

**P0366**

Efficacy of a cognitive-behavioral group therapy program on Taiwanese school-age children with Asperger's disorder

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**Background and Aims:** Asperger's disorder is characterized by marked difficulties in social interactions, which might be the result of a specific deficit in theory of mind and lack of social skills. Treatment programs based on cognitive-behavioral therapy (CBT) principles have shown effectiveness in improving the theory of mind and social skills for children and adolescents with Asperger's disorder. This study intends to examine the efficacy of a cognitive-behavioral group therapy (CBGT) program designed to promote the theory of mind and social skills for Taiwanese school-age children with Asperger's disorder.

**Methods:** Eight Taiwanese children aged 7-10 years with average intelligence participated in this program which included 10 weekly sessions with 80 minutes each. The behaviors of these participants were evaluated and compared before and after the training. Outcome measures consisted of (1) Australian Scale for Asperger's syndrome; (2) behavior observation; (3) theory of mind task; and (4) Vineland Adaptive Behavior Scales.

**Results:** Pre-post comparison showed significant decreases in parental ratings in symptom severity ( $t=-5.59$ ,  $p<.01$ ), with a significant improvement in their children's social-emotional ability ( $t=-4.69$ ,  $p<.01$ ) and communication skills ( $t=-2.98$ ,  $p<.01$ ). Behavior observation also indicated improvement in theory of mind ability. However, there were neither significant difference in participants' performance on the theory of mind task nor in teachers' ratings of symptom severity and social skills.

**Conclusions:** Findings of this study partially support the immediate effect of this CBGT program for Taiwanese children with Asperger's disorder, but with limited generalization effect across situations.

**P0367**

Cognitive-behavioral group treatment for pathological gambling: Analysis of effectiveness and predictors of therapy outcome

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**Objective:** to examine short and middle-term effectiveness of a group cognitive-behavioral intervention (CBT) in pathological gambling (PG) and to analyze predictors of therapy outcome.

**Method:** Two hundred and ninety PG patients consecutively admitted to our Unit participated in the current study. All participants were diagnosed according to DSM-IV-criteria. Manualized outpatient group CBT [16 weekly sessions] was given. Specific assessment before and after the therapy and at 1, 3 and 6 months follow-up was conducted. Logistic regression analyses and survival analysis were applied.

**Results:** outpatient group CBT was effective with abstinence rates by the end of therapy of 76.1%, and 81.5% at 6 months follow-up. The dropout rate during treatment decreased significantly after the fifth treatment session. Psychopathological distress ( $p = 0.040$ ) and obsessive-compulsive symptoms were identified as factors predicting relapses and drop-outs respectively.

**Conclusions:** our findings suggest that group CBT is effective for treating PG individuals. Several psychopathological and personality traits were identified as outcome predictors.

**P0368**

Cognitive behavioural therapy for obesity and binge eating associated to antipsychotic drugs

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**Background and Aims:** Overweight, obesity and binge eating disorder are commonly reported in persons with severe mental disorders. Particularly, antipsychotic drugs (AP) induce weight gain in up to half of the patients.

The aim of the present study is to confirm a previous study results on a larger sample of patients, to assess the impact of the interventions on other relevant dimensions of eating and weight related cognitions as well as to assess potential clinical indicators of outcomes such as AP drug, concomitant treatment with lithium or carbamazepine, psychiatric diagnostic, binge eating and severity of cognitive distortions.

**Method:** A controlled study (12-week CBT vs. B N E) was carried out on 99 patients treated with an AP and who have gained weight following this treatment. Binge eating symptomatology, eating and weight-related cognitions, as well as weight and body mass index were assessed before treatment, at 12 weeks and at 24 weeks.

**Results:** The findings confirms usefulness and effectiveness of the proposed CBT program on the treatment of binge symptomatology, cognitive distortions and obesity in patients treated with AP. Reduction of binge symptoms and maladapted cognitions appeared early, whereas the effect on weight appeared later during the follow up observation. No differences on outcomes were found across pharmacotherapy characteristics, diagnostic categories, binge eating nor severity of cognitive distortions.

**Conclusion:** The proposed CBT treatment is useful for patients suffering from weight gain associated with AP treatments indeed when a concomitant treatment with lithium or valproate was given.

**P0369**

Advance directives based cognitive therapy in bipolar disorder

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**Background and Aims:** Mental Health Advance Directives (ADs) are potentially useful for bipolar patients due to the episodic characteristic of their disease. An advanced directives based cognitive therapy (ADCBT) involving the self-determination model for adherence, the cognitive representation of illness model, and the concordance model is studied on this article.