

**P02-360 - EFFECT OF CBT-BASED SEX OFFENDERS THERAPY ON COGNITIVE DISTORTIONS OF LEARNING DISABLED MALE SEX-OFFENCERS IN A FORENSIC UNIT**

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**Objectives:** The aim of our study was to compare the cognitive distortions in learning-disabled male sex-offenders before and after the administration of full 52-weeks Sex-Offenders Treatment Programme(SOTP).

**Methods:** As a part of the CBT-based Sex-Offenders Treatment Programme, 17 male adults were referred for therapy(over a period of 2 years) out of which 12 were accepted for SOTP. Mean age of the subjects was 32.5 years(Range: 22-50 years) and mean IQ was 65.16(Range: 53-75).

SOSAS(Sexual-Offenders Self-Appraisal Scale) was administered both pre and post treatment. This instrument consists of 20 statements from four sub-scales: Denial, Victim Blaming, Minimization and Realism to which each respondent was asked to indicate his degree of agreement or disagreement.

**Results:** We noticed an improvement in Denial and Minimization scores in 58% of cases, Victim Blame scores in 25% of cases and Realism scores in 67% of cases. There was a little (< 5%) or no change in 25% of Denial scores, 17% of Victim Blame scores and 9% of Minimization and Realism scores. A deterioration in 17% of Denial scores, 58% of Victim Blame scores, 33% of Minimization scores and 24% of Realism scores.

**Conclusions:** Our results reveal beneficial effect of SOTP on the cognitive distortions of Denial, Minimization and Realism in more than half of the patients but deterioration in the cognitive distortion of Blame.

While the results suggest CBT-based Sex Offenders Treatments are beneficial in modifying cognitive distortions, further research is needed to validate the effectiveness of this approach, especially in long-term follow up studies.