

## PW01-250 - ADDRESSING SELF-IMAGE DISTORSIONS AS A CORE FEATURE IN THE ALCOHOL DEPENDENCE PSYCHOTHERAPEUTIC APPROACH

D. Vasile<sup>1</sup>, O. Vasiliu<sup>1</sup>, A.G. Mangalagiu<sup>1</sup>, M.L. Vasile<sup>1</sup>, E. Badescu<sup>1</sup>, V. Bogdan<sup>2</sup>, M. Terpan<sup>1</sup>, D.G. Ojog<sup>1</sup>, B.M. Petrescu<sup>1</sup>

<sup>1</sup>Psychiatry, University Emergency Central Military Hospital, Bucharest, <sup>2</sup>Psychiatry, Military Hospital, Focsani, Romania

**Objective:** To establish the frequency of self-image distortions in alcohol dependent patients and if addressing them through a targeted psychotherapeutic approach would be beneficial.

**Methods:** A group of 45 patients, 32 male and 13 female, mean age 39.6, diagnosed with alcohol dependence (DSM IV TR), were evaluated for establishing the severity of self-image distortions, using baseline and endpoint- Rotter Incomplete Sentence Test (RIST) and Thematic Apperception Test (TAT); for the monitoring of the dependence severity and its associated impairments we used Inventory of Drug Taking Situations (IDTS)-alcohol focused version and Global Assessment of Function (GAF) every 4 weeks for 6 months. From the initial group, 38 (84.4%) patients have been found with moderate and severe self-image distortions (feeling of insecurity and inferiority, external locus of control, frequent use of denial, regression and projection). They received cognitive-behavior therapy (CBT) focused on restructuring cognitive dysfunctional beliefs about self and experimenting new ways to relate to self and significant others.

**Results:** The psychotherapeutic approach decreased the overall severity of alcohol dependence (-35.7 on IDTS,  $p < 0.01$ ) and consequently improved the global functioning (+18.2 on GAF,  $p < 0.01$ ) after 6 months. These results correlated with the improvement of self-image, reflected on the severity of P-Ego scale from RIST (-23.2%,  $p < 0.01$ ) and on the improvement of defense system (more frequent use of anticipation, suppression and rationalization and less of denial and projection).

**Conclusion:** Patients with alcohol dependence have very often self-image distortions and could, therefore, benefit from a psychotherapy that addresses specifically this phenomenon.