

## EV1182

### Quality in community-based day center services for people with psychiatric disabilities from the attendees' perspective

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Community-based day centers in Sweden are well-established arenas for psychiatric rehabilitation. Little is, however, known of the attendees' perception of the quality of the service provided. Therefore, the aim of the study was to describe and investigate the quality of community-based day center services for people with psychiatric disabilities. A sample of 218 attendees (44% females) between 18 and 71 years old in 14 community-based day center services in Sweden completed the quality in psychiatric care–daily activities (QPC-DA) instrument. The results showed that people with psychiatric disabilities perceived the quality of community-based day center services as high and 87% perceived the overall quality as satisfactory. The highest ratings were found in encounter followed by support, daily activity-specific, secure environment, participation, and the lowest quality was found in secluded environment dimensions of the QPC-DA. Most notably, quality of service was rated higher by those with lower educational level, had waited shorter time to attend the center, and had better mental and physical health. However, particularly aspects of a secluded environment and participation (information) may be areas with potential for improvement. In conclusion, the results adhere to the importance of occupational balance, with periods of rest/privacy during the time at the center.

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## EV1183

### Psycho-education in schizophrenia: Evaluation of a new schizophrenia questionnaire "SCHIWI" and predictors of knowledge gain

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Psycho-education is a well-known therapy within a multi-modal therapy concept for patients with schizophrenia and their relatives, as psycho-education is known to reduce relapse and duration of hospital stays. Here, evaluate a new questionnaire to show the gain of knowledge about schizophrenia, especially in combination with psycho-education during a hospital stay. Furthermore, we aim to find out more about the predictors for knowledge gain after participation in 4 to 8 psycho-educational groups. During 5 years (04/2011 to 08/2015) 517 patients and 223 relatives took part in our psycho-educational groups, 136 participants finished the study. In a test theoretical analysis it was shown that the questionnaire "SCHIWI" with 100 items has similar problems as previous questionnaires, but fulfils the criteria "discriminatory power" and "item-complexity" in a reduced version of 22 (was? Erbsen? Cremants?) and can be considered as a valid questionnaire. We could prove again that psycho-education leads to knowledge gain. Furthermore, we found the predictors "frequency of participation", "basic knowledge" and possibly "relationship to relatives" to be relevant for knowledge gain in patients. Due to the small number of participating relatives we were not able to find secure predictors here,

but we found indications that "previous experience with psycho-education", "subjective knowledge gain" and "education" could be predictors for knowledge gain. This study underlines the importance of psycho-education in the treatment of schizophrenia, but emphasizes the need to find out more about possible predictors in further research.

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## EV1184

### The possibilities of the improvement language competencies in children with dyslexia. The evaluation of the Tomatis therapy in children aged 6–10 years of age

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Audio psycho-phonological stimulation training is a method based on listening to various musical sounds by way of a special device called electronic ear. The goal of this therapy is to enhance damaged hearing and consequently facilitate greater stimulation of central nervous system and improve cognitive functions i.e. attention and learning abilities. The second goal was to evaluate the effectiveness of the Tomatis method in the treatment of cognitive functions in children with developmental dyslexia. Data were collected from forty children (age range 6–10 all of whom had various lexical impairments and diagnosed as dyslexia. All children IQ ranged 78–110. All subjects underwent therapy based on the Tomatis method. The relevance group constituted, by healthy ones. Further assessment included reaction time, over sensitivity of hearing sense, verbal fluency, attention, abilities of verbal learning and learning memory–immediate and long term. The effects of the therapy were measured after 9 months of stimulation. Statistically relevant improvement of most evaluated functioning parameters, including shorter time of adequate reaction to presented stimuli was observed. Not only did the patients have lower threshold of sensitivity of hearing sense, ability to localize sources of sound significantly improved ( $P<0.05$ ) also. Subjects' verbal fluency, attention and immediate verbal memory were enhanced. The phonological abilities improved. Tomatis training significantly improved subjects' cognitive functioning. We could demonstrate its efficiency in relation to such parameters as reaction time, localization of sources of sound and over sensitivity to audio stimuli. The Tomatis method is a useful way of the speech treatment impediments.

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## EV1185

### Ecopsychotherapy of mental health problems children and adolescents

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Ukraine is the problem of children's mental health. Contemporary one of the most urgent health problems in Ukraine. In recent

years a number of studies confirms the trend of mental pathology of growth with an increase in the number of clinical forms of psychotic register, including behavioral disorders in children. In turn, this is due to the increasing number of emergency situations (antiterrorist operations on the territory of Ukraine) for the last time. Ukraine now is an urgent need to establish a system of psychosocial rehabilitation of children with impaired mental development. International Charity Fund “Alexander Feldman Fund” in the Ecopark established the center for psychosocial rehabilitation of children and adolescents with psychological, emotional and behavioral disorders. The center created the conditions for the restoration of a bio-psycho-social harmony of the child in the conditions of modern urban-deformed medium. The aim of the center is to restore the level of social functioning and quality of life of children with ADHD, children with autism, cerebral palsy, Down syndrome and other neuropsychiatric disorders. The Center based on ecotherapy, also used animal therapy, garden therapy, play therapy, art therapy (studio for painting, sculpting). Individual and group work included various elements of cognitive-behavioral, rational, analytical child, relaxation, and other methods of psychotherapy.

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#### EV1186

### Is social frustration typical of multiple sclerosis patients?

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**Introduction** Psychological problems of multiple sclerosis patients are often studied in context of distress and depression or quality of life concept. However, analysis of social frustration still has not been an object of research interest. Whereas ignoring patients' feelings of frustration and social worry may worsen the prognosis of treatment.

**Objectives and aims** To study if the social frustration prevalent among multiple sclerosis patients.

**Methods** We studied 104 multiple sclerosis patients during inpatient treatment in neurological unit. Male and female patients aged between 19 and 64 years were diagnosed relapsing-remitting multiple sclerosis (RRMS) and secondary progressive multiple sclerosis (SPMS). Psychological indicators of social frustration were assessed by using “The level of social frustration” questionnaire.

**Results** Lack of social frustration was revealed only in 5% of multiple sclerosis patients. The most frequent area of social frustration in the patients was the sphere of health and labor activity (45%). The second area of social frustration was dissatisfaction with the socio-economic status (37%), the third – the social status (26%). Both male and female patients were equally dissatisfied with their physical condition. Men were more frustrated with their material condition, women – with their inability to work. Some differences were also defined in clinical groups. RRMS patients were more frustrated in need for their status in the society, SPMS patients with their psychological and emotional state.

**Conclusions** The directions of typical social frustration in multiple sclerosis patients, associations with clinical and gender factors may be considered in system of treatment and rehabilitation.

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#### EV1187

### Building a psychosocial rehabilitation unit: The experience of centro hospitalar entre Douro e Vouga

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**Introduction** In Portugal, the National Mental Health Plan sought to reform the mental health care system, decentralizing mental health care by promoting community based services. Guidelines point to treatment of Psychotic Disorders with collaborative, person directed and individualized approaches.

**Objective** The authors propose to describe the development of a new psychosocial rehabilitation unit in a recently created psychiatric department.

**Methods** The CHEDV's psychiatry department (2009) serves a population of around 340,000. The Psychosocial Rehabilitation Unit (2015) aims to ensure a multidisciplinary and integrated response to users with major psychiatric disorders. The Psychosocial Rehabilitation Unit structures 4 axes of response: detection and initial approach of the disease, intervention in crisis, psychosocial rehabilitation and management of difficult patients.

**Results** CHEDV's psychosocial rehabilitation unit is responsible for the care of about 25 patients daily. Treatment activities range from specialized consultations, home visits, medication management and crisis telephone to social skills training, psycho-education, neurocognitive rehabilitation, occupational workshops and social intervention/orientation. The unit bases its work on constant communication within the team but also with all other carers of the patient (in or out of hospital).

**Conclusions** Bringing to the population a set of previously unavailable responses is the most blatant success of this unit that is helping people getting a better and closer care. To improve our work we aim at integrating the quantitative and qualitative psychometric evaluation of the patients. The lack of resources, necessity of further training, insufficient funding, and low political priority remain as the main barriers to community based mental health care.

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#### EV1188

### Early signs of crisis in the perception of users and their family

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The identification of the early signs of crisis is globally considered one of the fundamental elements in the illness management practice of the psychiatric user. For this reason the mental health center of the city of Ravenna wanted to offer a personalized questionnaire to a 15 random-selected users and their families, with the aim of evaluating and analyzing the alarm signals in the participant's perception. The questionnaire has been created on the basis of other tests in the literature. It is divided in two parts, a “symptomatic”, related to the early signs of crisis, and an “environmental”, focalized on the potentially stressing situations for the individual. The administration took place within the individual and the family talks at the center. This project was implemented not only as a psycho-educational activity for the users and their family's, but also to amplify the knowledge of the staff on these signs. The results have shown how often there are points of difference in the perceptions of the early signs of crisis