

**Results:** Method of logistic regression along with convenient for PU factors of “aggression” and “defense” predictors of psychosocial disadaptation and prognosis of PU development have been revealed in men (Concordant=84,6%, Somers’D=0.693), in women (Concordant=82,8%, Somers’D=0.660). From the first step sign “heredity” according to PU has constituted 24% ( $p=0.0001$ ). Of significance were somatic factors: gastroduodenitis infected HP ( $p=0.0015$ ), duodenogastric reflux ( $p=0.0015$ ), gallstones ( $p=0.003$ ), indices of immune status ( $p=0.0174$ ). Significant psychosocial (stressor factors) predictors have been revealed: life events ( $p=0.0021$ ), medical ( $p=0.0002$ ), working, everyday ones ( $p=0.037$ ). Mental disorders of depressive, anxious, asthenic spectrum ( $p=0.0001$ ), duration ( $p=0.001$ ) and age of onset of mental disorders ( $p=0.001$ ), psychopathological syndrome ( $p=0.0009$ ). Non-specific symptoms of PU are represented by psychovegetative paroxysms of fear of death ( $p=0.0006$ ), cardialgias ( $p=0.008$ ), abdominalgias ( $p=0.005$ ), hypochondriac fixation ( $p=0.001$ ), hypothyria ( $p=0.0003$ ), demonstrativeness ( $p=0.004$ ). Perspective is assessment of interrelationship of somatic and mental factors in development of schemata of complex somatic and psychopharmacotherapy, psychotherapy of PU patients.

## P0275

The evaluation of the effectiveness of pyridoxine (vitamin B6) for the treatment of premenstrual syndrome: A double blind randomized clinical trial

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**Objective:** A comparison between Pyridoxine (vitamin B6) and a placebo for the treatment of premenstrual syndrome (PMS).

**Methods:** A double blind randomized clinical trial was performed on 160 university students who were suffering from PMS (according to the retrospective diagnostic criteria which had been recorded during the last 3 menstrual cycles). Then the patients were randomly assigned into two groups, and finally 94 patients who had finished the study were statistically analyzed.

In the Pyridoxine group (46 patients) vitamin B6 was prescribed at a dose of 40 mg twice daily (total 80 mg), and in the placebo group (48 patients) a tablet similar to vitamin B6 tablets in size, smell, shape and taste was prescribed 1 tablet twice daily. In both groups the tablets were started from the first day of the fourth menstrual cycle and continued for the next two cycles, and during these two cycles the symptoms were recorded.

**Results:** The severity of PMS in the second cycle of the treatment (in both groups) showed a statistically significant decrease ( $p < 0.05$ , Pair T test) and the comparison between the two groups showed that the severity of PMS in the Pyridoxine group decreased more than the placebo group ( $p < 0.05$ , Student T Test) and this was because of the reduction in the psychiatric rather than somatic symptoms of PMS.

**Conclusion:** Regarding the effect of Pyridoxine in reducing the severity of PMS, it can be suggested as a treatment for PMS, at least for the psychiatric symptoms.

## P0276

The changing culture in modern medicine: A psychiatrist’s perspective

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**Introduction:** Cultural competence is often defined as the understanding and integration of patients’ cultural themes including culturally-based syndromes, diagnostic process, and treatment. Cultural competence is essential to the advancement of global healthcare for it allows greater understanding of individual patients, focuses on combined interventions, and maximizes adherence. However, healthcare professional’s culture and culture of medicine itself must also be considered. In westernized medicine, especially America, advances in technology and therapeutics play a large role in changing medical culture; but medical economics is as significant for one now witnesses a once noble profession changing into a “business.”

**Methods:** Commentary on clinical medicine practices and changes in medical culture.

**Results:** Managed care and Medicare DRGs strongly affect American medical economics with resultant: decrease in physicians’ incomes, increased number of patients seen daily, decreased time spent with each patient, and decreased subjective/objective quality of care. Physicians’ roles have blurred with duties delegated to lesser qualified healthcare professionals in order to maximize patients seen and income generated by physicians. In psychiatry, performing multiple psychopharmacology visits hourly is economically more productive than an hour therapy session.

**Conclusion:** Doctors need to understand that in entering medicine they enter a life’s career of nobility in which they serve others and do not expect to become wealthy, but at life’s end are able to state “a job well done with caring for all.” Perhaps then less harm will be done to patients in the doctors’ haste to earn more money by seeing too many patients too briefly.

## P0277

Poetry therapy: In memory of a dear friend

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**Introduction:** Unresolved grief and perception of loss result in impaired relationships and increased psychopathology. Grief research and therapy support a beneficial response to emotional expression of grief in the context of search for meaning (Neimeyer’s “meaning-making”). Further, there are multiple forms of expression of grief be it verbal, artistic, or written. This paper addresses poetry therapy as an effective expression of grief.

**Method:** Poetry therapy with analysis.

**Discussion:** Too often we take life and friendship for granted. Frequently, it is only with death that our thoughts crystallize and the meanings of relationships become clear, powerful, and at times overwhelming. It is then that we truly understand our own mortality and our responsibilities to others. Poetry affords a therapeutic means for the expression of grief while serving as a monument to those now lost, but always remembered.

**Conclusion:** Too often it is difficult to express one’s emotions and the meaning of loss during the grief process. All forms of expression should be afforded the bereaved. Poetry therapy is a unique means wherein special feelings and meanings can be effectively expressed and result in a therapeutic grief process.

**Reference:**

[1]. Kaufman, KR. In memory of a dear friend. *Journal of Poetry Therapy* 2007; (in press).