

cancer patients with identified disorders of the anxiety-depressive spectrum.

Disclosure: No significant relationships.

Keywords: oncology; breast cancer; anxiety-depressive spectrum

Pain

EPV0440

Experience of a multi-component therapy group for patients with chronic pain

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Introduction: Chronic pain has an impact that goes beyond the physical plane and, over the years, it ends up deteriorating the emotional, working and social life of people who suffer it.

Objectives: Since we are working with patients who suffer a chronic pathology that cannot be cured, the objective of the group is to create a safe space in which these patients can feel understood, facilitating emotional expression and promoting an active attitude. Accepting pain and its limitations allows the person to regain their ordinary life.

Methods: A multicomponent group therapy with a cognitive-behavioural orientation was carried out. The group was formed by 12 patients, all of them women with chronic pain. Eleven sessions were established on a weekly basis of one and a half hours of duration.

Results: In each session a specific aspect was worked on, favouring the learning of techniques, tools and strategies of coping. A global approach was made, including behavioural, cognitive and emotional elements. At the end of the process, the patients reported benefits in their ability to manage anxiety and depression symptomatology, and they reflected a lower impact of pain in their daily life.

Conclusions: Given the complexity of the symptomatology in chronic pain, it is important to approach the treatment from a multidimensional perspective that envisages every component of pain in order to being able to give a response to the physical and psychosocial impact that it implies, favouring a better confrontation and adaptation.

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Keywords: Pain; Therapy group

EPV0441

Reflex therapy in patients with chronic tension-type headaches: Effectiveness via sensory and affective McGill pain questionnaire descriptors

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Introduction: Tension-type headaches is the most common type of headache among adults and it rises a challenge in finding an effective and safe treatment method.

Objectives: The study aims to evaluate the corporal acupuncture therapy efficacy in patients with chronic tension-type headaches undergoing a complex treatment plan.

Methods: The study involved 132 patients (74% female and 26% men) aged 18-65 years, who were divided into two groups. Patients reported their pain lasted 0.4-12 years. All the patients received conventional treatment (central muscle relaxants and antidepressants). The study group additionally received classical corporal acupuncture 3 times per week, a course of 12 sessions. Treatment effectiveness was evaluated by measuring pain intensity using a subjective visual analogue scale (VAS) and McGill Pain Questionnaire (MPQ).

Results: Most of the patients (79% and 88% of study and control groups respectively) demonstrated moderate cervical musculoskeletal dysfunctions. At admission pain intensity was 4.2 ± 1.5 and 3.8 ± 1.7 VAS points in the control and study groups respectively, MPQ sensory rank pain index (RPI) was 5.92 ± 1.49 points, affective RPI 3.41 ± 0.84 , the total RPI – 7.12 ± 2.56 in the control group, and 6.22 ± 1.74 ; 2.98 ± 0.62 and 7.14 ± 1.65 points in the study group. 4 weeks after treatment measurements showed following pain intensity changes: 4.21 ± 0.74 vs 3.1 ± 0.95 points in the control and study groups respectively. 3- and 6-month period revealed 3.1 ± 0.57 , 2.4 ± 0.74 points and 2.1 ± 0.62 , 1.1 ± 0.49 points in the control and study groups respectively.

Conclusions: Classical corporal acupuncture course may benefit chronic tension-type headaches patients providing an effective treatment in a safe way.

Disclosure: No significant relationships.

Keywords: acupuncture; Chronic Pain; headache; chronic tension-type headaches

Personality and personality disorders

EPV0443

Depressive disorder vs histrionic personality disorder. Report of a case

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Introduction: In daily clinical practice we use to make diagnoses in first consultations, but sometimes it is more complicated, requiring a cross-sectional study of the evolution of the case. In daily clinical