

**Disclosure:** No significant relationships.

**Keywords:** aversive conditioning; ludovico's technique; Psychiatry in literature; Aversion therapy

## EPV1720

### From medication to meditation as treatment for chronic stress and utility of hair cortisol measurement: randomized clinical trial

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**Introduction:** Stress is part of the daily life of many people, especially in Western countries. Recent studies have shown that cortisol has been listed as the primary hormone linked to stress. Currently, to measure cortisol values there are only tests that quantify it at a determined time point, without taking into account its variability and its changing pattern over time, depends on the circadian rhythm and other stress-related factors.

**Objectives:** This randomized clinical trial of the Hospital Clínic de Barcelona proposes to study the utility of accumulated hair cortisol concentration (HCC) as a measure to correlate the levels of this hormone over time with the stress suffered by the patient.

**Methods:** Patients are classified into two groups: a control group and an intervention group. In the second group, the participants will follow a mindfulness-based cognitive therapy (MBCT) with the aim of reducing stress and, consequently, cortisol levels.

**Results:** The purpose of this study is to validate the utility of HCC in order to, retrospectively, obtain cortisol secretion curves as a measure of the level of stress of each individual and personalize the treatments. Simultaneously, we intend to present new perspectives for treatment in psychiatric disorders where stress predominates, such as generalized anxiety disorder (GAD) or major depression (MD), which are becoming increasingly important in our society.

**Conclusions:** HCC contributes to the practice of personalized medicine as it allows us to detect cortisol exposure in the months prior to obtaining the capillary sample, and thus to draw the trend of this hormone over time.

**Disclosure:** No significant relationships.

**Keywords:** Stress; Mindfulness; Cortisol; Anxiety

## EPV1721

### Trainees between theoretical knowledge and the initiative taking at the hospital

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**Introduction:** The internship is a period in which the student implements what they have learned from their training to obtain or certification and to promote their professional integration, the difficulty of taking initiative and the lack of self-esteem representing an obstacle to their training

**Objectives:** This is a quantitative descriptive study conducted at the different placement departments among all 2nd-year students in all sections. Our data collection was done using two questionnaires administered, one for the supervisors and the other for the students.

**Methods:** Theoretical Framework: Theorist Patricia Benner

**Results:** According to the results found, in our sample, there is a predominance of females 89.17%, with a sex ratio of 0.121. 88.34% are aged between 20 - 21 years and an average age of 22.4 years. According to the interpretation of the Rosenberg Self-Esteem Scale scores, 17.5% of the trainees have a "Very Low Self-Esteem", 47.5% have a "Low Self-Esteem", 25.83% have an "Average Self-Esteem", and only 9.17% have a "High Self-Esteem". In addition, more than half of the respondents, 53.33%, state that they "often" have difficulty taking the initiative in the traineeship environment, while 30.83% do not have such difficulty but "rarely". Indeed, 53.33% of confirmed supervisors say that they "often" have difficulty taking the initiative in the placement environment

**Conclusions:** It is necessary to take into account these obstacles to the trainee's training through better psychological supervision, which could be the first step towards solving the problem

**Disclosure:** No significant relationships.

**Keywords:** practical knowledge; Patricia Benner; Initiative taking; coach

## EPV1722

### What is Resilience? A Case Report of a Fully-Functional Man with Corpus Callosum Agenesis

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**Introduction:** Resilience has attracted much attention, not least since the pandemic. It is characterised by a person's ability to bounce back from adversity. Although there is no exact definition of what adversity means, it assumes that the individual is aware of the event. Here, we would like to challenge this preconception by putting forward a case of an individual who shows remarkable resilience without being aware of his disadvantages.

**Objectives:** We present a case of a fully-functioning middle-aged man with corpus callosum agenesis of which he has been unaware. We sought to demonstrate that personality traits which have been associated with resilience may not necessarily be characteristic of a resilient individual.

**Methods:** T.C. is a 44-year-old individual who enrolled as a healthy participant in a research study at the University of Cambridge, which involved cognitive and personality assessments and a structural brain scan.

**Results:** T.C.'s psychological profile portrayed a well-balanced man who had attained a high level of education, stable employment, a healthy personal life and good community integration. T.C.'s cognitive performance fell well within normal ranges, but was superior in terms of self-control, as measured by the stop-signal task. To our surprise, he scored below-average on questionnaires of resilience