

through psychotherapy gradually release the old family roles and experiment with new models of behaviour and thus change internalized object representations.

**Aim** The aim of this study was to investigate changes in object relationships and self-esteem in the psychodynamic group psychotherapy in young patients suffering from schizophrenia.

**Subjects and methods** The study included a total of 41 patients diagnosed with schizophrenia. Before joining the psychodynamic group therapy and after two years of participation in the treatment, all patients completed a test of object relations and the Rosenberg self-esteem scale.

**Results** Comparison of the results in two time periods showed downward trend results in all tested dimensions of object relations, a statistically significant difference was found for dimension symbiotic fusion: after two years of participation in the psychodynamic group psychotherapy, patients had significantly expressed less need for symbiotic relationships. Self-esteem was higher in the second period of testing, but without statistical significance.

**Conclusion** Taking into account the limitations of this study, we can conclude that the results are encouraging. During psychodynamic group processes in young patients with schizophrenia there is a trend of positive changes in terms of object relations and self-esteem and a significant reduction in the need for symbiotic merging.

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#### EV1142

### The effectiveness of three psychotherapies of different type and length in the treatment of patients suffering from anxiety disorder

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**Introduction** Data on the comparative effect of short and long-term psychotherapy in anxiety disorder is scarce.

**Aim** To compare the effectiveness of two short-term therapies and one long-term psychotherapy in the treatment of patients with anxiety disorder.

**Methods** Altogether 50 outpatients with anxiety disorder as the only axis I diagnosis, were randomly assigned to long-term psychodynamic psychotherapy (LPP), short-term psychodynamic psychotherapy (SPP), and solution-focused therapy (SFT) and were followed for 5 years. The outcome measures were psychiatric symptoms, working ability, need for psychiatric treatment, remission, and cost-effectiveness.

**Results** During the first year of follow-up, no significant differences in the effectiveness between the therapies were noted. During the following 3 years, LPP and SFT more effectively reduced symptoms, improved work ability, and elevated the remission rate than SPP. No significant differences between LPP and SFT were seen. At the end of the follow-up, the use of auxiliary treatment was lowest in the SFT group whereas remission rates or changes in psychiatric symptom or work ability did not differ between the groups. The average total direct costs were about three times higher in the LPP group than in the short-term therapy groups.

**Conclusions** The difference in effectiveness of LPP and SFT was negligible, whereas SPP appeared less effective. Thus, the resource-oriented SFT may be a cost-effective option in this selected patient group, while unconsidered allocation of patients to LPP does not appear to be cost-effective. Given the small number of patients,

no firm conclusions should, however be drawn based on this study.

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#### EV1143

### The use of art therapy in complex treatment on the quality of remission in patients with melancholy in major depressive disorder

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**Introduction** According to studies done in recent years regarding the treatment of patients with melancholy in major depressive disorder, a shift of interest from studies evaluating the effectiveness of therapy to the study of remission is seen. Despite significant progress in the development of pharmacotherapy of depressive disorders, difficulty in achieving rapid reduction in depressive symptoms and stable remission in patients with melancholic depression necessitated the search for new approaches to the treatment of this pathology.

**Aims** Evaluating the effectiveness of art therapy in treatment in patients with melancholy in major depressive disorder on the quality of remission.

**Methods** The study involved 135 patients – 60 male and 75 female patients aged from 18 to 30 years old. The main group of patients apart the combined treatment also participated in group art therapy with the use of drawing techniques, while the control group – statutory standard therapy.

**Results** The results of the use of art therapy in complex treatment in patients with major depressive disorder is detected primarily in reducing of the level of anxiety at the early stages of treatment (60% of patients have noticed decreasing of melancholic state), as well as improving the quality of life in remission period.

**Conclusion** These results support the use of art therapy in treatment in patients with melancholy in major depressive disorder during period of active treatment, and after achieving clinical remission contributes to achieving and maintaining high-quality and stable remission with full restoration of quality of life and social functioning.

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#### EV1144

### Pollyanna syndrome in psychotherapy-or pseudotherapy. Counseling, consoling or counterfeiting?

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Pollyanna syndrome, the name being taken from a book of the same title, means “an excessively or blindly optimistic person.” The occurrence and danger of such attitudes in psychotherapy is discussed. Such attitudes may occur both in patients and their therapists. Either of them may say “things will not be so bad...” attempting to console not him/himself but the other party. The main aim of psychotherapy is to facilitate taking responsibility and decisions. But there are also other aims, identical to those attributed to philosophy in ancient times, namely, “to treat the soul” or, clinically speaking, to provide consolation. This is usu-

ally achieved by attributing meaning and purpose to suffering and set-backs. In the paper, I discuss how the therapist could avoid the trap of being and coercing the patient to be “optimistic, positive, and strong” when the situation does not necessarily warrant such an attitude. Philosophy may be of help here. One may apply theodicy, that is, the philosophical attempt to explain and justify the evil existing in God’s world. Another possibility is Ericksonian approach of utilization, paradoxical intervention, using metaphors and hypnotic techniques in order to let the patient come up with his own, intimate resources facilitating recovery. Logotherapy, which is an existential approach is recommended, either as such or as a part of REBT. In short, the difference between an ineffective and an effective approach is the difference between being optimistic and being realistic.

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#### EV1145

### Attempting reconciliation with cross-examination in couple therapy

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Many traps and conflicts can be encountered by the therapist trying to facilitate communication and to promote agreement between couples or between an angry teenager and his/her parent. The cross-examination technique is a useful tool in such situations. It involves humour but it is also confrontational, it shifts the burden of initiating and continuation of the dialog onto the parties involved, it teaches responsibility, respect and sensitivity to the other’s points of view and, after exposing the “sore points”, it leaves the couple in a position to discuss possible solutions. Elements of other psychotherapeutic approaches (mirror technique, paradoxical intentions, empty chair technique, Ericksonian approach) are included as well. Elements of logic aimed at recognizing the fallacies and assumptions between the couple are also used.

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#### EV1146

### Clinical usefulness of confrontations in the initial interview

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Principal objective of this work is to illustrate the clinical usefulness of confrontations in the initial interview. Balint, Kernberg, Sullivan, Fromm-Reichmann are the authors, among many of them, who pointed out importance of the initial interview and the consequences of the interview for the future psychotherapeutic work. Initial interview represents two persons; therapist and person who needs help who meet for the first time and do not know anything about each other. Interaction between therapist and the patient through communication is a major source of information about potential patient in the initial interview. The nature of disorder, capacity of motivation for psychotherapy can be evaluated in the current interaction with the person who needs help. Confrontation is a routine technique in psychoanalysis and psychotherapy, unilateral and potentially dangerous, especially when working alliance is not established and that is the case in the initial interview. Purpose of confrontation in the initial interview is to collect information about patient, his psychopathology, his structural personality features, presence of defensive operations, capacity and motivations to work and what kind of psychotherapy is best suited for him.

Confrontation can be very harmful so it requires tact, patience and timing. Incorrect use of confrontations which are poorly conceptualized, premature could stop the flow of the material, make sense of chaos in the interview, increasing anxiety and risk the possibility of leaving interview.

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#### EV1147

### Roll of the third wave therapies in the treatment of schizophrenia

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*Introduction* The schizophrenia is a frequent mental disorder. The symptoms affect the emotions, cognition, perception and other aspects of the behaviour. In the last years have been developed different interventions and psychological treatments in order to improve the personal and social functioning of these patients. Among the new proposals is the called “third wave”.

*Objectives* Determine the efficacy of third generation therapies in the treatment of schizophrenia.

*Methods* We have performed a systematic review of the existing bibliography in PubMed/Medline, Cochrane and Dialnet, using the combination of different keywords “acceptance and commitment therapy, mindfulness, psychosis, schizophrenia, third wave of therapies, based cognitive therapy”.

*Results* The based cognitive therapy for the psychosis (CBT) was designed for the treatment of the residual symptoms of schizophrenia, however in the present there are over 30 randomized trial publications were is evaluated the efficacy of CBT in psychosis, on positive and negative symptoms, functionality and affectivity. It is most effective in acute episodes.

*Conclusions* The treatment with the third generation therapies reduces the positive symptoms of schizophrenia and improves depressive and anxiety symptoms. The CBT and the mindfulness are the most studied. There are scientifically therapeutic options for the treatment of patients with schizophrenia in combination with pharmacotherapy.

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#### EV1148

### The introduction of psychotherapy in psychiatric outpatients in the last four years in a Greek hospital

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*Introduction* The use of psychotherapy is an important part of treating psychiatric disorders, in combination with medication taking. However, despite its importance, psychotherapy is still underused from individuals with psychiatric problems in Greece.

*Objectives* To examine the use of psychotherapy, among psychiatric outpatients, in the last four years.

*Aims* To investigate whether there are differences in the use of psychotherapy, in combination with medications, to treat psychiatric disorders, from 2012 to 2015.

*Methods* In this study participated 5,551 patients, 2,760 males (49.7%) and 2,791 females (50.3%). The mean age was 45.54. Convenience sampling method was used and participants were recruited