

## EV0016

### The effectiveness of teaching positive psychology on dysfunctional attitudes and emotional self-regulation of withdrawing addicts

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**Objective** Negative attitudes and the inability of emotion regulation can make individuals vulnerable against addiction. In this field, the main objective of this study is to investigate effectiveness of teaching positive psychology on dysfunctional attitudes and emotional self-regulation of withdrawing addicts.

**Methods** This study is conducted using semi-empirical method in form of pretest posttest. Statistical population consists of all addicted people referred to Addiction Treatment Camps of Karaj by 2015. Among these camps, Vardavard Camp is selected randomly and among the referees, 30 people of those who were qualified to participate in this study and were satisfied for this action were selected and were placed in two experimental and control groups. Experimental group received positive psychology intervention and control group was in waiting list. Both groups fulfilled dysfunctional attitude scale and emotional self-regulation scale in baseline and after treatment. Obtained data have been analyzed using independent *t*-test and covariance in SPSS-22.

**Finding** There is significant difference between two groups at the end of intervention in terms of dysfunctional attitudes and emotional self-regulation ( $P < 0.05$ ).

**Conclusion** Teaching positive psychology can lead to change in dysfunctional attitudes and emotional self-regulation of addicted people.

**Keywords** Positive psychology; Dysfunctional attitudes; Emotional self-regulation; Addiction

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

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## EV0017

### Acceptance and commitment therapy and anxiety disorders: Clinical case

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Acceptance and commitment therapy (ACT) is a third-generation therapy that relates to human suffering as an inherent part of life in the human condition. Concerning personal values, ACT is focused on the acceptance of suffering, by doing away with the avoidance of things that cause us discomfort.

The goal of the therapy is to make a person's reactions to suffering more flexible, working with the role of the symptoms rather than with the eliminating the symptoms themselves.

This paper shows how the application of this therapy to a person with generalized anxiety disorder helps to reduce symptoms

such as uncontrollable worrying, lack of concentration and muscular tension that these patients often suffer. The modification of symptoms has been measured by a single case study, where the symptoms are assessed by questionnaires before and after the treatment's application. Diagnosis was made according to the Diagnostic and Statistical Manual of Mental Disorders' (DSM-IV) criteria. **Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EV0018

### Patterns of dissociative (conversion) disorder cases in private psychiatric facility and the effectiveness of an indigene model of psychotherapy

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This is descriptive study was carried out on newly diagnosed dissociative (conversion) disorder patients admitted in private health care facility, Iftikhar Psychiatric Hospital Peshawar.

The studied was carried out from January 2012 to December 2012. Cases were diagnosed according to international classification of disease (ICD-10) diagnostic criteria. Subjects were selected through purposive sampling. A total of 139 patients were included in this study. Patterns of and disorder and demographic will be presented in presentation.

Due to sociocultural sensitivity of applying dialectical and CBT an indigenes model of psychotherapy was applied.

Stage 1: admission of conversion disorder cases for four days admission with informed consent, supportive psychotherapy, and brief psycho-education of attendants to avoid reinforcement of the patient's behavior. Parental single dose medication to break the cycle of fits.

Stage 2: it involves exploratory session with the patient and her/his family members focusing on what is the problem with the patient nature of stressors, and the family environment. Meanwhile, we involve the patient in the recreational and occupational therapy to avoid sick role and illness behavior.

Stage 3: psychotherapy session with the patient to give psycho-education and insight of her/his mental problem. Discussing different options, and facilitating the patient to come up with the best possible desirable option. Psychotherapy of the family members involved psycho-education about the patient's mental illness, its association with the prevailing stressors, and avoiding reinforcement. Responses have been 85% improvement in conversion disorder, 90% in sensory symptoms, 98% in motor symptoms, 95% in mixed symptoms.

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## EV0019

### The prevalence and risk factors of anxiety disorders in an Egyptian sample of school and students at the age of 12–18 years

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**Background** generalized anxiety disorder (GAD) are highly prevalent and impairing conditions among children and adolescent. There are some general population studies that have examined these conditions during the early life course.

The primary objectives of this study were to examine the prevalence, and socio-demographic factors related to GAD in