

with. By the end of the production time, I realised the podcasts needed constant summaries in order to be successful learning materials.

Disclosure of Interest: None Declared

EPV0750

Dependent Personality Disorder and Intimate Partner Violence: the “Perfect Marriage”

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Introduction: Intimate partner violence (IPV) is broadly defined as physical, sexual, or psychological harm inflicted by a current or former romantic partner or spouse. Unfortunately, even nowadays, the prevalence rates of IPV victimization are still very high, with over one third of women reporting any contact sexual violence, physical violence, and/or stalking and nearly half having psychological aggression in their lifetime. Amongst a complex network of risk factors for IPV, Personality disorders (PD) are one of the most researched. Defined as enduring patterns of inner experiences and behaviors, PD play a significant role in IPV, causing perpetrators to recidivate and victims of IPV to stay in violent relationships.

Objectives: A case based approach is used to illustrate the association between Dependent Personality Disorder and Intimate Partner Violence

Methods: Case Report and Brief Literature review

Results: Case: We present a case of a 65-year-old woman, long term followed by psychiatry for anxiety and depression symptoms, built upon a personality with dependent traits. The patient has been victim of intimate partner violence since her marriage, more than 40 years ago, generating significant psychopathology, functional impairment and several suicidal attempts over the years. Nonetheless, the patient feels emotionally attached and has pity for her husband. Despite this abuse had been already reported, the patient has been unable to act on the complaint, perpetuating this situation over time. The insight is totally preserved since the victim has full conscience of the causality between perpetrator cumulative abuse and her psychological and physical suffering. This case supports research in this area which had found that individuals with high levels of dependent PD traits tend to have higher ratings of relationship satisfaction and see their relationship in a more positive light, causing them to downplay the IPV they experience.

Conclusions: The prevalence of IPV poses a serious public health concern, particularly given the increased risk of physical and mental health problems that have been linked to IPV, such as chronic pain, depression, post traumatic stress disorder, substance use, and suicidal ideation, as well as a host of other negative outcomes. Individuals with high levels of dependent PD traits are prone to victimization, clinicians should be alert.

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EPV0751

Mindfulness Practices in borderline personality disorder : A review of the literature

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Introduction: *Borderline personality disorder (BPD)*, also known as emotionally unstable personality disorder is a severe disorder of emotional regulation. In people with BPD, mood swings are extreme, relationships are uncertain, and emotions are difficult to control, suicide and self-destructive behaviors are extremely common. medical treatment can certainly reduce the symptoms and suffering of people with BPD, but it is still not enough. The treatment is mainly based on psychotherapy especially **Dialectical behavior therapy (DBT)** focuses on the concept of **mindfulness**, or paying attention to the present emotion.

Objectives: To assess the current level of evidence for mindfulness in BPD.

Methods: a systematic review was performed using the database PubMed / Medline, using the following keywords: “MCBT”; “DBT”; “Mindfulness Therapy”; “BPD”; “Borderline personality”.

Results: Research shows that the mindfulness therapy approach teaches skills for controlling intense emotions and reducing self-destructive behaviors. Decentering appears to play a crucial role in the treatment as a primary mechanism of action in this therapy.

Conclusions: results suggest that the Mindfulness therapy is a main component for BPD treatment.

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EPV0752

Challenges in the Borderline Personality Disorder diagnostic in clinical practice in community: results of a pilot study

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Introduction: Borderline personality disorder (BPD) has a significant presence in outpatient psychiatric practice worldwide, but data on the clinical features of patients with BPD in Russia are limited. Clinicians experience a number of difficulties in diagnosing BPD, which is also due to the high comorbidity of BPD with other mental disorders (affective, anxiety, other personality and addictive disorders).

Objectives: The aim of this pilot study was to investigate clinical characteristics of mental health care for patients c BPD in real clinical practice in community in Saint-Petersburg, Russia.

Methods: Fifty patients (72% female; $n=36$; mean age 22.4 ± 4.3) who were treated in an outpatient community care were included in the study. Diagnosis was made according to the ICD-10 criteria (F60.31), as it does in clinical practice in Russia. Research methods included a clinical-catamnestic method.

Results: The age of onset of BPD symptoms was 14.9 ± 2.7 . It was found that 50% of patients had previously received inpatient (20%, $n=10$) and outpatient (30%, $n=15$) psychiatric care unrelated to the current mental condition, that is, not due to the BPD. 16% of patients ($n=8$) referred for the first time for psychiatric care in adolescence. The vast majority of patients (86%; $n=43$) were not diagnosed with BPD when they first consulted a psychiatrist. Prior to the diagnosis of BPD, patients were diagnosed with mental disorders due to organic brain injury (4%), affective disorders (44%), schizophrenia spectrum disorders (12%), anxiety disorders (20%) and other personality disorders (6%). On average, it took 7.5 ± 4.0 years from the date of first psychiatric assessment before the diagnosis of BPD was confirmed. At the time of inclusion in the study, patients were diagnosed with the following comorbid mental health conditions: affective disorders (12%), anxiety disorders (6%), eating disorders (4%), and addictive disorders (2%).

Conclusions: The hypodiagnosis of BPD in the early stages of the disorder has been identified, making it challenging to obtain high quality mental health care in a timely manner. The frequent comorbidity between BPD and other mental disorders has been confirmed. The study demonstrates the relevance of introducing programs (including education) to improve the diagnosis and study of comorbidity of BPD in real clinical practice. The pilot study results provide the basis for a project to investigate approaches to differential diagnosis and evaluation of treatment strategies for patients with BPD.

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EPV0753

Personality traits among Moroccan officials in the Rabat-Sale-Kenitra Region

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Introduction: Public servants, because of the nature of their work, are under tremendous pressure. Hence the need to study the dominant personality traits within this sample.

Objectives: Demonstrate the domination of certain personality dimensions over others in this population.

The aim of this research is to study the five major personality traits in a sample of officials in the Rabat-Sale-Kenitra Region, Morocco.

Methods: This is a cross-sectional epidemiological study that involved 387 individuals, including 55.8% ($n=216$) Male and 44.2% ($n=171$) Female with an average age of 32.75 ± 9.79 . The personality traits were assessed using the Big Five test.

Results: The results show that, 76.74% of our study subjects have a high score of Agreeableness, while 23.26% have a low score. 59.69%

of our sample has a high score in Extraversion, while 40.31% have a low one. Slight increase in the percentage that has a high score in Neurosis compared to those that have a low score with 51.94% and 48.06%. 78.29% of our sample have a high Consciousness score, while 21.71% have a low one. Concerning Openness, 79.84% of the participants have a high score and only 20.16 have a low score.

Conclusions: This study sample is characterized by the dominance of three main traits, Agreeableness, Consciousness and Openness. Moreover, this study has shed light on the fact that the Neurosis trait is dominant in almost half of our sample. However, considering this study concerned only one region, it would be interesting to widen the geography of the survey to acquire more exhaustive results.

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EPV0754

Reviewing the consistency of Dissociative Identity Disorder: a case report.

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Introduction: We present the case of a 22-year-old patient who has been followed up in a daytime hospital for personality disorders since June 2022. Of note is the presence of multiple personalities (in total of more than 20 have been identified), each of which has distinct physical and psychological characteristics.

Objectives: The objective is to present a clinical case of dissociative identity disorder and to review the existence of scientific evidence supporting this diagnosis.

Methods: Literature review of scientific papers over the last years and classic textbooks on the issue. We included references in English and Spanish languages.

Results: Numerous studies support that dissociative disorders are the result of psychological traumas that generally begin in childhood. This is a difficult category to diagnose, since they present symptoms that also appear in other disorders such as those of the schizophrenic spectrum.

One or more dissociative parts of the subject's personality avoid the traumatic memories while others become fixed to these traumatic experiences and manifest symptoms. In the case of our patient, there are dissociative episodes with subsequent amnesia and auditory, visual and olfactory hallucinations, as well as impulsive behaviors in the form of self-injury and a flattened affect, with significant emotional distancing.

Conclusions:

- The prevalence of dissociative identity disorder is higher than traditionally thought.
- Some theories develop how trauma essentially produces a degree of dissociation of the psychobiological systems that constitute the subject's personality.

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