

This would also lower the general cost of care for each patient. By understanding the therapeutic needs of each patient, we can use these results to develop objective interventions and efficient algorithms to triage individuals. This technique could scale up care capacity without sacrificing the quality of care for each patient.

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## EPP0741

### The Impact of Cognitive Behavioral Counseling in Promoting Self-Healing of Irritable Bowel Syndrome: Longitudinal Study

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**Introduction:** Psychophysical diseases can be cured without medical intervention, and this is the so-called self-healing. Self-healing is the process of recovery from emotional ill-health, but self-healing can also include accompanying physical health issues. Cognitive-behavioral therapy is one of the effective methods that help the individual to activate their role in self-healing and controlling thoughts and lifestyle. Being therapeutically effective in previous literature and less expensive than medication, CBT can be utilized by psychiatry practitioners.

**Objectives:** The current study aimed at investigating the effects of a cognitive behavioral therapy-based program to promote self-healing of patients with irritable bowel syndrome (IBS). Additionally, it explores the continuity of the proposed program effectiveness throughout six months.

**Methods:** The quasi-experimental method (one group design) was adopted. Participants were 4 patients (ages between 29-34 years) were purposively selected since they were suffering from irritable bowel syndrome (IBS) for (4-11) years based on the diagnosis conducted by Gastroenterology Clinic specialists at Sultan Qaboos Hospital in Salalah. The fifteen sessions of the therapeutic intervention lasted for five weeks. No medications were taken during the intervention and the follow-up period.

**Results:** Results indicated the effectiveness of the intervention in promoting self-healing of the irritable bowel syndrome (IBS) and a decrease in the symptoms of the irritable bowel in the medical examination after intervention as shown in the significant differences between time 1 and time 2 assessment while no significant difference was detected between time 2 and time 3 assessment (follow-up). A significant decrease in the medical symptoms of IBS (85% improvement rate).

**Conclusions:** Non-pharmacological psychotherapy is beneficial with patients with psychosomatic disorders as it can be used effectively to improve self-healing.

**Disclosure of Interest:** None Declared

## EPP0742

### Efficacious Web-Based Psychotherapy to Address Depression and Anxiety Among Patients Receiving Oncological and Palliative Care: an Open-Label Randomised Controlled Trial

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**Introduction:** Oncological and palliative care patients face unique stressors which increase their risk of developing depression and anxiety. Cognitive behavioural therapy (CBT) and mindfulness has established success in improving this population's mental health. Traditional face-to-face psychotherapy is costly, has long wait lists, often lacks accessibility, and has strict scheduling, each of which can make attending psychotherapy physically, mentally, and financially out of reach for oncological and palliative patients. Web-based CBT (e-CBT) is a promising alternative that has shown efficacy in this and other patient populations.

**Objectives:** To quantify the efficacy of online CBT and mindfulness therapy in oncological and palliative patients experiencing depression and anxiety symptoms.

**Methods:** Participants with depression or anxiety related to their diagnosis were recruited from care settings in Kingston, Ontario, and randomly assigned to 8 weekly e-CBT/mindfulness modules (N= 25) or treatment as usual (TAU; N=24). Modules consisted of CBT concepts, problem-solving, mindfulness, homework, and personalised feedback from their therapist through a secure platform (Online Psychotherapy Tool- OPTT) Participants completed PHQ-9 and GAD-7 in weeks 1, 4, and 8. (NCT04664270; REB# 6031471).

**Results:** Significant decreases in PHQ-9 and GAD-7 scores within individuals support the hypothesis of efficacy. At this time, 10 e-CBT/mindfulness and 12 TAU have completed the study. Decreases in PHQ-9 and GAD-7 scores within e-CBT group support the hypothesis of efficacy. Specifically, PHQ-9 scores decreased over the 3 repeated measures (ANOVA, 2 groups, 3 repeated measures and the decrease in GAD-7 scores was similarly large)

**Conclusions:** As hypothesized, the results suggest that e-CBT/mindfulness therapy is an affordable, accessible, and efficacious mental health treatment for this population. The virtual, asynchronous delivery format is particularly appropriate given the unique barriers.

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