

EPV1720

The impact of spiritually-oriented therapy on the rehabilitation of mentally ill patients with a religious worldview

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Introduction: Spirituality and religiosity have a significant effect on mental health. Biopsychosociospiritual model in psychiatry is used in multiple researches in Europe and Russia as well (Hefti 2013; 24(2) 119-129). Many patients use religious beliefs and actions to cope with mental disease (Tepper et al., 2001; 2(5) 660-665). The pathological religiosity phenomenon determining the severity of mental disease is described (Borisova 2020; 120(1) 103-110). Spiritually-oriented therapy methods are aimed at pathological religiosity correction and assist in mental well-being achievement.

Objectives: To assess the effect of spiritually-oriented therapy on mental health of religious patient during comprehensive rehabilitation.

Methods: 42 patients with endogenous mental schizophrenic and affective spectrum disorders who participated in comprehensive rehabilitation using spiritually-oriented therapy (26 women and 16 men) were examined. There were used psychometrical (SF-36, PIL, Schwartz Value Survey – SVS, B-RCOPE) and statistical methods.

Results: In a therapeutic environment in the religious community, 42 patients received psychopharmacological treatment and participated in multimodal rehabilitation throughout the year. Psychoeducational, art-therapeutic, spiritually-oriented modules were used in rehabilitation. 13 (31%) ceased the rehabilitation early, 29 (15 women and 14 men) underwent the entire rehabilitation. 73% of them had a pronounced improvement in quality of life indicators, 84% had a meaningfulness of life increase, a transformation of value system with the dominance of “security,” “kindness” and “traditions”, a higher cohesion of values. Rehabilitated patients had a more harmonious religiosity structure with a predominance of inner religiosity, they used religious behavior to cope with the disease which correlated with a decrease in the intensity of pathological religiosity manifestations.

Conclusions: The use of spiritually-oriented therapy methods in the rehabilitation of mentally ill patients with a religious worldview promote to correct the manifestations of pathological religiosity and to cope with mental disease. Patients have a qualitative and quantitative change in value system and religious beliefs, mastering adaptive styles of religious behavior. Spiritually-oriented therapy methods are not an alternative to natural religious life, but complement it, taking into account the existing mental disorders.

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EPV1721

Social and Independence Skills Dynamics in Adolescents with Developmental Disorders Comprehensive Intervention Program Results

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Introduction: Adolescents with developmental disabilities and their families face significant challenges in the transition to adulthood. Comprehensive interventions that include psychological support, daily living skills training, and vocational guidance are crucial. This pilot study tests a program aimed at developing independence and adaptive skills in adolescents with developmental disorders.

Objectives: The study aimed to evaluate the dynamics of adaptive and independence skills in adolescents with various developmental disorders who participated in a comprehensive intervention program.

Methods: 10 adolescents (5 boys and 5 girls, mean age 15.11, SD 2.4) were included in the study. Participants were mainly diagnosed with the following primary DS: F70.xx, F84.xx. Also, participants had additional DS such as F48.xx, F80.xx, G40.xx, Q37.xx, Q74.xx. IQ of the participants was measured by the Leiter-3 Performance Scales (mean 62.8, SD 26.9). Comprehensive intervention program lasted the 2022/2023 academic year 3 d/week, 2-3 h/day. The intervention included individual and group sessions, several home visits and the parent groups led by a team of psychoeducational professionals (neuropsychologists, special educators, speech pathologists). The training outcomes were measured by the Vineland Adaptive Behavior Scales (VABS-2). Statistical analysis was performed using the paired samples t-tests and d-Cohen effect size (d).

Results: Significant improvements were observed in all four VABS subscales. Communication improved from 56.1 to 59.6 ($t=-3.42$, $p=0.008$, $d=-1.08$), Daily Living Skills from 59.9 to 66.4 ($t=-5.57$, $p<0.001$, $d=-1.76$), Socialisation from 58.6 to 65.1 ($t=-3.84$, $p=0.004$, $d=-1.21$), and General Adaptive Behaviour Index from 56.9 to 62.0 ($t=-5.31$, $p<0.001$, $d=-1.68$). The largest improvements were seen in Daily Living Skills and General Adaptive Behaviour Index which highlight the program's effectiveness in fostering independence and adaptive capacities in adolescents.

Conclusions: The pilot study demonstrated the promising effectiveness of the program in developing independence and adaptive skills, suggesting it as a valuable intervention for preparing young people for independent living in adulthood. Following research plans include follow-up analysis of current participants' outcomes, an increase in sample size, and the implementation of between-group designs.

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EPV1722

Speech therapy stimulation program for social skills of adolescents victims of mistreatment

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Introduction: The United Nations Children's Fund defines mistreatment as any act that causes harm to the health, dignity or development of an individual. The aim of this study was to quantitatively analyze the effect of speech therapy stimulation on the development and quality of social skills in adolescents victims of childhood mistreatment. The hypothesis is that after the intervention