

EPV0026

The multimodal psychotherapy of the anxiety disorders patientsB. Mykhaylov^{1*} and O. Kudinova²¹National University of Health Care named Shupik, Psychiatry, Kyiv, Ukraine and ²Kharkiv Medical Academy of Postgraduate Education, Psychotherapy, Kharkiv, Ukraine

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doi: 10.1192/j.eurpsy.2022.993

Introduction: Contemporary anxiety disorders are the main medical problem.**Objectives:** On the basis of complex psychopathological, pathopsychological research, were obtained reasons and conditions of formation, psychopathological structure, syndrome peculiarities, emotional disfunctions of patients on episodic paroxysmal and generalized anxiety disorders and mixed anxiously depressed disorders.**Methods:** The basic method was a group psychotherapy with the elements of rational, positive, suggestive and family psychotherapy. In relation to disfunctions of emotional sphere, CBT was used for the phobic-depressive and anxious-depressive syndroms.**Results:** 180 anxiety disorders patients were examined, by the stationary course of treatment. Decrease of general level of anxiety and internal anxiety was obtained for most patients. No spontaneous emergence of fear was practically observed. While active interviewing, patients stated that their former worries and fears have lost actuality and apparent emotional colouring become. Considerable reduction of symptomatic of the depressed circle also took place, patients started to feel joy and optimism.**Conclusions:** To correct emotional disfunction of patients with episodic paroxysmal disorders, generalized anxiety disorders and mixed anxiously depressed disorders, psychotherapeutic correction system is optimal to use, which is built based on stepwise and multimodal principles.**Disclosure:** No significant relationships.**Keywords:** Psychotherapy; Anxiety disorders; multimodal approach; episodic paroxysmal disorders

EPV0025

Body dysmorphic disorder treatment: about a clinical caseR. André^{1*}, F. Azevedo², M. Gonçalves¹, J. Romão¹, R. Saraiva¹, M. Croca¹ and M. Abreu¹¹Centro Hospitalar Universitário Lisboa Norte, Psychiatry, Lisboa, Portugal and ²Centro Hospitalar de Lisboa Ocidental, Psychiatry, oeias, Portugal

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doi: 10.1192/j.eurpsy.2022.994

Introduction: Body dysmorphic disorder (BDD) is a relatively common disorder characterized by a preoccupation with non-existent or slight defects in appearance. It was first described in 1886 by Morselli as dysmorphophobia.**Objectives:** This work reviews the current available data on BDD and its treatment options and describes a clinical case that reports an improvement in symptomatology after surgery.**Methods:** Non-systematic review of the literature with selection of scientific articles published in the past 10 years; by searching Pubmed and Medscape databases using the combination of MeSH descriptors. The following MeSH terms were used: “body dysmorphic disorder”, “dysmorphophobia”. Clinical file consultation.**Results:** The usual treatment involves a combination of psychotherapy and pharmacotherapy. Antidepressant medication, mainly selective serotonin reuptake inhibitors (SSRIs) have been used. If the symptoms do not improve, a different SSRI can be considered or clomipramine, venlafaxine or second-generation antipsychotics can be useful.**Conclusions:** The role of surgery remains controversial, several studies indicating that the symptoms typically worsen after an aesthetic procedure because the preoccupation shifts to a different body area. However a recent study reported 32 of the 41 patients that underwent surgery were highly satisfied with the outcome. In our clinical case, our patient, a 20-year-old female with non-delusional dysmorphic ideas about her nose initiated treatment with paroxetine with poor response and was, against medical opinion, submitted to a rhinoplasty. Three weeks after the surgery there was an improvement in preoccupation about her nose. More research should be made to clarify the role of surgery in this disorder that often lacks adequate therapeutical response.**Disclosure:** No significant relationships.**Keywords:** Body Dysmorphic Disorder; Treatment; dysmorphofobia; surgery

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Medical residents and COVID-19R. Jomli¹, H. Jemli^{2*}, U. Ouali¹, A. Maktouf², Y. Zgueb¹ and A. Aissa¹¹Razi Hospital, Psychiatry A, manouba, Tunisia and ²University of tunis elmanar, Faculty Of Medicine Of Tunis, manouba, Tunisia

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doi: 10.1192/j.eurpsy.2022.995

Introduction: The covid-19 pandemic is a difficult global phenomenon that causes a lot of anxiety and uncertainty. This situation has involved reactions of fear. Healthcare professionals are necessarily in contact with patients, but may find themselves torn between the duty to care and the duty to protect themselves and their relatives.**Objectives:** To assess perceived stress among medical residents in Tunisia**Methods:** We conducted a descriptive study among a representative sample of residents working at a teaching hospital in Tunis during the first half of 2021 in different departments. We prepared a questionnaire for the study divided in two parts: socio-demographic data; professional data (function, practice setting); data related to contact with covid-19 patients; questions on fear of covid-19 contamination and the Perceived stress scale (10items)**Results:** Our sample consists of 100 residents in 10 different specialties, including 70 in services with direct contact with Covid-19 patients. Stress management is rated good for 30 residents, average for 40 residents and poor for 30 residents. This management depends on the number of guards, the number of patients examined, the technical platform available and especially the period of the pandemic.**Conclusions:** Medical residents are in the front line in university hospitals in tunisia. The stress to which they are subjected depends on the working conditions and coping skills of each of them.

Disclosure: No significant relationships.

Keywords: Stress; resident; hospital; covid

EPV0027

The assessment of family caregivers' anxiety in pediatric epilepsy : a cross-sectional study

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doi: 10.1192/j.eurpsy.2022.996

Introduction: Pediatric epilepsy is a debilitating disease that impacts not only children with epilepsy but also persons around them. It is often considered as a source of anxiety for family caregivers.

Objectives: Assess the level of anxiety in caregivers of children with epilepsy and to identify factors related to it.

Methods: We conducted a cross-sectional, descriptive and analytical study between July and October 2020. It included caregivers of children with epilepsy hospitalized in the pediatric neurology department of Sfax. We used the STAI-Y scale to assess the level of state anxiety (STAI-AE).

Results: Forty four womens participated in our study. Low socioeconomic level was found in 31.8% of cases. The average age of children was 4.9 years. The mean duration of epilepsy was 2.2 years. It was comorbid with an autism spectrum disorder or an intellectual disability in 15.9% of cases. In 70.5% of the cases, the children were dependent on their caregivers in their daily lives. The level of anxiety was moderate in 27.3% and high to very high in 13.6% of them. A higher state-anxiety score was correlated with a longer duration of epilepsy ($p=0.033$), a lower familial socioeconomic level ($p=0.013$) and a higher number of children in family ($p=0.048$).

Conclusions: Pediatric epilepsy is associated with significant level of anxiety in family caregivers. This anxiety increases with the duration of the disease and with the presence of socioeconomic and family difficulties. Thus, psychosocial support for caregivers should be integrated into a global approach of the disease.

Disclosure: No significant relationships.

Keywords: Anxiety; epilepsy; Caregiver; Pediatric

EPV0029

Cognitive function in female patients with chronic functional constipation

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doi: 10.1192/j.eurpsy.2022.997

Introduction: Chronic functional gastro-intestinal disorders can affect cognitive functioning of patients (1). Wong et al (2) showed

attentional and executive function impairment, Aizawa et al. (3) found impairment of cognitive plasticity and activity of frontal and temporal areas of brain during performing tests in these patients.

Objectives: Assessing of cognitive functioning of the female patients with chronic functional constipation.

Methods: 42 Rome IV adult female patients with chronic functional constipation and 26 adult normative female volunteers were tested with Brief Assessment of Cognition in Schizophrenia (BACS).

Results: Both groups were comparable by age (patients' group $29,5\pm 6,1$, volunteers' group $28,5\pm 9,6$, ns) In both groups subjects demonstrated normal level of cognitive functioning but the scores of the patients were closer to the lower level than the scores of the volunteers. The difference was significant in composite scores and in several other scores (Tab.1). Table1.

BACS	Patients (n=42)	Volunteers (n=26)	p-level
Verbal Memory	49,5± 10,6	58,8± 7,1	0,0002
Work memory	48,2±10,1	51,7±8,4	ns
Motor token	51,3±10,5	59,8±10,4	0,003
Verbal fluency	52,1±11,5	56,5±9,9	ns
Symbol coding	45,1±8,4	54,8±12,7	0,015
Tower of London (planning)	50,2±10,7	57,6±10,2	0,015
Composite scores	49,1 ±10,1	59,9 ±7,4	0,0001

Conclusions: The findings of the study once more indicate some link between gastrointestinal dysfunction and cognitive functioning. Even these slight decrease in some aspects of cognition from normal population could have negative impact on everyday functioning. The origin of this link is still under question.

Disclosure: No significant relationships.

Keywords: chronic functional constipation; female; cognitive function

EPV0031

The evaluation of the effect of mindfulness and metacognition on anxiety symptoms: A case-control study

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doi: 10.1192/j.eurpsy.2022.998

Introduction: Anxiety disorders (ADs) are pervasive, detrimental, and associated with numerous psychiatric disorders; however, their etiology and effective treatment strategies are not yet fully explored.

Objectives: We aimed to study whether the symptom severity of ADs is related to mindfulness and metacognition among adults. In addition, we wanted to compare metacognition and mindfulness between patients with ADs and healthy controls (HC).