

EV0354

Strategies to reduce the stigma toward people with mental disorders in Iran based on stakeholders view: A qualitative study

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Introduction Stigma effects on the process of mental disorders and many researchers consider it as the most serious risk factor and inhibitor in promoting mental health.

Aims The aim of this study was to explore the strategies to reduce the stigma toward people with mental disorders in Iran.

Methods This qualitative study, using content analysis method, was undertaken from 2013 to 2015. All participants were recruited by purposive sampling method. They were stakeholders of mental health in Iran. Data were collected through 16 individual interviews, 2 focus group interviews and 6 written narratives. The data were collected, coded and analyzed simultaneously.

Results The major themes were: "Emphasis on education and changing attitudes", "Changing the culture", "Promoting services and support coverage", "Role of various organizations and institutions", "Integrated reform of structures and policies to improve the performance of custodians", and "Evidence-based actions".

Conclusion It seems crucial to adopt strategies that lead to reduce the stigma of mental illnesses and increase awareness among people, scholars and service providers in the field of mental health. Additional studies are needed to evaluate the effectiveness of the emerging strategies to reduce stigma.

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Spirituality meanings reported by Southeast Brazilian nursing staff at the psychiatric ward of a university general hospital: A clinical-qualitative study

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Introduction Despite nursing holistic trends for caring, in psychiatric wards of general hospitals the spiritual dimension remains controversial. Evidence shows spirituality rule in recovering and also alerts about complications associated to mental disorders and spirituality.

Aim To describe spirituality meanings attributed by a psychiatric nursing team and discuss how they apply them on professional cares.

Method Clinical-qualitative design is a particularization of generic qualitative strategies brought from humanities to approach symbolic research questions in clinical settings. A semi-directed interview with open-ended question, in-depth, was carried out with a team of 22 nursing professionals in the psychiatric ward of a general hospital in Southeast Brazil. Data analysis was driven under the Ricoeur understanding of Freudian symbolic meaning, which affirm that a statement reveals multiple meanings overwritten.

Results Spirituality is developed from several sources of restlessness and living together. The function of spirituality is to help fulfill social roles, keep internal balance and to maintain sacred practice attitudes towards life that brings symbolic salvation: help or redemption to hard life times. Nature of mental illness

remains as spiritual stigma and a suspicion contradictorily to spiritual approach caring to patients in inpatients services, which is described, as inappropriate or confusable.

Conclusions Even spirituality meanings are covered by symbolism, which expresses human attitudes to help in life crises they are surrounded by contradictions that situate this dimension in the limit of reason, which approximates carriers and patients causing weirdness. Nursing staff still needs training to deliver holistic care, and spiritual counseling to gain clarity in this issue.

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EV0356

Residential facilities project in Cuba: An original working model

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Psychiatry must have among its main aims to reintegrate in their own environment of life people with psychotic disorders, personality disorders and other serious disorder of the psychic sphere. We must be able to operate in places built ad hoc, that is, where time, space and procedures are marked with certainty and, as much as possible, managed firsthand. The environment must be constructed or modified in such a way as to make it unlikely the failure or discomfort. Patients also need to be strengthened in their ability to integrate in their environment and in the ability to cope with various life events. The goal is to transfer a first group of patients from large psychiatric hospital of La Habana to the territory, specifically in 2–3 already identified communities, to realize the rehabilitation projects that in 3–4 years can bring patients selected at their home or, alternatively, at self-managed apartments. The reference model of rehabilitative interventions is multimodal. The model explains the onset, course, prognosis and social functioning of the major mental disorders as a complex and mutually conditioning relation between biological, environmental and behavioural. The results will be evaluated over the next three years and will be the subject of future publications. A good practice cannot disengage from safe theoretical and methodological references. To show clearly and verifiably their work, operators must be trained before and during all phases of work, a job training, continuing education, which has as its primary objective the descriptive clarity and verifiability of results.

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EV0357

Between creativity and death: Abstract expressionists and alcohol use disorders

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American Expressionists were a group of American artists who valued free expression of unconscious elements, combining emo-

tional intense expressions with anti-figurative abstract style. Their main place of creative debates was Cedar Tavern in New York City, considered by art critics an important incubator of the Abstract Expressionism. Jackson Pollock, one of the most prominent figures of this movement, suspected of having bipolar disorder, abused alcohol during long periods of his life, for which he even underwent psychotherapy. Unfortunately, he died in a car accident while driving under influence, after decades of innovative work, during which he created a new painting method and produced compositions which are nowadays between the most expensive works of art. Mark Rothko also had periods of heavy drinking, and finally he died by cutting his arms with a razor. He is considered a genius, who created a completely new perspective over painting, and his works are also between the most expensive paintings in the world. Willem de Kooning was affected by alcoholism since his early years, and developed dementia, at least partially induced by abusive drinking. Although affected by neurocognitive disorder, he continued to produce amazingly creative paintings until his final years and in 2016 one of his works obtained the record for the most expensive painting ever sold. Using alcohol as a tool for increasing creativity risks to expose the creator to severe disorders or even death, the subject walking on a narrow line between sublimation of unconscious impulses and tragic resignation before them.

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Pitfalls of positivity–new perspectives on the futility of negating negativity

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The claim that “thinking positive” betters one’s life has become pervasive in our contemporary culture. Proponents of this style of reasoning, including the head of the positive psychology movement, Martin Seligman, claim their goal is to create a field focused on human well-being and the conditions, strengths and virtues that allow people to thrive, and back their standpoint with a great number of studies.

However, critics of the movement have, first of all, pointed out flaws in some of the concepts and studies backing them, and second, performed experiments of their own which show not only that forced positive thinking doesn’t help, but can sometimes be harmful.

More worrisome than disputes in the therapeutic community is the tendency of mass media and our commodified society to abuse

these approaches, the end result being a whole scope of popular psychology books which promise wealth, happiness and ideal partners to those prepared to “believe”, and the presence of a horde of self-appointed gurus promising easy answers and quick solutions. This is only a symptom of our contemporary postmodern condition, one well phrased by the Slovenian philosopher Žižek - “the commandment of the ruling ideology is ‘enjoy!’”.

From philosophers of negativity (Nietzsche, Schopenhauer) to psychotherapists dealing with automatic negative thoughts, we come to our proposed field of research in the “neuroscience of negativity”, a search for the biological underpinnings of positivity/negativity, focusing primarily on their relation to Cloningers’ dimensions of personality and mood disorders.

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EV0359

Is international affective picture system (IAPS) appropriate for using in Iranian culture, comparing to the original normative rating based on a North American sample

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Background Previous studies have shown that cultural context has an influence on emotion and cognition. In this study the emotional response to international affective picture system (IAPS) was compared between Iranians and normative ratings of Americans young adults.

Method One hundred and thirty eight Iranian university students (85 women, 48 men) age 18 to 52 (average= 31, SD = 7.76) enrolled in the study. Participants’ emotional response to IAPS images were rated in three dimensions (valence, arousal, dominance) using self-assessment Manikin (SAM) system. Then, valence, arousal, dominance scores were compared to those of 100 American undergraduates (50 females, 50 males) of the same age group, enrolled at Florida university and surveyed by Prof. PJ Lang in 2008.

Result Our results indicate that there is complete correlation between the mean ratings of valence, arousal and dominance between Iranian and American participants. Also the results showed similarities in valence ratings, but arousal ratings especially in female participants were different. The relationship between arousal and valence showed a similar boomerang shaped distribution seen with the North American sample. Iranian sample showed positively offset and negative bias comparable to the American counterparts.

Conclusion The results are promising in the sense that IAPS images can be used in studies within Iranian cultural context. However, arousal values require a modification for their proper application in Iranian cultural context.

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