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**Introduction:** Obsessive compulsive disorder (OCD) is a disabling condition that affects the quality of life of both the patient and the caregivers. Similarly, in patients with physical medical illness, caregivers face a significant amount of stress.

**Objectives:** This study aimed to assess and compare the caregiver strain index between patients of OCD and medical illness. Moreover, this study will also compare the care giver strain index in the patients of OCD and physical medical illness depending on the severity and duration of the illness.

**Methods:** Study was done at Department of psychiatry, Teerthanker Mahaveer University, Moradabad. In this Cross-sectional study 2 groups of caregivers were included. The group 1 included 30 caregivers of obsessive compulsive disorder patients and group 2 included 30 caregivers for physical medical illness. The Yale-Brown Obsessive Compulsive Scale was used for measuring the severity of OCD and the stress in caregivers were drawn from Caregiver strain index.

**Results:** This study reported a high objective burden among caregivers of OCD compared with the physical medical illness (P-value=0.002). The age of the caregivers also showed to be significantly associated with the stress in both the groups. The severity of the OCD was shown to be correlated well with the stress of the caregivers (P-value=0.032). In contrast, in physical medical illness the duration of the disease showed no significant association with the caregiver's stress.

**Conclusions:** This study showed that in patients with OCD caregivers face a higher strain compared with the physical medical illness.

**Disclosure:** No significant relationships.

**Keywords:** obsessive compulsive disorder; physical medical illness; Yale-brown obsessive compulsive scale; caregiver strain index

## EPV0419

### Older adults' sexual well-being and person-centered psychotherapy: A qualitative study

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**Introduction:** A qualitative study about older adults' sexual well-being and person-centered psychotherapy

**Objectives:** The objective of this study was to evaluate the main concerns related to sexual well-being revealed by older adults in person-centered therapy, using qualitative research.

**Methods:** Interviews with 58 older participants, aged 65 to 82 years, living in the community were submitted to content analysis.

**Results:** Eight main themes emerged from the results of the content analysis: Partner unavailability, family issues, physical changes due to aging, worries about hygiene, sexual dysfunctions, fear of physical abuse, communication issues and concerns about sexual transmitted diseases.

**Conclusions:** This study was relevant towards identifying the challenges older adults feel regarding their sexual well-being, as shared in therapy. Older adults referred their greatest challenges to be partner unavailability, family issues and physical changes due to aging.

**Disclosure:** No significant relationships.

**Keywords:** Challenges; sexual well-being; older adults; person-centered psychotherapy

## EPV0420

### Older portuguese and mexican adults and sexual well-being? A cross-cultural qualitative study

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**Introduction:** A cross-cultural qualitative study about older portuguese and mexican adults and sexual well-being.

**Objectives:** Sexual well-being (SWB) refers to the subjective emotional and cognitive evaluation of the quality of the individual's sexuality, it plays a relevant role in quality of life and health promotion on old age and has cross-cultural implications. The aim of this study is to analyse comparatively the perspectives of older adults on their SWB in Portugal and Mexico.

**Methods:** Data were collected from 86 Portuguese and 80 Mexican community-dwelling participants aged 65 years and older, using a semi-structured interview protocol. Older adults were inquired about their perceptions on what contributes to their sexual well-being. Socio-demographic data were also enquired. Content analysis was used to identify key themes.

**Results:** Outcomes indicated eight themes: eroticism, supportive relationship, positive self-concept, health and self-care, romance, active life, tenderness and care, and no pain and no pregnancy restrictions, for both samples. Eroticism was the most frequent theme reported by Portuguese participants (31.4%) and health and self-care were the most frequent theme reported by Mexican participants (26.5%).

**Conclusions:** The empirical results of this study indicated that SWB is strongly influenced by socio-cultural and psychosocial values. This cross-cultural comparison between Portugal and Mexico contributes to understand this concept in old age with different perspectives and place a scenario for future culture-adapted interventions and comprehensive policies.

**Disclosure:** No significant relationships.

**Keywords:** Mexican; older adults; sexual well-being; Portuguese

## EPV0421

### Ambivalence among intergenerational relationships in old age

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