

replicate results of previous studies in a mixed gender sample of Egyptian outpatients.

**Aim** The aim of the current study was to examine the effectiveness of DBT without drug replacement relative to treatment as usual “TAU” in improving behavioral outcomes related to SUD and BPD, and improving emotional regulation.

**Methods** Forty outpatients with co-morbid BPD and SUD in Alexandria and Cairo were assigned for one year either to comprehensive DBT program (20 patients), or TAU defined as ongoing outpatient psychotherapeutic treatment from referring center (20 patients). Patients were assessed at baseline and follow up assessment at 4, 8, 12 and 16 months was done using Arabic version of Difficulties in Emotion Regulation Scale (DERS), urine multidrug screen and time line follow-back method for assessment of alcohol and substance use history.

**Results** Following one year of treatment, DBT group showed significantly lower doses of drugs used, DERS score, rates of hospital admission, ER visits, suicidal attempts and episodes of NSSI. Also, DBT patients showed markedly increased retention in treatment and longer duration of total alcohol abstinence and other drugs of abuse. Positive outcomes were maintained for four months post-treatment.

**Conclusion** DBT demonstrated superior efficacy in comparison to TAU for treatment of Egyptian patients suffering from co-morbid borderline personality and substance use disorder across behavioral domains of SUD, BPD and reduction hospital admission, emergency room visits and DERS score.

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

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#### EW0455

### Empirical redundancy of burnout and depression: Evidence from time-standardized measures

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**Introduction** Burnout and depression are ordinarily assessed within different time frames. Burnout is most frequently assessed on an annual or a monthly basis whereas depression is generally assessed over a one- or two-week period. This state of affairs may have partly obscured the burnout-depression relationship in past research and contributed to an underestimation of burnout-depression overlap.

**Objectives** We investigated burnout-depression overlap using time-standardized measures of the two constructs. We additionally examined whether burnout and depression were differently associated with work-related effort and reward, occupational social support, and intention to quit the job.

**Methods** We enrolled 257 Swiss schoolteachers (76% female; mean age: 45). Burnout was assessed with the Shirom-Melamed Burnout Measure and depression with a dedicated module of the Patient Health Questionnaire. Work-related effort and reward were measured with a short version of the Effort-Reward Imbalance Scale and occupational social support with a subscale of the Job Content Questionnaire. Intention to quit the job was assessed with 3 generic items (e.g., “I plan on leaving my job within the next year”).

**Results** We observed a raw correlation of .82 and a disattenuated correlation of .91 between burnout and depression. Burnout’s dimensions (physical fatigue; cognitive weariness; emotional exhaustion) did not correlate more strongly with each other (mean  $r = .63$ ) than with depression (mean  $r = .69$ ). Burnout and depression showed similar associations with the job-related factors under scrutiny.

**Conclusions** Burnout and depression may be empirically-redundant constructs. Measurement artifacts probably contributed to an underestimation of burnout-depression overlap in many studies.

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

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#### EW0456

### Vulnerable narcissism as key link between dark triad traits, mental toughness, sleep quality and stress

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**Introduction** The concept of the Dark Triad (DT) consists of the dimensions of Machiavellianism, narcissism, and psychopathy, and has gained increased interest within the last 15 years for its predictive power to explain success in the fields of economy, politics, and professional sport. However, recent research suggests that the associations between DT and behavior are not as uniform as expected.

**Aims** Investigating the associations between DT traits and vulnerable narcissism, mental toughness, sleep quality, and stress perception.

**Methods** A total of 720 participants between 18 and 28 years took part in the study. The sample consisted of military cadres in the US ( $n = 238$ ), Switzerland ( $n = 220$ ), and of students from the university of Basel ( $n = 262$ ). Participants completed self-rating questionnaires covering DT traits, mental toughness, vulnerable narcissism, sleep quality, and perceived stress.

**Results** Irrespective of the sample, participants scoring high on vulnerable narcissism also reported higher DT traits, lower mental toughness, poor sleep quality, and higher scores on perceived stress.

**Conclusions** The present pattern of results suggests a more fine-grained association between DT traits and further behavior, calling into question to what extent DT traits might be a predictor for greater success in the fields of economy, politics or elite sports. Specifically, vulnerable narcissism seems to be key for more unfavourable behavior.

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#### EW0457

### Associations between chronotype and schizotypy in healthy adults

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