

## EW0226

### True and variable response inconsistency as indicators of psychological distress in the normative sample and mental disorders

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**Introduction** Despite a long psychological discussion on the inconsistency and fragmentation in self-appraisals as factors of neuroses and personality disorders (Horney, 1991, Lynch, 2014) classical psychodiagnostic considers response inconsistency as an indicator of protocol invalidity only.

**Objectives** Using MMPI-2 True and Variable Response Inconsistency scales (TRIN, VRIN), we suggest that the inconsistency (within normative range) is related to poorer psychological well-being in the normative sample and is higher in affective disorders.

**Aim** To study the relationship between response inconsistency and psychological well-being.

**Methods** In total, 1443 healthy controls and 190 patients with mental illnesses (50 with affective disorders, 21 with addictions, 73 with schizophrenia and schizotypal disorder, 46 with adjustment disorder) who scored within normative range on all the validity scales of the Russian version of MMPI-2 participated in the study.

**Results** In the normative sample, TRIN and VRIN correlated with social and emotional alienation as well as conative lack of ego mastery ( $r = .27-.33$ ) and were higher in affective disorders ( $P < .05$ ) and in patients having symptoms of personality disorders (as appraised by their doctors). In patients with affective disorders and adjustment disorders, they were related to higher likelihood of invalidity due to mental illness.

**Conclusions** Response incoherence within normative range is a sign of poorer well-being in the normative sample (in the form of fatigue, apathy, feelings of excessive strain, lack of understanding from others and injustice). In line with psychological theories of self-fragmentation, incoherence is related to affective disorders (and poorer adjustment to them) and symptoms of personality disorders.

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## EW0227

### Illness representation as a factor of quality of life in youth with mental illnesses

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**Introduction** Cognitive perspective considers beliefs as key factors of compliance and adjustment in mental disorders (Beck, 2011) that are especially important in youth. In psychosis illness, representation is related to CBT efficacy.

**Objectives** We suggest that in different mental disorders different illness-related beliefs are important for quality of life domains.

**Aim** To reveal relationships between illness representation and quality of life in mental disorders controlling for psychopathological symptoms.

**Methods** One hundred and eighteen male patients 17 – 27 years old : 33 with mood disorders, 26 with personality disorders, 27 with

schizotypal disorder and 32 with schizophrenia recovering after first episode of psychosis filled Illness Perception Questionnaire, Symptom Checklist 90-R, Quality of Life and Enjoyment Questionnaire (version for mental illnesses).

**Results** After statistical control for psychopathological symptoms, in personality disorders feeling of personal and treatment control ( $\beta = .43-.52$ ,  $P < .01$ ) as well as belief in longer ( $\beta = .42$ ,  $P < .05$ ) but not cyclic ( $\beta = -.65$ ,  $P < .05$ ) illness duration predicted satisfaction with health while belief in longer duration and less consequences correlated with better satisfaction with leisure time ( $\beta = .87$ ,  $P < .01$ ). In mood disorders, feeling of treatment control ( $\beta = .32$ ,  $P < .05$ ) and belief in shorter illness duration ( $\beta = -.37$ ,  $P < .05$ ) were related to better satisfaction in emotional sphere.

**Conclusions** Beliefs about illness duration, consequences and control could be important in assessment and CBT for youth with personality disorders while treatment control and illness duration are important in work with youth with mood disorders.

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## EW0228

### Attitudes towards help seeking behaviour and professional psychiatric help in Slovenia

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**Introduction** Knowledge about signs and treatment of mental illnesses is often not enough to seek professional help. Hence, it is important to gain understanding of other determinants, i.e. attitudes, stigma, which influence help-seeking behaviour.

**Objectives** Based on Ajzen's theory of planned behaviour, we aimed at collecting data of determinants known to be related to behavioural action, in our case help seeking.

**Aims** To examine how attitudes, stigma and normative beliefs influence help seeking behaviour and whether these determinants differ in relation to demographic data and mental health indicators of the respondents' region.

**Methods** A representative sample of adult Slovene population ( $n = 594$ ) was recruited via an on-line invitation. They were asked to (i) provide basic demographic data (region, age, gender, mental health history. . .) and (ii) to complete the inventory of attitudes toward seeking mental health services. The inventory variables (attitudes, knowledge and stigma) were linked to demographic data and mental health indicators in Slovenia.

**Results** The respondents dispose of good knowledge of where and when to seek help either for themselves or others. However, the readiness to seek help was significantly lower, in particular so in men, younger, single persons and respondents from regions with lower mental health indicators. Accordingly, stigma was significantly higher pronounced in the same groups. More than 50% of respondents have already experienced mental distress, however only 25% have sought help.

**Conclusions** Reasons for this "help seeking gap" should be further scrutinized. Future interventions shall be focused on changing attitudes and destigmatization mental health issues.

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#### EW0229

### “To live”: An experimental brief therapy for patients who attempt suicide

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**Background/introduction** It is widely known that attempted suicide is the main risk factor for suicide and repeated suicide attempts. However, there is a lack of evidence for follow-up interventions/treatments reducing suicidal behavior in this population. The aim of the present study was to describe a novel-therapy as a potential treatment with effectiveness in reducing suicidal behavior. One of the main objectives of this project is to potentiate the benefits of the usual treatment in patients with history of suicidal attempt.

**Description and method** “To live” is a proposal of short psychotherapeutic intervention program for patients with recent suicide attempts. The participants were randomly allocated in two groups, one worked as our control group ( $n=8$ ), which had the usual treatment (individual outpatient care), and the other group ( $n=8$ ) underwent the usual treatment plus the experimental treatment. This treatment consists of a well structured program, in which participants receive eight group sessions followed by regular contact through telephonic calls over 12 months. In order to evaluate its impact and measure results, a set of structured interviews and clinical questionnaires have been applied in different times: time zero (before admission), time one (in the end of the intervention), time 2 (1 month after intervention), then at each every 3 months over a 12 month follow up period.

**Results/conclusion** By the time this study was conducted, the experimental program was being administered, therefore no results could be taken. However, preliminary findings suggest the effectiveness of the program in reducing suicidal behavior in a real-world clinical setting.

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#### EW0230

### The impact of emotional intelligence on the emotional state of nurses in public hospitals in Cyprus

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**Introduction** The term emotional intelligence (EI) has gained more and more popularity in the last two decades and has been studied in various workplace settings.

**Objectives/aims** The purpose of the present study was to estimate the EI in nursing personnel, to examine which factors are associated with EI and how EI correlates with their emotional state.

**Methods** A cross-sectional study was conducted from April to May 2016 in a representative sample of nursing personnel from seven public hospitals of Cyprus. A total of 585 nurses completed the Greek Emotional Intelligence Scale (GEIS), consisting of 52 items measuring four basic emotional skills and scored on a 5-point Likert scale (from low (52) to high (260) EI). Furthermore, the Depression, Anxiety, and Stress Scale (DASS 21) was applied. Statistical analyses were performed using the SPSS v.20.0.

**Results** Overall mean EI scores were 184.11 for males and 184.82 for females. Being married and having children as well as having leading position was associated with higher EI ( $P=0.024$ ,  $P=0.002$ ,  $P=0.012$ , respectively). The highest EI scores were identified between the middle aged nurses (36–50 years,  $EI=191.5$ ,  $P=0.000$ ) and nurses with more years of work ( $>12$  years,  $EI=189.59$ ,  $P=0.000$ ). The overall EI scores have moderate negative correlation with the emotional state of the nurses ( $P=0.000$ ).

**Conclusions** The present study reveals under-optimal EI scores and confirms the negative relationship with the emotional state of nurses. Based on the literature, the EI can be developed, thus suitable programs could substantially improve the emotional skills in nursing personnel.

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#### EW0231

### Help-seeking and psychological distress in university students: Findings from a cross-sectional online survey in the UK

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**Introduction** With most mental health disorders emerging in the later teenage years, university students are arguably an at-risk population with increased mental health support needs. This population is characterised by important, life-changing transitions (moving away from home, friends and family) and new potential stressors (including increased academic pressures and relational challenges). Research to examine determinants of mental health help-seeking behaviours in university students is needed to ensure emotional health needs are being met at this critical time.

**Objectives** To examine levels of psychological distress and mental health help-seeking behaviours in a sample of UK university students. By identifying factors associated with help seeking, we can better understand the mental health needs of this population and inform support provision.

**Methods** This study draws on data from the social and emotional well-being in university students (SoWise) study, an online survey which aimed to examine risk and resilience for social and emotional well-being in young people attending a UK university.

**Results** Whole sample analysis ( $n=461$ ) showed help seeking was significantly associated with psychological distress, current life stressors and anxious attachment and not associated with perceived mental health stigma. Sub-group analysis ( $n=171$ ) suggests being female and older significantly predicted help seeking in students with mild/moderate psychological distress.

**Conclusions** Younger males with mild/moderate psychological distress are less likely to seek mental health support and repre-