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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.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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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