

psychometric properties of the scale, as well as significant correlations between the different styles of caring and characteristics of the PWD, caregivers' gender and kinship with the PWD, depression and anxiety symptoms, quality of the dyad relationship and expressed emotion. Implications for caregiving research and for the development of effective interventions to alleviate caregivers' distress will be discussed.

P109: The role of family caregivers' emotional complexity in their relationship with the person with dementia and their emotional well-being and distress.

Authors: García-Batalloso, Inés; Cabrera, Isabel; Mérida-Herrera, Laura; Losada-Baltar, Andrés; Olazarán, Javier; Márquez-González, María

Objective: Research in informal dementia caregiving has focused on the negative outcomes it implies as a chronic stress situation, even though positive feelings derived from the caregiving experience are also reported. This co-occurrence of positive and negative experiences is a form of emotional complexity that has barely been explored in caregivers although it could be relevant for understanding caregivers' vulnerability to distress. To explore this emotional complexity, profiles of caregivers according to their levels of positive and negative affect were created and compared with regard to their reported anxiety, ambivalence feelings, experiential avoidance, quality of the actual relationship, thoughts of institutionalizing the person with dementia (PWD), and social support.

Methods: 363 primary family caregivers were distributed in groups based on their reported depressive feelings and positive emotions related to caregiving and the PWD. Four groups were identified: (1) flat (low negative affect, low positive affect), (2) negative (high negative affect, low positive affect), (3) positive (low negative affect, high positive affect), (4) mixed (high negative affect, high positive affect). ANOVAS were performed to explore differences between groups.

Results: Caregivers in the positive and mixed profiles reported better actual relationships with the PWD and higher experiential avoidance. Caregivers with both negative and mixed profile showed higher anxiety than the other profiles, and the negative profile also reported higher thoughts about institutionalizing the care-recipient and more ambivalence. Caregivers in the positive group reported the highest social support.

Conclusion: The obtained findings converge in the idea that caregivers' positive emotions towards the PWD are closely related to the quality of the relationship, and may be involved in a delayed decision to institutionalize her/him. The presence of negative affect (depressive feelings) is associated with anxiety symptoms, even when positive emotions are reported, supporting the high prevalence of anxiety-depressive comorbidity in this population. Finally, the negative profile (low positive and high negative affect) is the one that reports more ambivalence. Taken together, these findings suggest that caregiving for PWD should be considered an emotionally complex situation with positive affect derived from the caregiving being key in understanding caregivers' well-being and distress.

P110: Development and validation of the Relationship Quality Scales in Caregiving (RQSC): preliminary results.

Authors: Mérida, L., Cabrera, I., Gallego-Alberto, L., García-Batalloso, I., Da Silva, V., Losada-Baltar, A., Márquez-González, M.

Objective: Caring for a person with dementia is a chronic stress situation. The quality of the relationship between the family caregiver and the person with dementia (PWD) is a relevant variable to understanding caregivers' well-being. However, there are no specific scales that measure this variable in this context. This study aims to analyze the preliminary psychometric properties of the Relationship Quality Scales in Caregiving" (RQSC) " which measures caregivers' perception of different aspects of the relationship in the dyad before the onset of dementia and the present moment.

Methods: The sample was composed of 55 family caregivers of people with dementia. The Relationship Quality Scales in Caregiving (RQSC) include two subscales assessing the quality of the relationship, respectively, before the dementia onset (Past Relationship; PR) and in the present moment (Current Relationship; CR), and it also provides an index of the perception of change (Change score) in the relationship quality, namely: Actual Quality minus Past Quality. Internal consistency and factor validity (through exploratory factor analysis and parallel analysis) were explored. Construct validity of the instrument was also explored, analyzing its correlation with caregivers' reactivity to behavioral and psychological symptoms of dementia (BPSD), caregivers' ambivalent feelings towards the care recipient, and caregivers' depressive symptoms.

Results: The results from the EFA and parallel analyses suggest that both RQSC subscales have a unidimensional structure. Both the PR subscale and the CR subscale show good to excellent reliability and validity indexes. Significant negative correlations between both PR and CR subscales and reactivity to BPSD, ambivalent feelings, and depression have been found

Conclusion: The instrument seems to show good psychometric properties that recommend its use. The results support the relevance of caregivers' perception of their relationship with the PWD for understanding caregivers' wellbeing. However, these are preliminary results that should be replicated in future studies using a bigger sample and additional psychometric data.

P86: Effect of Virtual Reality on Stress Reduction and Change of Physiological Parameters Including Heart Rate Variability in People With High Stress: An Open Randomized Crossover Trial

Authors: Jiwon Shin¹ Hyewon Kim², Dong Jun Kim^{1,3}, Seonwoo Kim⁴, Won Ho Chung⁵, Kyung-Ah Park⁶, James D. K. Kim⁷, Dowan Kim⁸, Min Ji Kim⁴, Kiwon Kim⁹ and Hong Jin Jeon^{1,3}

1 Department of Psychiatry, Depression Center, Samsung Medical Center, Sungkyunkwan University School of Medicine, Seoul, South Korea

2 Department of Psychiatry, Hanyang University Medical Center, Seoul, South Korea

3 Department of Health Sciences and Technology, Department of Medical Device Management and Research, and Department of Clinical Research Design and Evaluation, Samsung Advanced Institute for Health Sciences and Technology (SAIHST), Sungkyunkwan University, Seoul, South Korea

4 Statistics and Data Center, Research Institute for Future Medicine, Samsung Medical Center, Seoul, South Korea

5 Department of Otorhinolaryngology, Samsung Medical Center, Sungkyunkwan University School of Medicine, Seoul, South Korea