

included in a 6-month program of weekly CBT sessions with focus on metacognition, emotional dysregulation, social functioning and subjective well-being. Patients were assessed with the Metacognitions Questionnaire-30, Difficulties in Emotion Regulation Scale, Heinrichs Quality of Life Scale, The Psychological General Well-Being Index, Brief Psychiatric Rating Scale, Hamilton Depression Rating Scale at baseline and at 3 and 6 months, to verify any improvement on these specific domains and, possibly, on general psychopathology.

Results: In this study CBT showed to be effective on all domains evaluated, most notably for younger patients with a short history of disease (<5 years). Metacognitive capacity was the dimension with most evident improvements, followed by the ability to modulate emotions and the consequent improvement in psychosocial functioning and perceived subjective well-being. During the 6 months follow-up none of the enrolled patients experienced symptoms exacerbation or psychotic relapses.

Conclusions: In conclusion, the 6-month CBT treatment showed to be effective for stabilized psychotic patients, improving metacognitive functions, emotional regulation, psychosocial functioning, and subjective well-being. In addition, insight, adherence and the therapeutic alliance improved. The absence of psychotic relapses is not attributable with certainty to the effect of CBT since, for this purpose, longer duration studies on larger case series and with RCT methods are required. However, it is plausible that the improvement obtained in disease awareness and adherence may be a facilitating factor in relapse reduction.

Disclosure of Interest: None Declared

EPP0502

Bridging the Gap between Cognitive Behaviour Therapy and Psychodynamic Therapy: The Added Value and Impact of Introducing Training in Cognitive Analytic Therapy

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doi: 10.1192/j.eurpsy.2023.805

Introduction: Cognitive Analytic therapy (CAT) is a brief focal therapy consisting of 16 - 24 sessions in the context of complex cases. It involves three stages: reformulation, recognition and revision (Taylor *et al*, 2017 Dec;90(4):511-529). CAT was shown to have an effect within a 24-session format and has been found to be particularly helpful by those who work with these 'hard to help' patients, including abuse survivors, the elderly and offenders.

Objectives: To introduce CAT to Malta as a Creative Service Initiative with outcome measures in part-fulfillment of the Malta Postgraduate Training Programme in Psychiatry. To perform a qualitative study to see the attitudes of course participants towards other modalities of therapy besides Cognitive Behavioral Therapy and Psychodynamic Psychotherapy.

Methods: A CAT Skills Training Course was organised for the first time in Malta in collaboration with Richmond Foundation, the Malta Association of Psychiatrists and the International Cognitive Analytic Therapy Association. The course was delivered over 6 days. This was divided into 35 hours of theory and 8 hours of skills based sharing and learning with a particular emphasis on contextual

mapping including team dynamics, systemic and structural role positioning within health services and organisations.

A qualitative questionnaire was disseminated to participants at the end of the 6-month programme which included supervision via skype and completion of a reflective essay. A follow-up training course in 2022 was organised and the introduction of CAT Malta to psychiatric trainees planned for March 2023.

Results: A total of 20 participants participated in the original CAT Training in March 2020 of which 1 was a psychiatrist, 2 were psychiatric trainees, 6 were social workers, 3 were counsellors and the remainder were psychologists. From this group of participants 4 members (1 psychiatrist, 1 psychiatric trainee, one psychologist and one social worker) continued to level 2 of training with the aim of continuing to CAT practitioner training. The remaining 16 participants dropped out in view of personal commitments and pressures presented during the COVID-19 pandemic. A new cohort of 14 participants were recruited in September 2022 of which all plan to continue to level 2 of training with the hopes of becoming CAT practitioners. A qualitative study into their reflective essays is being undertaken.

CAT Malta was established in 2022 with the 4 members who continued CAT training level 2. These members are in the process of becoming CAT practitioners and pioneering this new treatment into mental health services amongst the Maltese islands.

Conclusions: In conclusion the above proves that the implementation of CAT Training is feasible and acceptable. It will be introduced to Maltese psychiatric trainees in March 2023.

Disclosure of Interest: None Declared

EPP0503

Hidden face of pandemic – Case study of an art therapy process during the pandemic of the virus COVID-19

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doi: 10.1192/j.eurpsy.2023.806

Introduction: Pandemic caused by the virus COVID-19 had a significant impact on mental health of the population, not only by increasing the levels of stress and anxiety, but by affecting the most vulnerable ones, aggravating the symptoms of mental illnesses in people suffering from one of the mental health conditions [1], including the people suffering from schizophrenia. Pandemic made the increased need of that particular patient population for various psychotherapeutic and sociotherapeutic interventions even more evident. Art therapy is a form of psychotherapy that in itself integrates expressive characteristics of art with explorative characteristic of psychotherapy using the visual language of arts as the main media of communication and expression. Art therapy has been used from its beginnings with people suffering from one of the psychotic disorders [2] and it is enlisted today in NICE guidelines as one of the psychological therapies of schizophrenia [3].

Objectives: To understand and to activate the potential of artistic expression in patients suffering from psychotic disorders during the pandemic of virus COVID-19.

Methods: During the period of lockdown in pandemic of virus COVID-19, a young male patient suffering from schizophrenia was admitted to the Acute ward of the University psychiatric hospital