

feeling of loss of life opportunities ( $P=0.037$ ), tendency to follow predominantly ones intuition ( $P=0.035$ ).

**Conclusions** In patients who declared the above-mentioned demeanors increased risk of SI emergence than in others (10–30% vs. 4%) indicate that there are particular vulnerable areas of neurotic personality that require especially careful approach during intensive psychotherapy—dealing with those areas may result in distress or anxiety that may lead to SI.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV0013

### Blood levels of patients with profound refractory OCD who are on supra-normal dosages of sertraline

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**Introduction** Patients with OCD usually require higher dosages of serotonin reuptake inhibiting (SRI) drugs than is used for the treatment of depression. This observation resulted in treatment-refractory patients being occasional prescribed selective SRI drugs above the normal upper limit of prescribing. Previous studies have shown that these high doses are well tolerated.

**Objectives** We decided to investigate the blood levels of patients on dosages of sertraline that were above the normal therapeutic range.

**Method** Successive patients treated by the National Inpatient Service for OCD/BDD who were treatment refractory and prescribed > 200 mg sertraline per day were included. All had previously received 2+ trials of different SRIs for > 3months each as well as been offered augmentation with dopamine blockers and at 2+ trials of exposure and response-prevention. All patients scored in the profoundly ill range of the Yale Brown Obsessive Compulsive Scale.

Sertraline was titrated in 50 mg increases every 2–4 weeks up to a maximum of 400 mg. Blood samples were taken after their morning dose. This was after the patients had stabilised for at least 2 weeks on the higher doses.

**Results** Seventeen patients were included in the study and received sertraline dosages ranging from 225 mg to 400 mg per day. Blood levels were within therapeutic range or below for all patients. Following treatment within the service, these patients generally showed an improvement of an average of improvement of 43% on the YBOCS.

**Conclusions** A subgroup of patients with profound refractory OCD seem to either malabsorb or rapidly metabolise sertraline resulting in lower than therapeutic blood levels.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV0014

### The effectiveness of mindfulness-based stress reduction (MBSR) in anxiety and depression in patients with multiple sclerosis (MS)

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**Objective** The main objective of the present study is to investigate effectiveness of mindfulness-based stress reduction in anxiety and depression in patients with multiple sclerosis.

**Methods** This study is in kind of semi-experimental research in form of pretest–posttest pattern with control group. Statistical population of the study consists of all patients with multiple sclerosis referred to Iran MS Association by 2016. Sampling method in this study is available sampling and based on having inclusion criteria. Among depressed and anxiety patients 30 individuals were selected randomly and were classified in two groups with 15 people in each group. Experimental group was under mindfulness-based training on stress reduction for 8 sessions. Control group was also in waiting list. All patients in experimental and control groups fulfilled depression and anxiety inventories before and after intervention. Obtained data was analyzed using MANCOVA and in SPSS22 software.

**Finding** Obtained results show that there is significant difference between the two groups in terms of anxiety and depression after intervention ( $P<0.001$ ).

**Conclusion** Mindfulness-based stress reduction can help reduction of symptoms of anxiety and depression in patients with MS.

**Keywords** Mindfulness-based stress reduction; Anxiety; Depression; Multiple sclerosis (MS)

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EV0015

### Neuroimaging correlates of insight in obsessive compulsive disorder: A fMRI study

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**Aim of the study** To study the neural substrates of insight in OCD by comparing patients with good insight, patients with poor insight and matched healthy controls using functional MRI.

**Methodology** Subjects were recruited from among patients attending OCD clinic, adult psychiatry services and psychiatry ward inpatients of National Institute of Mental Health And Neurosciences (NIMHANS), Bangalore. They were further divided into 'good insight' ( $n=30$ ) and 'poor insight' ( $n=14$ ) using Brown's assessment of belief's scale. Control subjects ( $n=30$ ) were recruited from consenting volunteers. 3 T MRI was used mental rotation task was paradigm used for fMRI and analysis was done by SPM 8.

**Results** Poor insight patients and good insight patients comparison revealed differential activation in left superior/medial frontal gyrus (corresponding to the DLPFC). A negative correlation between BABS score and activation of right inferior parietal lobule. Mental rotation task behavioural data results: OCD patients as a group had significantly lower accuracy compared to healthy controls. Poor insight group had significantly decreased accuracy ratio compared to good insight group and healthy controls. A negative correlation was noted between BABS score and accuracy ratio, indicating that poorer the insight, greater the errors during the active task.

**Conclusion** Insight has been important prognostic factor in OCD. Poor insight patients had specific deficits in left medial frontal gyrus and right inferior parietal lobule as compared to good insight patients and healthy controls. Together, these indicate that insight has a strong neurobiological underpinning in OCD.

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