

disorder, Otto Kernberg took its basic techniques but used them adjusted for borderline personality disorder, developing so called transfer focused psychotherapy. This paper will present the main principles of this modification, applied in practice.

**Keywords** Borderline personality disorder; Transfer focused psychotherapy; Therapy principles.

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#### EV1165

### Psychosomatic inpatient treatment achieves in the medium term sustainable clinical improvement as well as a reduction in utilization of medical services-results of a one-year follow-up

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**Background** The research on sustainability of effectiveness of inpatient psychosomatic treatment is necessary for epidemiological and economic reasons as well as towards their legitimacy.

**Objectives and aims** To investigate whether the achieved clinical improvement by the inpatient treatment continues one year after discharge and whether the utilization of medical services display a significant reduction post-discharge compared to the year before admission.

**Methods** Naturalistic 1 year follow-up study of a cohort ( $n = 122$ ). Three measuring time points: T1 (discharge), T2 (6 months after discharge; drop-out rate about 33%), T3 (12 months after discharge; drop-out rate about 49%). Assessment by means of standardized tests of changes in clinical variables, self-efficacy, quality of life, and personality between discharge and one year after discharge. Utilization variables (hospital days, days of incapacity, medication and doctor visits) were compared with ranges in the year before admission.

**Results** Improvements at discharge in general functionality, psychological and somatic stress, depressiveness, bitterness level, quality of life and self-efficacy remain one year after discharge sustainably. Furthermore, hospital days, days of incapacity, number of doctor visits and of prescribed drugs decreased significantly in comparison with the year prior to admission.

**Conclusions** Inpatient psychotherapy is effective not only in short-term but also in medium-term. One year after discharge clinically improvement at discharge time-point remains stable and the utilization of medical services decreased significantly. Longer periods of observation, identification of risk groups and of resilient prognostic factors, as well as ensuring post-discharge care are necessary in order to prevent relapses and to made early interventions.

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#### EV1166

### Cognitive behavioral therapy in Internet addiction – A case series

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Internet use increased significantly in the last decade through the development of portable technologies, like laptops, smart-phones, tablets etc. Time spent on Internet could become a problem for many users, some of them reporting a sense of control loss, as they begin to stay more on-line than they initially wanted. Gaming, shopping, gambling, social networking, visiting pornographic sites, e-mailing, all these activities could transform an apparently inoffensive mean of communication into the trigger of a behavioral addiction. We applied individual cognitive-behavioral therapy (CBT) in three cases of Internet addiction, with cognitive re-structuring based on a diary of dysfunctional thoughts, relaxation techniques, and coping skills training, with good results. CBT was structured in bi-weekly sessions, of 30 minutes duration, for 6 weeks. Time spent on-line and daily functioning were the main variables monitored. A very important issue is to address all potential factors that could maintain the disorder, like social skills deficits, personality disorders, other co-morbid addictions, anxiety or depressive symptoms etc. Elements of motivational interview could be helpful especially at first visit, but also during therapy, when danger of relapse surfaces. Cue exposure with prevention of response is another technique that had proven itself useful in several sessions, when automatic thoughts challenge appeared to have reached a dead point. An informant like a close relative of the patient should be involved in the therapy whenever possible, due to the fact that Internet addiction therapy, like any other addiction therapy, need a third party to offer feed-back regarding patient's changes under treatment.

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## e-Poster viewing: Quality management

#### EV1167

### The quality of life at disabled child's parents

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This study is focused on presenting the quality level of the life of parents with disabled children and the determination if there are any differences between parents that are in a treatment process and those that have just started this treatment for their children. Another aspect where this study is focused, are the indicators of life quality. A sample made by disabled children parents ( $n = 100$ ), who are in “QKZHMT” center in Kombinat and PLM in Vlora, underwent the measuring instrument with a total of 40 self reporting allegations as well as, they became part of the focus groups how they present differences in applied conditions of the compound factors of life quality. In this study the research question was: “are there differences in the reported levels of parents with disabled children life quality who have just started the children treatment program with those who have started it six month ago?” Part of the quality focus was: “the differences and similarities exploration of the parenting experience of the parents with disabled children”. These conclusions were reached, affected by the comparative statistical analysis conducted in this study, that there are no