

EV1129

Facets Mindfulness Questionnaire-10 – A shorter Portuguese version to evaluate mindfulness dimensions in pregnant women

J. Azevedo^{1,*}, E. Bento¹, S. Xavier¹, M. Marques¹, V. Freitas¹,
M.J. Soares¹, A.M. Pinto², A. Oliveira³, A. Macedo¹, A.T. Pereira¹

¹ Faculty of Medicine, University of Coimbra, Psychological Medicine,
Coimbra, Portugal

² Faculty of Psychology and Educational Sciences, University of
Coimbra, CINEICC, Coimbra, Portugal

³ Coimbra Hospital and University Centre, Psychiatry, Coimbra,
Portugal

* Corresponding author.

Introduction Mindfulness refers to the capacity of being present and aware, without feeling the need to react or judge that experience (Kabat Zinn, 1990). This ability is associated with mental health and stress reduction (Baer, 2014; Teasdale et al., 2014). Five Facet Mindfulness Questionnaire (FFMQ) is widely used to measure mindfulness and its relation to psychopathology (Gregorio and Gouveia, 2011).

Objective To analyze the psychometric properties of the Portuguese 15 items FFMQ (Baer; Gregório et al., authors' manuscript) in a Portuguese sample of pregnant women.

Methods A total of 427 pregnant women (Mean age: 32.56 ± 4.785 years) in their second trimester of pregnancy (17.34 ± 4.790 weeks of gestation) completed the Portuguese version of FFMQ-15.

Results The FFMQ-15 Cronbach's alpha was unsatisfactory ($\alpha = 0.62$) and five items presented low (< 0.20) correlations and had the effect of increasing Cronbach alpha if removed. Without these items, α increased to a satisfactory level (0.72) and all the ten items contributed to internal consistency. The factorial analysis of these ten items resulted in a three factors solution, which explained variance (EV) was of 53.9%. Based on items content, the meaningful three factors were denominated as follows: F1 Nonjudging of experience (EV 27.69%; $\alpha = 0.77$), F2 Acting with awareness (18.00%; $\alpha = 0.77$) and F3 Observing and describing (8.21%; $\alpha = 0.73$).

Conclusions Although the FFMQ-15 has shown good psychometric properties in other samples, in this sample of pregnant women a 10-items FMQ (Facets of Mindfulness Questionnaire) version performed better, presenting good reliability and validity in evaluating three mindfulness facets.

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

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Rosenzweig picture-frustration test modification for a study of emotion regulation strategies among the patients with stress-induced hypertension

E. Pervichko*, Y. Zinchenko

Lomonosov Moscow State University, Faculty of Psychology, Moscow,
Russia

* Corresponding author.

Introduction Emotion regulation (ER) efficiency dwells among the most pressing issues of contemporary psychology and psychiatry. Further development of the methods of reliable assessments for ER makes it the task of current importance.

Objective To modify Rosenzweig Picture-Frustration Test for the study of ER in health and in disease.

Methods In the initial stage of testing participants had to look through a succession of Rosenzweig's pictures, and select potentially traumatizing situations.

In the second stage they answered the following questions:

- what would you say in this particular situation?
- what would you have in mind, saying this?
- could you think of an answer that would taper down the traumatizing character of the situation in your own perception? (Zinchenko, Pervichko, 2014).

A total of 85 patients with stress-induced hypertension (mean age was 45.9 ± 2.8) and 82 healthy subjects (mean age was 44.9 ± 3.1) took part in the study.

Results We came to distinguish among four classes of ER strategies: internal, cognitively non-mediated; internal, cognitively transforming; external, cognitively non-mediated; and external, cognitively transforming (Pervichko, 2015). Hypertensive patients significantly more frequently than healthy subjects reveal wider set of emotionally grave events (19.8% vs 11.2%, $P < 0.001$), they are more prone to rumination, disasterization (19.0% vs 11.1%, $P < 0.001$) and suppression in display of their emotions (31.9% vs 20.2%, $P < 0.001$). The patients will seldom employ the strategy of interactive subject–subject transformations; their capability to actualize new meanings in traumatic situations is diminished.

Conclusions Application of the described modification of Rosenzweig Picture-Frustration Test allows to distinguish and classify various ER strategies, and to demonstrate peculiarities in ER related behaviour of hypertensive patients as opposed to healthy subjects.

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

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New methodologies for faster study of new psychoactive substances: A proposal

P. Quintana Mathé^{1,2,*}, M. Grifell^{1,2,3}

¹ Hospital del Mar Medical Research Institute, Grup de Recerca en Addiccions, Barcelona, Spain

² Associació Benestar i Desenvolupament, Energy Control, Barcelona, Spain

³ Parc de Salut Mar, Institut de Neuropsiquiatria i Addiccions, Barcelona, Spain

* Corresponding author.

Introduction New psychoactive substances (NPS) are substances that have recently become available, and are not worldwide regulated. They often intend to mimic the effect of controlled drugs, becoming a public health concern. In 2014, 101 substances were reported for the first time in the EU, which may require to be studied and risk-assessed by the scientific community. The EMCDDA recognizes it as an emerging topic where research is most needed, as the scientific community is struggling to keep pace with the speed at which new substances appear. On the one hand, case reports and internet-based surveys are quickly published but do not provide enough evidence to guide clinical decisions. On the other hand, classical high-reliability methodologies such as Cohort and Clinical studies take too long and their cost is too high to be of much use for the study of NPS. We propose an intermediate methodology to tackle this unmet need.

Rationale González and colleagues described a set of highly educated, experimental users of NPS with extensive knowledge and consumption of substances. These users usually look for drug checking of the substances they intend to consume. We suggest we could benefit from the collaboration of such users, and the possibility of obtaining analytical confirmation, to retrieve information about NPS in a quick and reliable fashion.

Outline of methodology Recruiting of subjects that submit NPS to a drug checking facility. Analysis of the samples for analytical confir-