

EV933

Acceptability and feasibility of the mindfulness based program for infertility (PBMI)

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Introduction Infertility is described as a low-control stressor that may induce psychopathological symptoms. The Mindfulness Based Program for Infertility (MBPI) is a structured intervention targeting infertile women that aims to cultivate mindfulness and acceptance skills. The MBPI efficacy was tested in 55 infertile women who completed the program and 37 women in a control group. By the end of the MBPI, women who attended the program revealed a significant decrease in depressive symptoms, internal and external shame, entrapment and defeat. Inversely, they showed significant improvement in mindfulness skills and self-efficacy to deal with infertility.

Aims Determine the MBPI feasibility and acceptability.

Methods The MBPI includes 10 weekly sessions, in a group format, with the duration of about 2 hours each. Participants' recruitment was supported by the Portuguese Fertility Association. Fifty-five female participants with an infertility diagnosis who were pursuing medical treatment for infertility completed a questionnaire specifically developed to address the acceptability and satisfaction with the MBPI at the end of the 10th session.

Results Participants scored as "very useful" most of the MBPI components (mindfulness practice, acceptance skills, values clarification, psychoeducation on stress and fertility-related lifestyle factors), except for the yoga component. The same pattern was found for the utility information, group support, small group exercises, contact with the therapist, progress notes and MBPI materials. The mean score for satisfaction with the therapist knowledge/competence was 9.55 (maximum: 10), the MBPI quality 8.91 and the MBPI global utility 8.95.

Conclusions The MBPI showed to be feasible and well accepted by participants.

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EV934

Applications of classical and traditional folk music in psychiatric settings

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Introduction Although there is an augmenting interest for the applications of classical music in psychiatry, traditional folk music is not properly highlighted in the literature.

Objective In this paper, we examine the possible benefits that psychiatric patients who attend music therapy in psychiatric settings may have when traditional folk music and/or classical music are used in the process of rehabilitation.

Method A literature search of the electronic databases was performed to identify relevant studies published before June 2015.

Results A meta-analysis of the existing research revealed the positive influence of passive and active music listening on different groups of neurological and psychiatric patients' anxiety, pain, tension and stress, and a series of cognitive and emotional changes that occur due to music interventions on patients and doctors alike. A general finding from the 700 diverse retrieved articles is that

classical music has a positive influence on psychiatric patients. In contrast to that, there is scarce research for traditional music in psychiatric settings.

Conclusions Music has a strong influence on psychiatric patients. Future research should focus on different questions such as how the knowledge of the varieties of the different types of (folk) music can enrich the music therapy in psychiatric settings.

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EV938

A creative experience in the treatment of patients in mental health

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Introduction The work describes a well-succeeded experience in the utilization of art therapy in a psychiatric clinic in the city of Rio de Janeiro, Rio de Janeiro, Brazil. The clinic is concentrated on the treatment of diverse mental disorders, in special, the disorder due to the use of psychoactive substances.

Objective To present new and creative therapeutic ways inside the hospital for the treatment of patients having diverse psychiatric disorders, especially disorders due to the use of psychoactive substances.

Aims Demonstrate the decrease of resistance to the treatment under the hospital system, the strengthening of the therapeutic alliance, the appreciation of the therapeutic space and the well-being promotion during the treatment.

Methods One hundred and twenty patients, in a clinic for psychiatric treatment, participated in this therapeutic project, which offered psychological treatment through artistic and creative processes, promoting the possibility of experiencing their recovery through the realization of a Carnival programming inside the therapeutic setting.

Results All patients showed good acceptance to the workshops and participated in the presentations. Over the workshops, the patients also received therapeutic approaches and worked personal difficulties, which came up along the therapeutic process.

Conclusions Through the project development, the patients showed excellent investment and appreciation of the alliance and therapeutic space, demonstrating the great potential of the psychological treatment, through the creative processes of art therapy.

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EV939

Mental health, self-compassion, organizational virtuosity and commitment in workers from local administration

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Introduction Positive and organizational psychology can offer an important contribution to strengthen human virtues that protects intra- and interpersonal functioning, which, in turn, might enhance worker's well-being and the success of organizations.

Objective To study the associations between a psychological construct, self-compassion, and some organizational constructs, organizational commitment and organizational virtuosity and to explore differences in each construct by gender, age, working time

(in the organization), type of employment bond and professional group.

Aims Positive actions inside organizations promote positive emotional states.

Method One hundred and thirty workers from local administration (men, $n=78$; 60%; age, $M=44.22$; $SD=8.67$; range = 19–63 years old) filled in the Self-Compassion Scale, the Organizational Commitment Questionnaire, the Organizational Virtuosity Questionnaire and the Depression, Anxiety and Stress Scales.

Results There was a positive association between organizational commitment and organizational virtuosity. Optimism and integrity (organizational virtuosity dimensions) positively correlated with the self-criticism dimension and with self-compassion total score. Some dimensions of mental health (depression and stress) were negatively associated with organizational virtuosity. Employees with less education, belonging to a professional group less qualified or with an unfavourable employment bond perceived the organization as less virtuous, and were less committed.

Conclusion Promoting positive actions inside organizations seem to encourage positive emotional states in individuals. The development of a compassionate capacity, by self-compassion and mindfulness, humanize both individuals and organizations. These workers, with their leaders, can promote affective and normatively committed workforces, presenting positive perceptions about organizational virtues.

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EV940

Tests get me nervous: A case of pharmacological enhancement

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Introduction The use of drugs to improve cognitive performance (pharmacological enhancement) is a practice that increases in frequency, especially in individuals with a high degree of academic education, university students, and workforce with high responsibilities. Legal substances such as alcohol and caffeine, prescription drugs such as modafinil or methylphenidate and some illegal drugs such as amphetamines or cannabis are utilized to improve cognitive performance, maintain wakefulness, or induce sleep. Perception of risk is low in many cases. Internet has facilitated the illicit access to prescription drugs with astonishing ease.

Objective and methods We want to exemplify through a clinical case, how the access to some of these substances through internet is very easy, and how, in this case, the use of Modafinil (drug indicated for narcolepsy) with the objective of maintaining academic performance aggravates symptoms of anxiety in a 22-year university patient.

Results Exposition of clinical case in the poster.

Conclusions The use of substances (“smart drugs”) presents risks for both physical and psychological health that sometimes are not perceived by the user. It is surprising that a highly educated

individual has taken Modafinil without researching for a deep understanding of the side effects of the drug.

Internet access of regulated substances that should only be prescribed by a physician to be used on very concrete symptoms is extremely easy. In the case of the Modafinil, it is possible to access its purchase by simply searching the words “purchase/buy Modafinil” in any internet browser.

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EV941

Mental health and empathy: Do nursing students have better attitudes to psychiatric patients?

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Background Stigma towards mental illness has a major impact on the quality of life and the health care of psychiatric patients. Several studies have reported that health professionals have more negative attitudes than general population.

Aims To explore empathy and attitudes towards mental illness in nursing students (NS) and non-health university students. Our purpose is to see how NS have more empathic and less stigmatizing attitudes towards psychiatric patients, compared to other university students.

Methods We tested 96 university students (50 NS and 46 non-health university students), with the following questionnaires anonymously filled out:

- Community attitudes towards mental ill (CAMI), to evaluate the different students’ attitudes towards mental illness;
- Empathy quotient (EQ), to assess empathy.

Results NS differs from the other group in 5 items of CAMI ($P<0.05$ in 3 items and $P<0.01$ in 2 items), and Authoritarianism subscale ($P=0.023$). This shows that NS have a greater general awareness and less stigmatizing attitudes about the need to hospitalize the mentally ill, the difference between psychiatric patients and general population, the wrong need of segregation and the real causes of mental illness. There is also a significant difference in EQ (items 6, 21, 25, 44, 59): future nurses seem to have a slightly higher empathy, even though the EQ total score does not differ in the two groups.

Conclusions These results suggest that there is a difference with respect to the attitudes towards psychiatric patients in NS and students who do not follow health-care courses: NS have more empathetic and less stigmatizing attitudes.

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EV942

Different attitudes toward psychiatry and psychiatric patients in nursing students: Can personal experiences reduce stigma?

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