or valproate) and an antipsychotic (haloperidol or risperidone). Course of illness assessed with Young Mania Rating Scale (YMRS) scored at week 0, 1, 2, 4, 8, 24. Remission defined as YMRS < 12.

Results Twenty men (35.09%) and 37 women (64.91%); mean age 43.18 ± 12.71 years. Mean YMRS basal score 38.55 ± 8.08. At 4th week, remission rate was 54.39% (31 patients); at 8th week was 80.70% (46 patients). At 8th week, 39/57 patients (68.42%) discontinued the antipsychotic. Relapse rate after 6 months was 26.32% (12 depressed, 3 manic). Multiple regression, *t*-test and Chi^2 analysis were performed: older patients ($P = 0.01$) and with higher number of episodes ($P = 0.04$) tend to relapse earlier. Neither severity of the episode ($P = 0.3$), nor delusional symptoms ($P = 0.6$) nor discontinuation of the antipsychotic ($P = 0.3$) correlate with relapse time.

Conclusions Our experience suggests that an early discontinuation of antipsychotics, usually 4–8 weeks after remission, does not worsen the short-term course of illness. This approach could minimize the risk of side effects. Evidence is lacking about the duration of this therapy, long-term studies are still necessary.

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Association between suicide attempts and insight among patients with bipolar disorders

A. Cardoso [1,*], P. Aguiar [2], M. Byrne [3], M. Xavier [1]
[1] *Faculty of Medical Sciences, Mental Health, Lisbon, Portugal*
[2] *School of Public Health, New University, Public Health, Lisbon, Portugal*
[3] *University of Wollongong, Clinical and Forensic Psychology, Wollongong, Australia*
* *Corresponding author.*

Introduction Insight is an important factor associated with non-compliance and poor outcome. Poor level of insight has been described as a characteristic in patients with acute bipolar disorder with more unawareness in social consequences. In contrast, awareness of having a mental disorder, of its symptoms, of its consequences, and/or of the need for treatment is associated with a number of positive prognostic indicators. Insight is also linked, however, to depression and suicidal ideation in bipolar disorder.

Objectives (1) Assess the illness perception. (2) Assess the impact of insight in suicidal tendencies.

Aims Contribute to development measures to improve the insight in bipolar disorders.

Methods In this cross sectional study we use a convenience sample of patients with bipolar disorder attending in the mental health departments of three general hospitals in Lisbon great area. We have applied clinical and socio-demographic questionnaire and additional measures to assess symptom severity, treatment adherence and illness perception.

Results A samples was composed by 64 patients with bipolar disorder (mean age = 38.7; SD $\pm$ 10.1). A total of 48.4% patients ($n = 31$) had made a suicide attempted and 23.4% ($n = 15$) of this patient done 5 or more attempted suicide. We found a significant correlation with symptoms and insight ($r_s = 0.56$; $P < 0.01$).

Conclusion Mental health professionals often utilize insight as an indicator of prognosis, because of its association with treatment adherence. The findings of the current study suggest that having intact or good insight may be an indicator for suicidal ideation among patients with bipolar disorders. A brief psychoeducational approach could potentially be effective. We recommend a combined approach to Improve clinical insight in bipolar disorder.

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

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EV160

Emotional intelligence in bipolar disorder

E. Chapela [1,*], J. Quintero [1,2], M. Félix-Alcántara [1], I. Morales [3], C. Javier [2,4], G.A. Jorge [4]
[1] *Hospital Universitario Infanta Leonor, Psychiatry, Madrid, Spain*
[2] *Fundación Psiformación, Psyhiatry, Madrid, Spain*
[3] *Psikids, Psyhiatry, Madrid, Spain*
[4] *Hospital del Henares, Psyhiatry, Madrid, Spain*
* *Corresponding author.*

Introduction Emotional intelligence is defined as the ability to process, understand and manage emotions. In bipolar disorder seem to be more conserved, with less functional impairment than other severe mental disorders as schizophrenia. So far, there are few studies analyzing emotional intelligence in bipolar disorder.

Objective The objective of this research is to better understand the different characteristics and the factors affecting these social-cognitive dysfunctions in bipolar disorder.

Aims To explore possible factors related to emotional intelligence in these severe mental disorders: symptoms, cognitive functioning, quality of life and psychosocial function.

Material and methods Twenty-six adults bipolar type I patients were examined using MSCEIT (the most validated test for emotional intelligence), BPRS, YMRS, HDRS, WAIS-IV, TMT and Rey Figure in order to determine the level of emotional intelligence and factors relate.

Results Bipolar patients show lack of emotional intelligence when compared with general population. Cognitive impairment and age are the principal factors related.

Discussion Results are discussed and compared with recent literature.

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

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EV161

The emotional intelligence in severe mental disorders: A comparative study in schizophrenia and bipolar disorder

E. Chapela [1,*], M. Félix-Alcántara [1], J. Quintero [1,2,3], I. Morales [3], J. Gómez-Arnau [4], J. Correas [2,4]
[1] *Hospital Universitario Infanta Leonor, Psychiatry, Madrid, Spain*
[2] *Fundación Psiformación, Psychiatry, Madrid, Spain*
[3] *Psikids, Psychiatry, Madrid, Spain*
[4] *Hospital del Henares, Psychiatry, Madrid, Spain*
* *Corresponding author.*

Introduction Severe mental disorders have deficits in different aspects of social cognition, which seem to be more pronounced in patients with schizophrenia compared to those with bipolar disorder. Emotional intelligence, defined as the ability to process, understand and manage emotions, is one of the main components of the sociocognition. Both in schizophrenia and bipolar disorder have been described changes in emotional intelligence, but only few studies compare both disorders.

Objectives The objective of this research is to increase knowledge about the differences between schizophrenia and bipolar disorder.

Aims To compare emotional intelligence in patients with schizophrenia versus bipolar patients.

Methods Seventy-five adult patients with schizophrenia and bipolar disorder were evaluate.

The assessment protocol consisted of a questionnaire on socio-demographic and clinical-care data, and a battery of assessment scales (BPRS, PANSS, SCID-I-RV, YMRS, HDRS, CGI-S, EEAG, MSCEIT). Among the assessment tools of emotional intelligence, we select MSCEIT as the most validated.