

Conclusions Third wave cognitive behavioural therapy is an emerging approach born from the need to improve and complement first and second waves. Although very promising, it is still a recent approach and data to support its superiority over the conventional therapies is missing.

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Should I save my marriage?: Addressing couple relationships by means of art therapy intervention

G. Citak Tunc^{1,*}, N. Eren²

¹ Uludag University, School of Health, Psychiatric Nursing Department, Bursa, Turkey

² Istanbul Faculty of Medicine, Department of Psychiatry, Social Psychiatry Service Director of Art Psychotherapy and Rehabilitation Program, Istanbul, Turkey

* Corresponding author.

Objective This study investigates the case of a female patient, who was experiencing marital problems and had separated from her spouse, with whom an art (drawing) therapy process was carried out.

Aim It was aimed to address the relationship of the couple by supporting the ego and increasing self-awareness skills by means of art materials (drawings) in the process of the situational crisis.

Method Case study.

Result With this case study, it was aimed to make emphasis on the impact of drawing sessions as a means of using art in therapeutic relationships for self-awareness and opportunity for development in a situational crisis during marriage.

Conclusion During the process of individual art therapy, nine sessions and eight drawing tasks were conducted. The case patient, OS, had been separated from her spouse for 2 months. In the first session, a personal history was taken, the scores of the state-trait anxiety scale was evaluated and a therapy plan was jointly developed. Each action was carried out by providing specific instructions. Each session was evaluated within the same week in a supervision meeting with an expert experienced in art therapy and the next session was planned. OS, who developed self-awareness as a result of the sessions, evaluated his/her expectations and boundaries in his/her relationship and discovered the connections with her own nuclear family. In a session with OS one year later, she gave the information that she had started to share a house with her spouse.

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Doctor-patient relationship: The impact of mindfulness on empathy

S. Darbeda^{1,2,*}, M. Etchevers³

¹ CESP Inserm, U-1018 Addictive Science, Villejuif, France

² University Pierre and Marie Curie, ED 158, Paris, France

³ University Pierre and Marie Curie, Faculty of Medicine, Paris, France

* Corresponding author.

Introduction The doctor-patient relationship has an increasingly important place in medical studies. Empathy is one of the quality criteria of the relationship. The development of mindfulness in medical schools is booming.

Objectives To investigate the relation between empathy and mindfulness among residents and doctors.

Methods Doctors and residents were asked to complete a demographic questionnaire – questions on their personal development

practices – and two scales. The Mindful Awareness Warning Scale (MAAS) is a unidimensional scale measuring attention and mindfulness and Jefferson Physician Empathy Scale (JSPE) is a scale measuring the clinical empathy across 3 dimensions: “perspective taking”, “compassionate care” and “in the patient’s shoes”. Multivariate linear regressions were performed to analyse the correlation between each score of JSPE and explanatory variables.

Results One hundred ninety-three questionnaires were analyzed: 87% were general practitioners, the average age was 34 years old (SD 11) and 69% were women. Regarding personal development practices, 18% practised mindfulness meditation regularly or occasionally (23% for yoga and 31% for relaxation). No correlation between the scores of JSPE and the MAAS score was found. However, doctors who practiced mindfulness had a highest score of “compassionate care” (95% CI [1.26; 4.91], $P=0.0012$).

Conclusions The mindfulness would be an effective tool for the development of the welfare of the doctors, and improving the quality of empathy and therapeutic efficacy. To support these data, it would be interesting to conduct an interventional study by offering French doctors and interns the possibility of following courses of mindfulness.

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The effect of art group psychotherapy with photograph in chronic psychiatric disorders: A pilot study

O. Celik Aypak*, N. Eren, U. Cıkrıklı, D. Buyukgok, S. Ucar Isaret

Istanbul University Medicine Faculty, Psychiatry Department, Istanbul, Turkey

* Corresponding author.

Photograph was used as a therapeutic tool for the first time in 1856 by Dr. Hugh Diamond. Photos are considered to be representations of a person’s reality. The possibility of producing visual images when a client has verbal expression difficulties, photography provides a more structured way of expressing ideas and emotions and to be a means of projective-symbolic communication. Photo therapy with chronic psychotic patients may contribute to development of perception of reality, part-whole relationship, integration, distinction of external-internal world, symbolization capacity and improve ego functions. The aim of this study was to determine the effect of phototherapy on symptomatology, functionality, emotional regulation, cognitive skills and coping skills in patients with chronic psychiatric disorders. In accordance with this aim, the study was carried out with 14 outpatients diagnosed as chronic schizophrenic or psychotic disorder. Seven patients received routine medical care plus 28-week psychotherapy with photograph and 7 patients received only routine medical care. Patients were assessed in pre and post-treatment with Beck Depression Inventory, Beck Anxiety Inventory, Difficulties in Emotion Regulation Scale, Global Assessment of Functioning, Ways of Coping Inventory and Neuropsychological Test Battery. Wilcoxon Signed Ranks Test used for statistical analysis. The therapy method resulted in statistically significant reductions in the level of depression and general symptom levels and statistically significant improvement in cognitive abilities and functionality ($P<.05$). There was also statistically significant improvement in positive reappraisal subscale of coping ways. These findings may indicate that photo-oriented art group therapy might show positive effects on the course of chronic psychotic disorders.

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