Health Service, at *Hospital de Magalhães Lemos*, we initiated a psychoeducational group for patients with psychotic spectrum disorders, with the purpose of providing our patients with comprehensive information about their condition and effective management strategies. Our 8-week program consisted of 16 sessions, including icebreaker activities, discussion of certain themes, sharing of experiences and practice of stress management techniques.

Objectives: The aim of this study was to assess and quantify the impact of our 2023 program.

Methods: Out of a total of 20 patients interviewed for our program in 2023, 16 began the program and 12 completed it. The program's evaluation was based on several assessment tools, including a sociodemographic questionnaire, a knowledge assessment questionnaire, *the Positive and Negative Syndrome Scale (PANSS), the Insight and Treatment Attitudes Questionnaire (ITAC), the World Health Organization Quality of Life (WHOQOL)*, and *the Medication Adherence Rating Scale (MARS).* We also created a health agenda to organize an individual plan of care.

Results: Our findings indicated an improvement in insight and attitudes towards treatment by 8.6%, an enhancement in treatment adherence by 5%, and an increase in knowledge by 11.9%. In terms of quality of life, we observed a slight improvement in the psychological domain by 0.6% and in the social domain by 1.2%. Regarding the impact on psychotic symptomatology, there was an average decrease in 4 points in the negative subscale and in 3 points in the general psychopathology subscale, whereas the positive subscale remained unchanged. None of the patients required hospitalization during this period.

Conclusions: Our study revealed some improvement in nearly all the evaluated parameters. There was an improvement of the therapeutic relationship, which we believe has contributed to lower scores in the negative symptoms and general psychopathology subscale. As for the study limitations, we acknowledge that we will need to expand our sample through additional programs in the next years, to include it in early intervention psychosis programs and to re-evaluate our patients' outcomes after a more extended follow-up period, particularly if they continue to participate in our monthly mutual support group. Additionally, we must consider potential study biases, including the subjectivity of *PANSS* evaluations and the influence of other confounding factors, such as changes in treatment regimens during the program.

Disclosure of Interest: None Declared

EPV0884

Long-Term Trends in Psychiatric Day Hospitalization: A Retrospective Study in Algarve, Portugal

M. T. Viseu*, B. Luz and C. Solana

Departamento de Psiquiatria e Saude Mental, Centro Hospitalar Universitário do Algarve, Faro, Portugal
*Corresponding author.
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Introduction: Current healthcare policies encourage the investment in transition units between hospitalization and outpatient care. Psychiatry day hospitals (DH) serve as partial hospitalization structures that facilitate this transition. The DH at the Faro Unit of the Centro Hospitalar Universitário do Algarve (CHUA), began its activity in 2008, is situated in southern Portugal and provides support to the entire eastern Algarve region (approximately 300,000 people). Its focus is on rehabilitating individuals with severe mental illnesses necessitating multidisciplinary care, with personalized therapeutic plans.

Objectives: We aimed to categorize patients based on diagnoses (primary psychotic disorder, depressive disorder, and others) according to the International Classification of Diseases (ICD-11) and to characterize and compare sociodemographic and clinical data among these three groups.

Methods: A retrospective study spanning from May 2008 to June 2023 was conducted. We assessed sociodemographic, clinical, and epidemiological data of patients undergoing treatment at CHUA Faro Unit's DH.

Results: Over this period, 541 treatment cycles were carried out to 433 distinct patients, between 18 and 78 years old. Of the total treatments, 38% were for Primary Psychotic Disorder (PPD), 24% for Depressive Disorder (DD) and among the others (39%) the diagnosis of Bipolar Affective Disorder and Personality Disorder predominated . Statistically significant differences were identified among these three groups. The PPD group exhibited a male predominance, whereas DD and others were largely female. Patients in the PPD group were significantly younger (average age of 36 in PPD, 40 in others, and 48 in DD), more likely to be single, and a majority were unemployed (with several patients retired due to disability). No significant differences were noted regarding dropouts, expulsions, or the duration of DH treatment. These results are preliminary, and additional relevant data are being collected and processed.

Conclusions: The diagnostic group's consideration revealed differences in the social, demographic, and clinical characteristics of patients. These findings offer insights into patient details, enabling the future adaptation of intervention strategies in a more personalized manner.

Disclosure of Interest: None Declared

EPV0886

The effectiveness of computerized cognitive training on cognitive functions and mental health in people with schizophrenia

Y. Haghgoo[1]* and H. A. Haghgoo[2]

[1]University of Social Welfare and rehabilitation Sciences, Tehran, Iran, Islamic Republic Of and [2]Occupational Therapy, University of Social Welfare and rehabilitation Sciences, Tehran, Iran, Islamic Republic Of
*Corresponding author.
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Introduction: People with schizophrenia have multiple and persistent cognitive deficits. These defects have a deep impact on people's psycho-social functions. Although computerized cognitive training has positive results in some people, the effect of these treatment programs in schizophrenia is not clear.

Objectives: The purpose of this study was to investigate the effectiveness of computerized cognitive exercises on the components affecting the mental health and cognitive functions of schizophrenic patients.

Methods: Fifty-four adults with schizophrenia were randomly divided into two intervention and control groups. Participants in the intervention group received 30 sessions of 5-45 minutes of computerized cognitive training in addition to the usual treatment programs. While the control group only received their usual rehabilitation programs (Pharmacotherapy, psychotherapy and occupational therapy).

Mental health was evaluated with Warwick-Edinburgh Mental Well-Being Scale and Depression-Anxiety-Stress Scale (DASS), and cognitive functions with CANTAB tests Batteries before the intervention, after and two months after the intervention (follow up). The set of CANTAB tests used in this study included the following tests: Spatial Recognition Memory (SRM), Paired Associates Learning (PAL), Stockings of Cambridge(SOC), Spatial Working Memory (SWM), and Spatial Span (SSP).

Results: The analysis of the findings showed that the patients' performance in the cognitive tests related to memory and executive functions improved significantly in the intervention group after the intervention. In problem solving skills, despite the better performance in the intervention group, the difference between the two groups was not significant. Also, the intervention was able to significantly improve mental health and reduce stress. But no significant difference was observed in reducing anxiety and depression.

Conclusions: As a result, the study showed that 30 sessions of computerized cognitive training can have a positive effect on overall mental health and some cognitive functions.

Disclosure of Interest: None Declared

EPV0887

Cognitive Speech Therapy Protocol directed to Autistic Spectrum Disorder (PROFOCO-ASD): construction stage

M. V. Stlpen[1]*, D. R. M. Avejonas[1] and D. C. Dias[1]

[1]REHABILITATION SCIENCES, UNIVERSIDADE DE SÃO PAULO, SÃO PAULO, Brazil
*Corresponding author.
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Introduction: Autism Spectrum Disorder (ASD) is considered a neurodevelopmental disorder characterized by changes in cognitive aspects that influence the process of social communication development in these individuals. The Speech-Language Pathologist is the professional qualified to evaluate and intervene in cases of language impairment, however, there are few accessible cognitive assessment instruments. The Cognitive Speech Therapy Protocol (PROFOCO) is a questionnaire to assess cognitive aspects directed to children with a clinical diagnosis of Autism Spectrum Disorder (ASD).

Objectives: The present study aims to present the construction phases of the Cognitive Speech Therapy Protocol aimed at Autistic Spectrum Disorders (PROFOCO-ASD), with emphasis on the panel of experts.

Methods: The Cognitive Speech Therapy Protocol was prepared as a PhD thesis in the area of Rehabilitation Sciences at the Faculty of Medicine of the University of São Paulo (FMUSP). This is a questionnaire to investigate cognitive aspects aimed at children between 2 and 12 years old, diagnosed with Autism Spectrum Disorder, to be applied by a speech therapist and answered by parents or guardians. The construction of the protocol took place in 4 stages: experience of the authors, review of updated literature, a pre-test applied in person to 10 parents and guardians of children with ASD and the panel of experts where the protocol was analyzed by 3 specialists from area of speech therapy linked to USP AND UNIFESP, with experience in language and in the construction of protocols as criteria for selection, which analyzed the content of the questions, the vocabulary, the structure of the protocol and the answer

Results: The authors' experience in the construction process made it possible to observe the need to introduce issues involving the adequate state of brain regulation, conditions for reception, analysis and storage of information and conditions for programming, regulation and execution of activities. The updated bibliographic review made it possible to elaborate each question based on scientific evidence. The pre-test made it possible to analyze the understanding of the proposed questions, the vocabulary used and the time required for application. The expert panel provided an analysis of the content and vocabulary, leading to relevant changes in its general context, demonstrating the importance of the expert panel phase in the development of a reference protocol.

Conclusions: The present study demonstrates the importance of the expert panel phase in structuring a screening instrument, since a different perspective from people involved in the language area can give more clarity to the questions, as well as the vocabulary used, ease of A protocol capable of being understood by a population in different contexts, its vision also evolves, in different regions.

Disclosure of Interest: None Declared

Research Methodology

EPV0888

Insights into Early Onset Dementia: a protocol for an 8-year nationwide retrospective study using administrative data

B. F. Pinto[1], A. R. Ferreira[2], M. Gonçalves Pinho[2,3]*, A. Freitas[4] and L. Fernandes[2,5]

[1]Faculty of Medicine, University of Porto; [2]CINTESIS@RISE, Department of Clinical Neurosciences and Mental Health, Faculty of Medicina, University of Porto, Porto; [3]Department of Psychiatry and Mental Health, Centro Hospitalar do Tâmega e Sousa, Penafiel; [4]CINTESIS@RISE, Department of Community Medicine, Information and Health Decision Sciences (MEDCIDS), Faculty of Medicine, University of Porto and [5]Psychiatry Service, Centro Hospitalar Universitário de São João, Porto, Portugal
*Corresponding author.
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Introduction: Early-onset dementia (EOD) is defined as any type of dementia with an onset before the age of 65. Despite its profound impact on patients and their families, EOD has garnered less attention when compared to late-onset dementia (LOD), often resulting in its underestimation. In comparison to LOD, EOD