone is an effective and safe treatment in behavioral symptoms associated to AD, with reduction in ABC-I subscale scores. More studies are needed to confirm our data.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV1387

**Does community care works? Evaluate the effectiveness of mental health services**

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**Introduction** Improving quality require the capability to evaluate clinical and operational processes and improve patients outcomes. Just in the view of evidence-based practise (EBP) it's used HONOS rating Scale, adopted since May 2012, by Mental Health Center of Villorba (Treviso-Italy) There are 3 package treatments: rehabilitative, territorial and clinical.

**Objectives** To identify which variables are positively correlated to HONOS improvement in patients group who frequented Mental Health Centre along 36 months. All patients present severe mental illness.

**Aims** Evaluate the effectiveness of interventions and correlate to treatment package and individual feature. Analyze treatment process for quality improvement.

**Method** A psychiatric team (4 nurses, 1 psychiatrist) administered Honos Rating Scale along 3 years: on starting point and 6, 12 and 36 months later: T 0,1,2,3,4. Patients are also described by diagnosis, mental, social and autonomy skill, time, utilization of MHC and anagraphic information.

**Results** All 15 groups' patients realize lower scoring, after 36 months' treatment. Seven have got reliable improvement (i.e. => 8-point lowering T3–T4) and positively correlate with: (1) 36 months' treatment, at 12 months in rehabilitative Package; (2) days in residential/semi-residential community from 82 to 311 days. Related tables are included in paper.

**Discussion and conclusion** HONOS score correlates directly with clinical and rehabilitation improvement, i.e. mental, social capacity, and personal autonomy. It needs more investigation to clear which other factors are involved with improvement.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

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## EV1389

**An approach to neuroleptic malignant syndrome from a clinical case**

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**Introduction** Neuroleptic malignant syndrome (NMS) takes place in patients in treatment with neuroleptics and it is poten-