

Introduction Solution-focused brief therapy (SFBT) is a strength-based and a social constructivist approach that assumes that individuals have the ability to develop creative solutions that enhance their lives to develop a new self, modify worldviews, and implement behaviour changes.

Objectives To develop a quantitative research to determine which clinical variables and process variables are measured using the technique of judges and determine its statistical association with the outcome at termination of therapy and follow-up, using the videos of SFBT psychotherapy sessions, and a follow-up call.

Aims To identify variables associated with outcome at termination and follow-up and to evaluate the success applying SFBT.

Methods Sample was composed by 74 cases.

Criteria of inclusion A telephone number available to make the follow follow-up call and at least 6 months since termination (6 months to 39 months, mean 15.6 months). Three questionnaire were used, The First-Session Rating Questionnaire, The Last-Session Rating Questionnaire and The Follow-up Questionnaire.

Results Goals were reached 88% of the cases, patients said that complaint was totally resolved were 17% and 26% when the dropouts were excluded, and that complaint was partially resolved were 76% and 65% when the dropouts were excluded. According to the judges, the successful at termination was the 86%, and the successful at follow-up was 67% according to the Follow-Up Questionnaire. No variables were statistically associated to the successful at termination or the follow-up.

Conclusions SFBT reaches the “minimum efficacy permitted” according to the general consensus of experts. Clinical of process variables was not associated to success.

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EW463

Cognitive analytic therapy: A bibliometric review

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Introduction Cognitive Analytic Therapy (CAT) has emerged as an integrative new approach with promising results in the treatment of personality-disordered patients, particularly in borderline personality disorder. Although this approach has already demonstrated its effectiveness in adults, increasingly studies try to validate it in young population, which has meant a turning point in research.

Aim and objectives The goal of this study is to know the whole production about CAT in a double way:

–articles that describes the main theoretical concepts underlying CAT theory;

–articles with evidence supporting its effectiveness in different mental disorders.

Methods A bibliometric review of 397 scientific articles extracted from research databases including Dialnet, EBSCO, PUBMED, Unika and Scholar Google was conducted.

Results The results indicate an exponential growth in published studies on CAT, from first publications in the late 1960s, particularly strong in the last two decades and reaching its peak in 2008. Total research includes 247 literature reviews, 109 clinical studies, 47 case studies, 17 letters and comments from authors, 4 studies on diagnostic tests and 1 meta-analysis. Most research has focused on borderline personality disorder or other personality disorders (35% and 12% respectively) and eating disorders (11%). Studies have been conducted with adults (49%) the same as children and adoles-

cents (46%) whereas only the 4% has been developed for elderly population.

Conclusions Cognitive analytic therapy represents a well-documented psychotherapy with a proven efficacy in a wide range of clinical contexts.

Keywords “Cognitive analytic”; “Cognitive analytic therapy”

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Effect of an acceptance and commitment group therapy in the treatment of panic disorder and agoraphobia. A preliminary study

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Introduction Acceptance and commitment therapy for the treatment of panic disorder and agoraphobia has been a big boost in last years, and there are preliminary studies about its efficacy. However, most studies have used individual interventions.

Objectives Evaluate the effect of an acceptance and commitment group therapy in patients with panic disorder and agoraphobia.

Methods The sample consisted of 24 patients, aged between 18 and 55 years old, who were referred to groups by psychologists and psychiatrists of Mental Health Center. The intervention in each group consisted of 12 treatment sessions of 1 h 30 m duration, weekly. One pretest and posttest evaluation was conducted. The variables studied were: severity of panic disorder (Panic Disorder Severity Scale [PDSS]), fear of physical sensations (Body Sensations Questionnaire [BSQ]), frequency of catastrophic thoughts (Agoraphobic Cognitions Questionnaire [ACQ]) and level of experiential avoidance (Acceptance and Action Questionnaire-II [AAQ-II]).

Results The mean scores for all variables studied decreased in the post-evaluation. Means in post-evaluation were significantly lower (*t* Student, $\alpha=0.10$) in three of the four variables studied: severity of the condition ($P=0.001$), frequency of catastrophic thoughts ($P=0.038$) and level experiential avoidance ($P=0.073$). In other words, patients had fewer panic attacks after treatment, and those who had were less intense, they had less catastrophic thoughts about consequences of anxiety, and they were better to accept their feelings and thoughts.

Conclusions Although it is necessary to continue the study with a larger sample, these preliminary results support the use of ACT in group format in the treatment of panic disorder and agoraphobia.

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Shifting focus approach: An alternative to classical CBT therapy for relapse prevention among opioid detoxified patients

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Aim Most current psychotherapeutic approaches are self-focused in terms of focusing attention on how one thinks, feels, behaves or maintains, in one way or another, a pathological chain reactions. The aim of current is to challenge such focus by shifting the focus of attention to serving others rather than analyzing one's self.

Method Sixty patients were recruited after heroin detoxification, all have been subject to psycho-education about addictive behavior, craving process and risks of relapse. Half of them (group A; $n = 30$) were subject to weekly basis classical CBT group sessions while the other half (group B; $n = 30$) were subject to shifting focus approach where they were encouraged to serve on voluntary nonprofit basis at Alexandria university hospitals with weekly group support sessions to share experiences and encourage action. Patients in both arms were followed for 3 months and evaluated in terms of abstinence rate and quality of life.

Results Both groups were balanced in terms of age, marital status, age of onset of abuse, number of previous detoxification, criminal record and score of the Quality of Life Scale QLS at base line before psychotherapy. After 3 months, no difference as regards abstinence rate between both arms ($X^2 = 1.763$; $P = 0.288$), also no difference between both groups as regards change in QLS score after 3 months ($t = 0.039$; $P = 0.969$).

Conclusion Shifting focus approach shows no difference in terms of abstinence or quality of life improvement compared to classical CBT in non inferiority study.

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Student's strategies to cope with stressful situations

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Introduction It is well known that students have several stressful situations to cope with and their coping strategies are of a wide range (Brougham et al., 2009, Zi et al., 2011, Pierceall and Cane, 2009).

Objective The purpose of the study was to investigate how students coped with various stressful situations they faced.

Aims One hundred participants, 60 men and 40 women, studying at TEI of Patras, Greece, were randomly selected and asked to describe their stressful situations and the ways they dealt with them.

Method The questionnaire used was based on "Échelle Toulousaine de Coping" (Tap et al., 1993) adjusted by Theodoratou et al. (2006).

Results Forty-five percent of the students could not control their feelings, while facing a difficult situation and might feel panic, but the majority of the students (63%) did not use medication to cope with a difficult situation. When facing a problem, the 45% of the students did not amuse themselves and 35% of the participants avoided communication with other people when they faced a problem. Moreover, 29% of the students chose to pray to face a difficult situation. Finally, 58% of the participants estimated that a counseling center in TEI of Western Greece would be necessary.

Conclusions In conclusion, many students were overwhelmed by a negative emotion and most of them chose social withdrawal. Thus, they might feel helpless and suggested that a counseling center in their College and university might help them to overcome difficulties during their studies.

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Quality management

EW468

Canadian psychiatry utilization trends

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Introduction The number of psychiatrists continues to grow in Canada. Patient psychiatry utilization statistics, including reasons for termination of such services, are important factors that have the potential to impact future Canadian and international psychiatry service policies and practices. In addition, understanding the reasons for psychiatry service termination is necessary to improve service quality and effectiveness.

Aims This study focused on utilization trends, perceived effectiveness of psychiatry services, and reasons for termination of psychiatry services in Canada.

Method Prevalence of psychiatry service use, perceived effectiveness, and reasons for termination of such services were investigated in a Canadian sample ($n = 25,113$). Prevalence rates were investigated by geography, sex, and age. Data were self-reported and collected through a national Canadian phone survey focused on mental and physical health.

Results Results highlight that a small percentage of participants reported utilizing psychiatry services. The majority of participants using such services perceived them as useful. Across geographical regions, reasons for discontinuing services were most often related to completing treatment, feeling better, or not seeing the treatment as helpful.

Conclusions This study explored psychiatry utilization trends, perceived psychiatry effectiveness, and reasons for patient termination of such services. Results are explored through a geographical region breakdown, sex differences, and age stratification. Implications for policy, practice, and training are discussed from a Canadian and international perspective.

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Rehabilitation and psychoeducation

EW469

How we can enhance treatment adherence? Perspective of patients and clinicians

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Introduction Non-adherence to antipsychotic medication is commonly found in mental health disorders (MHD), thus forming a major obstacle to long-term maintenance treatment and contribut-