

## EV1135

**Psychotherapeutic interventions in transition unit**

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**Introduction** The In-patient units are very closed and highly controlled healthcare resource and then patients have to join the community rapidly, and in sometimes feeling unprotected and with their needs non covered. We created a transition unit with a program of psychotherapeutic intervention, to offer an adequate transition between the acute episode and the incorporation to the community.

**Objective** We describe the characteristics of the psychotherapeutic group, the aims and the results of the interventions.

**Methods** Psychotherapeutic transition unit was created to offer intensive attention and control demand that is not possible to control in the community. The objects are to prevent re-admissions and relapse because of abandonment of treatment in patient with personality disorder and suicide attempts, and first episode, affective or psychotic. Patients are selected from the in-patients unit with inclusion criteria, and start going from the unit before discharge. The intervention is once per week, with a duration between 60–90 minutes. There is not a number of sessions, and we have approximately 10 patients per sessions.

**Results** Since the beginning of the psychotherapeutic interventions, re-admissions have been decreased in patients with diagnosis of personality disorder (most histrionic and borderline disorder) with multiple admissions because of suicide attempt, some had been discharged. In another group of patient we have prevented relapses.

**Conclusions** Psychotherapeutic interventions will be effective in patients with high risk of re-admissions and relapses. It is early to have solid conclusions, but the preliminary results encourage the continuation of the program.

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

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## EV1136

**The outcome of a counseling intervention. The experience of the counseling service UPO**

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**Background** Counseling addresses the emotional social, work, school and physical health concerns that people may have at different stages in their lives. It focuses on typical life stresses and more severe issues. It may be addressed to individuals, groups, organisations.

**Aim and methods** The objective of our study was to assess the outcome of a counseling intervention offered to students of the University of Piemonte Orientale, aged between 18 and 20 years. Baseline features and reasons for consultation will be described and the outcome will be assessed with CGI (Clinical Global Impression) and HONOS (Health of the Nation Outcome Scales) at T0 (time 0),

T1 (4 weeks) and T2 (8 months). We will present the data of the period between 1st January 2014 to 31st December 2016.

**Results/discussion** Data analysis is ongoing. The results will be discussed in the light of the current literature about counseling services for university student.

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

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## EV1137

**Effect of cognitive-behavioral therapy and spiritual-religious intervention on improving coping responses and quality of life among women surviving from breast cancer**

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**Objective** The present study aims to evaluate the effectiveness of cognitive behavioral therapy (CBT) and spiritual-religious intervention in improvement coping responses and quality of life among women surviving from breast cancer.

**Methods** This was a semi-experimental study. Forty-five breast cancer survivor referred to cancer research center at Shahid Beheshti university of medical Sciences in Tehran, assigned in 3 groups randomly (CBT group, spiritual-religious group and control group). The interventions were eight sessions cognitive-behavioral therapy and spiritual-religious intervention. The participants were evaluated through quality of life questionnaire published by european organization for research and treatment of cancer (QLQ-30C-ver3) and coping responses inventory (CRI). The data were analyzed using covariance.

**Finding** Although both intervention groups improved in coping and quality of life, it was not statistically significant ( $P < 0.08$ ).

**Conclusion** Although both intervention groups improved in coping and quality of life but there is no differences between two groups.

**Keywords** Breast cancer; CBT; Coping responses; Quality of life; Spiritual-religious intervention

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

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## EV1138

**Multiple suicide-attempts in adolescence: Psychodynamic understandings on the process of integration of hallucinated bodily experiences**

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