

The researchers couldn't receive the reliable definitions between two groups of psychotherapy comparing means. But SD in NLP group was dependable lower, than in the hypnotherapy one ($p < 0.05$).

Conclusions: Spent work shows the effectiveness of using psychotherapy in case of local war participants with somatic complaints because it reduces comorbid psychiatric disorders. NLP gives more predicted effect while hypnotherapy is more variable method. But both of them are more effective than out of psychotherapy.

P0370

Bright light therapy for seasonal affective disorder in Israel (latitude 32.6 degrees N)

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Introduction: We describe a patient diagnosed as having seasonal affective disorder (SAD, winter depression), an unlikely condition in Israel (latitude 32.6 degrees N), a country with relatively minor daylight photoperiodic changes between seasons.

Method: Case report.

Results: A 46-year-old woman with a clinical picture of depression (Diagnostic and Statistical Manual of Mental Disorders diagnostic criteria for 'major depression with seasonal pattern') reacted positively to 3 weeks of daily bright light therapy of 10,000 lux/wide spectrum. She was asked to wear dark sunglasses during placebo sessions to accommodate an A-B-C single-case-design. The intervention resulted in an improvement of 74-80% in the Hamilton anxiety and depression scales (clinician-rated) and the Beck depression inventory, similar to results obtained in high latitude regions. The depression and anxiety levels returned close to baseline levels following 1 week of the placebo intervention.

Conclusion: Seasonal affective disorder is apparently not limited to certain latitudes. The effect of light therapy was short-lived after discontinuation of the treatment, with rapid relapse occurring in the placebo phase.

P0371

Benefit of hagiotherapy for a war veteran suffering of PTSD: Case-report

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There is accumulated evidence indicating a beneficial influence of the usage of spiritual/religious parameters in the therapy of mental illnesses. In Croatia an authentic model of providing spiritual help, called hagiotherapy is used. It is based on the main principle that every human person is a spiritual/existential being, provided with a natural moral law, which differentiates him/her specifically from any other created creature. Its area of activity is the spiritual soul.

We present a patient (age 43) who has been in medical treatment for the last five years due to chronic combat-related PTSD. During the war in Croatia (1991 – 1995) he participated in a series of war actions. Before the war he did not have any mental difficulties. After the end of the war, he felt some of the PTSD symptoms. However, because of the fear of being stigmatized he refused to seek for help. He attempted suicide twice. Only when his business and social

functioning became severely disturbed, he initiated medical treatment. Due to a higher degree of religious engagement he was sent to the Center for Spiritual Help, where he underwent hagiotherapy. Before hagiotherapy a semi structured interview was conducted with the patient and the data on his spirituality/religiosity (SWB, DUREL, R-COPE), intensity of PTSD (M-PTSD, HAM-D, BDI, BHS, HTQ, SUAS) and biological markers (BMI, blood pressure, glucose, circadian rhythm of cortisol excretion, lipoproteins) were objectified. Some of these parameters were observed after hagiotherapy as well. The comparison of these results is presented in the poster.

P0372

Diagnosis-independent, multimodal and bifocal group psychoeducation in psychiatric inpatients: Acceptance and efficacy

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At the Psychiatric University Clinics (UPK) Basel a standardized psychoeducative group program with a diagnosis-independent, multimodal and bifocal conception for patients with severe mental disorders has been established.

Recent publications show that this strongly recommended intervention is highly underutilized in its traditional, disorder-specific form. E.g. an extensive survey in Germany, Switzerland and Austria revealed that 2003 only 21 % of all schizophrenic inpatients and 2 % of their relatives received psychoeducation, and probably the data for other diseases are even lower. Among other reasons difficulties concerning the availability of enough patients with the same diagnosis were accused for not offering this effective and cost-effective method. Clinical and theoretical considerations also support a diagnosis-independent modification, and it should promote the wider employment of psychoeducation.

Apart from that we expect a stronger effect on treatment-adherence by the integration of cognitive-behavioural modules and psychodynamic aspects. The findings of compliance research clearly indicate that a mere knowledge transfer has significantly less impact than a combination of different therapeutic elements. This is of crucial importance because compliance strongly influences course and outcome of the diseases, as well as relatives' burden and socio-economic costs.

Since 2006 e.g. participants' satisfaction is examined and the data show very good acceptance. Currently a randomized controlled trial is carried out to evaluate the efficacy of the intervention concerning relapse and rehospitalisation rates, social functioning, quality of life, compliance, insight into the disease and burden on family during a 1-year-follow-up-period.

The curriculum of the program and first results will be presented.

P0373

The study of the effects of pharmacotherapy on the chronic tension headache

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Objective and Background: The prevalence rate of headache is 69% (in male) and 88% (in females). This prevalence rate reduces at the age of 50, and this reduction continues in next decades of life. The objective of this survey is the comparison between efficacy and effectiveness rate of two therapeutic approaches (and pharmacotherapy) for tension headache treatment.

Methods: In this investigation, 30 persons from patients with chronic tension headache complaint in Ardebil hospitals were selected randomly. These 30 patients were appointed in two tests group and one control group. The patients in first and second group received and pharmacotherapy respectively. The third groups testable were taken for control group and received no intervention. Indices of headache were been evaluated in 3 stages with using of headache diary tool for all of testable, collected Data were analyzed with inferential statistical methods and LSD pair corporations.

Findings: Obtained data from ANOVA methods, showed that both two studied methods are effective in treatment of chronic tension headache, but comparison between two groups showed that the groups have received have significant differences with group received pharmacotherapy, for purpose of efficacy rate on duration of headache symptom. In other indices of headache there is no significant difference between these two groups.

Conclusion: This study showed that efficacy rate of stress inoculation training is more than efficacy rate of pharmacotherapy in treatment of tension headache

Keywords: tension headache, Drug-therapy, SIT.

P0374

Psychotherapy and social counseling for young mothers for 0-3 year old child development, growth and care

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My paper work approaches the relationship between young mothers from the ages of 14 to 25 years old and their children. It addresses the concerns of the child's development, growth and care starting from the point of pregnancy to the age of three to prevent the child's abandonment. The psychotherapy and social counseling for the mothers includes the risk factors that influence the child from the time of pregnancy up until the age of three, this segment of childhood being the subject of our study. I have also described modes of preventive care for the appropriate growth and development of the child during the respective time period.

I began from the hypothesis that mothers are minor with no incomes or less money, homeless or not, who don't habitat with their parents, no matter their residence, with personality disorders, with or without relating problems and unable to respond to the needs of the children, by neglecting and maltreating them.

P0375

Art therapy may reduce schizophrenic psychopathology by strengthening the patient's sense of self

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Background and Aims: Dealing with art requires an active sensual involvement and, furthermore, art creates form and meaning. Research in phenomenological psychopathology finds, that schizophrenic psychopathology develops from a destruction of the patient's very primary sense of self (ipseity) leading to a breakdown of meaning. Art therapy may therefore be useful in the treatment of schizophrenia.

Art therapy research is very sparse and inconclusive although it is used rather extensively in psychiatry. The lack of a common theory

and practice within this field may be an obstacle for further investigation.

This study describes a phenomenological based art therapy and presents a qualitative analysis of possible connections between the art making and the psychopathology.

Methods: Two groups of five patients received art therapy during one year. The logbooks, pictures, interviews and evaluations were used for a narrative description and a hermeneutic, phenomenological analysis.

Results: All patients found the art therapy helpful. Common trends were that the patients obtained a more clear sense of who they were or that they accepted themselves and their illness better. In addition, the paranoid patients experienced a subjective reduction of anxiety while painting. These effects seem to be connected to the active and sensing interaction with the art material and the creation of meaning in the paintings.

Conclusions: The study shows that art making may affect psychopathology. A possible connection between art and psychopathology was established via phenomenological psychopathology and the philosophical concept of primary sense of self.

P0376

Comprehensive approach to psychotherapy in families of post-stroke patients

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Cerebral stroke is the most prevalent CNS affection. The number of patients suffering from it has substantially grown for the recent years, and there is an evident trend towards strokes "getting younger."

Taking into account the aforesaid, it seems impossible to adhere to any single method or approach (dynamic, cognitive and behavioral as well as rational, etc.). The goal of the comprehensive psychotherapy approach distinguished by a combination of individual and familial activities is to solve the problems related to complete recovery of the functions that the patients and members of their families lost.

As many as 100 families of post-stroke patients took part in the study. The control group consisted of 50 families that did not participate in the psychotherapeutic process.

Several techniques were used during the psychological research including the Family Environment Scale (FES), Color Test of Attitudes (A.M. Etkind), Personal Questionnaire (Gissensky), E. Heim's coping behavior study techniques. The same tests were applied after the psychotherapy to assess the psychotherapy efficiency. The "motional activity test" (TDA), "self-service test" (TS) and "rehabilitation level test" (TUR) were used to evaluate clinical and social results of the rehabilitation both in the group of patients with family consultations and in the control group.

Conclusion: application of the comprehensive approach to psychotherapy distinguished by a combination of individual and familial activities at the early regenerative stage for post-stroke patients allows reducing the rehabilitation period and extending opportunities for patients' adequate functioning in the social environment in general and in family, in particular.