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Can mindfulness bring post-traumatic stress disorder patients to focus on the present?A.R. Figueiredo^{1,*}, T. Abreu², C. Freitas³¹ Centro Hospitalar de Trás-os-Montes e Alto Douro, Department of Psychiatry and Mental Health, Vila Real, Portugal² Centro Hospitalar do Tâmega e Sousa, Department of Psychiatry and Mental Health, Penafiel, Portugal³ Centro Hospitalar do Tâmega e Sousa, Department of Psychiatry and Mental Health, Amarante, Portugal

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Introduction Over the last years, literature has dedicated increased interest to post-traumatic stress disorder (PTSD), a mental disorder that was initially included in Diagnostic and Statistical Manual of mental disorders in 1980. Trauma is any event that overwhelms the individual coping strategies. Patients with PTSD experience symptoms of hyper-vigilance, intrusive thoughts, flashbacks, re-experiencing the trauma event, avoidance of stimuli related with trauma or exaggerated startle response. Mindfulness is the process of being aware, paying attention in the present moment, in a non-judgmental way. Research has been showing that mindfulness has positive effects on mental health.

Objectives and aims Assessment of eventual benefits of mindfulness in patients with PTSD.

Methods Literature research.

Results Many studies have reported on correlations between self-reported mindfulness and mental health. Literature suggests that mindfulness training can enhance life skills and its effectiveness is being studied in several mental disorders. Its positive effects on enhancing emotion regulation and decreasing anxiety, hyperarousal and depressive symptoms, led to investigation in the context of PTSD's treatment. Some studies show decreased perceived stress and post-traumatic avoidance symptoms and increased positive states of mind. Most studies reviewed were related with war veterans with PTSD and showed that mindfulness-based treatments could enhance their quality of life. Other results imply that mindful awareness alone may not be sufficient to help reduce symptoms.

Conclusions Mindfulness based therapies could be useful on improving PTSD symptoms but, to assess its efficacy, further research is needed, in different samples of patients.

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Impact of expressive writing on everyday memory functioning

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Introduction The suppression of negative feelings and traumatic events has detrimental effect on mental and physical health. One of the promising techniques to reduce stress related to trauma is expressive writing. Expressive writing has been found successful with different types of maladaptive behaviors e.g., pain, depression, anxiety and cognitive dysfunctioning.

Objectives This study investigates the impact of different categories of expressive writing on improving every day memory performance and cognitive functioning.

Aims Examining the impact of cognitive functioning and everyday memory.

Methods A sample of 90 participants took part in this study. The participants aged (21 and 65 yrs.) 47 of them are females aged between average of (21.64 yrs.), and 43 males aged between aver-

age of (21, 49 yrs.). The participants were classified randomly into three groups (a control group, and two experimental groups [pen and oral writing]). The three groups were administered the Every Memory Questionnaire and Taranto Alexithymia Scale.

Results The results showed that there were no significant differences among the three groups in each of the Alexithymia and Everyday memory, which indicates random distribution of the three groups. The results showed that both of the experimental groups were improved on everyday memory functioning. More importantly, the results indicated that there were no significant differences between using pen or figures in expressive writing to improve Everyday memory.

Conclusion Study results showed the significant impact of expressive writing on every day memory functioning, furthermore, the study results are used to empathize on the cognitive rehabilitation of the individuals as well as to improve self-esteem on general psychological individual cases.

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Patient's outgroup socialization in the psychotherapeutic groupI. Baños Martín^{1,*}, K. Eaton Itúrbide¹, E. Guerra Gómez¹, B. Unzeta Conde¹, P. Vilariño Besteiro¹, P. Pérez Bustillo¹, J. Sanz Mendoza¹, C. Pérez Franco¹, G. Lahera Forteza²¹ H. U. Santa Cristina, Eating Disorder Department Psychiatry, Madrid, Spain² University of Alcalá de Henares, CIBERSAM, Madrid, Spain

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Introduction Patient's outgroup socialization may be a problem in the psychotherapeutic group functioning. Disadvantages – and even benefits – of this common issue in psychotherapy have been described (Vinogradov S., Yalom I.). However, the impact of new social networks – that facilitate other ways of immediate and easy communication – on this phenomenon is still unknown.

Aims and objectives To explore the risks of spontaneous “self-help groups” supported by new technologies for the psychotherapeutic group functioning.

Method Course description of a psychotherapeutic group, composed by patients with eating disorders (bulimia nervosa and binge eating disorder) in the context of a specialized hospital day.

Results A patient – who has recently had a breakup – asked help to the group through a non-reported whatsapp chat. Gradually, patients used this new channel to express distress and daily interpersonal difficulties, showing less implication in the supervised group sessions. The patient presented a symptomatic relapse with self-harm injuries and severe eating symptoms. Finally, she left the therapy and, in the next weeks, other patients also left the group, due to different reasons, in a “drag phenomenon”. The analysis showed that the formation of this outgroup socialization changed the relationships between members and new roles were taken.

Conclusions It is necessary to early address the formation of outgroup socialization in the pre-group interview, emphasizing its high risk for the future group functioning. Therapists should consider that out-group communication is common and easy due to new technologies, so the use of specific questionnaires about this issue may prevent or detect pathological events.

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