

This would also lower the general cost of care for each patient. By understanding the therapeutic needs of each patient, we can use these results to develop objective interventions and efficient algorithms to triage individuals. This technique could scale up care capacity without sacrificing the quality of care for each patient.

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EPP0741

The Impact of Cognitive Behavioral Counseling in Promoting Self-Healing of Irritable Bowel Syndrome: Longitudinal Study

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Introduction: Psychophysical diseases can be cured without medical intervention, and this is the so-called self-healing. Self-healing is the process of recovery from emotional ill-health, but self-healing can also include accompanying physical health issues. Cognitive-behavioral therapy is one of the effective methods that help the individual to activate their role in self-healing and controlling thoughts and lifestyle. Being therapeutically effective in previous literature and less expensive than medication, CBT can be utilized by psychiatry practitioners.

Objectives: The current study aimed at investigating the effects of a cognitive behavioral therapy-based program to promote self-healing of patients with irritable bowel syndrome (IBS). Additionally, it explores the continuity of the proposed program effectiveness throughout six months.

Methods: The quasi-experimental method (one group design) was adopted. Participants were 4 patients (ages between 29-34 years) were purposively selected since they were suffering from irritable bowel syndrome (IBS) for (4-11) years based on the diagnosis conducted by Gastroenterology Clinic specialists at Sultan Qaboos Hospital in Salalah. The fifteen sessions of the therapeutic intervention lasted for five weeks. No medications were taken during the intervention and the follow-up period.

Results: Results indicated the effectiveness of the intervention in promoting self-healing of the irritable bowel syndrome (IBS) and a decrease in the symptoms of the irritable bowel in the medical examination after intervention as shown in the significant differences between time 1 and time 2 assessment while no significant difference was detected between time 2 and time 3 assessment (follow-up). A significant decrease in the medical symptoms of IBS (85% improvement rate).

Conclusions: Non-pharmacological psychotherapy is beneficial with patients with psychosomatic disorders as it can be used effectively to improve self-healing.

Disclosure of Interest: None Declared

EPP0742

Efficacious Web-Based Psychotherapy to Address Depression and Anxiety Among Patients Receiving Oncological and Palliative Care: an Open-Label Randomised Controlled Trial

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Introduction: Oncological and palliative care patients face unique stressors which increase their risk of developing depression and anxiety. Cognitive behavioural therapy (CBT) and mindfulness has established success in improving this population's mental health. Traditional face-to-face psychotherapy is costly, has long wait lists, often lacks accessibility, and has strict scheduling, each of which can make attending psychotherapy physically, mentally, and financially out of reach for oncological and palliative patients. Web-based CBT (e-CBT) is a promising alternative that has shown efficacy in this and other patient populations.

Objectives: To quantify the efficacy of online CBT and mindfulness therapy in oncological and palliative patients experiencing depression and anxiety symptoms.

Methods: Participants with depression or anxiety related to their diagnosis were recruited from care settings in Kingston, Ontario, and randomly assigned to 8 weekly e-CBT/mindfulness modules (N= 25) or treatment as usual (TAU; N=24). Modules consisted of CBT concepts, problem-solving, mindfulness, homework, and personalised feedback from their therapist through a secure platform (Online Psychotherapy Tool- OPTT) Participants completed PHQ-9 and GAD-7 in weeks 1, 4, and 8. (NCT04664270; REB# 6031471).

Results: Significant decreases in PHQ-9 and GAD-7 scores within individuals support the hypothesis of efficacy. At this time, 10 e-CBT/mindfulness and 12 TAU have completed the study. Decreases in PHQ-9 and GAD-7 scores within e-CBT group support the hypothesis of efficacy. Specifically, PHQ-9 scores decreased over the 3 repeated measures (ANOVA, 2 groups, 3 repeated measures and the decrease in GAD-7 scores was similarly large)

Conclusions: As hypothesized, the results suggest that e-CBT/mindfulness therapy is an affordable, accessible, and efficacious mental health treatment for this population. The virtual, asynchronous delivery format is particularly appropriate given the unique barriers.

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EPP0744

A case report of cognitive behavioural and emotional therapy for depression in an ultra-high risk patient

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Introduction: Psychotic disorders are associated with a degree of disability that is much more considerable if the duration of untreated psychosis is prolonged. This fact highlights the importance of early intervention strategies among individuals at ultra-high risk (UHR) for psychosis, often struggle with depressive symptoms.

Objectives: The objective of this work was to evaluate the effectiveness of cognitive-behavioral and emotional therapy on depressive symptoms in a patient at high risk of psychosis.

Methods: This is a detailed case report of a young adult at UHR for psychosis who was referred to psychiatry department "A" at Razi Hospital for treatment of depression symptoms.

The patient had benefited from 15 sessions of cognitive-behavioral and emotional psychotherapy, over eight months, from July 2021 to February 2022, at the rate of one 45-minute session per two weeks. The main psychotherapeutic techniques used were: behavioral activation, cognitive restructuring and relaxation.

An initial and final assessment was performed by the Hamilton Depression Scale and by the comprehensive assessment of mental states at risk.

Results: The clinical case illustrated concerns a 21-year-old female with a state of high risk of psychosis, suffering from depression symptoms that had been worsen since two years.

As the therapy progressed, an improvement in depressive symptoms and functioning has been noticed, by a decrease in the score of the Hamilton scale, from 28 to 11, with a response estimated at 61% and a score for social functioning and professional, initially estimated between 21 and 30, to became between 41 and 50 after therapy.

The active participation of the patient, and her assiduity were important factors in this success.

Conclusions: Cognitive-behavioral and emotional therapies for depressive symptoms could constitute an effective intervention approach for subjects at high risk of psychosis, allowing the improvement of the prognosis of psychotic disorders.

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Research Methodology

EPP0746

Experimental models of autism spectrum disorders on the example of the use of brain organelles

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Introduction: ASD are heterogeneous pathological conditions characterized by difficulties in establishing social contacts and the manifestation of repetitive behavior. An atypical trajectory of brain maturation, impaired neurogenesis, synaptogenesis, and an imbalance in the excitatory and inhibitory systems of the CNS form the morphofunctional basis of the ASD.

Objectives: To understand the functioning of this complexly organized system in time and space, a three-dimensional model is needed. The closest in vitro model of the human brain from early embryonic stages to aging is brain organoids. Human brain organoids are self-organizing three-dimensional cell aggregates derived from pluripotent stem cells (hiPSCs)

Methods: Organelles generalize neurogenesis, gliogenesis, synaptogenesis, cell migration and cell differentiation, gyrification of the cerebral cortex, and reflect the connections of brain regions.

Results: The use of telencephalon organelles in the RAS model revealed a deficit in neuronal migration, acceleration and disruption of cell cycle synchronization, aberrant cell proliferation, abundant synaptogenesis, temporary deviations in the development of the cortex, increased branching of neurons, unbalanced inhibitory differentiation of neurons, high activity of ion channels is a consequence of a violation of FOXG1 activity. Organelles generalize neurogenesis, gliogenesis, synaptogenesis, cell migration and cell differentiation, gyrification of the cerebral cortex, and reflect the connections of brain regions. The use of telencephalon organelles in the RAS model revealed a deficit in neuronal migration, acceleration and disruption of cell cycle synchronization, aberrant cell proliferation, abundant synaptogenesis, temporary deviations in the development of the cortex, increased branching of neurons, unbalanced inhibitory differentiation of neurons, high activity of ion channels is a consequence of a violation of FOXG1 activity.

Conclusions: hiPSCs can provide insight into the cellular mechanisms underlying ASD as a neuropsychiatric disorder, providing access to the development of platforms for in vitro drug screening and individualized patient therapy.

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EPP0747

Combined clinical and laboratory diagnostics of neurodegenerative disorders

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