

Methods: Research, book summaries, practical experience

Results: Poster presentation

Conclusions: Poster presentation

Disclosure of Interest: None Declared

EPV0871

Psychotherapy program as an additional treatment method for patients with rheumatoid arthritis, multidisciplinary approach

A. Matic^{1*}, A. Gudelj Gračanin², I. Tonković³, L. Mužinić Marinić⁴ and J. Morović-Vergles⁵

¹Department of Psychotherapy, University Psychiatric Hospital Vrapče; ²Department of Clinical Immunology, Rheumatology and Pulmonology, Clinical Hospital "Sv. Duh"; ³retired; ⁴Department of psychiatry and ⁵Department of Immunology, Allergology and Rheumatology, University Hospital Dubrava, Zagreb, Croatia

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.2173

Introduction: Chronic diseases, with the development of medicine, the extension of life expectancy and the reduction of dying from infectious diseases, have become a leading public health problem. Rheumatoid arthritis (RA) is a chronic, progressive, multifactorial, autoimmune, systemic inflammatory disease of connective tissue, and sufferers are at greater risk of developing psychological disorders, depression and anxiety being the most common. Optimal treatment of RA should include periodic screening of somatic and psychological comorbid disorders and diseases with a multidisciplinary approach to treatment.

Objectives: Presenting a psychotherapy program as an additional method of treating patients with rheumatoid arthritis.

Methods: In University Hospital Dubrava, a psychotherapy program was organized for patients with rheumatoid arthritis, which took place once a week for 12 weeks, and consisted of autogenic training, education about the disease and group psychotherapy. The program would begin with autogenic training held by a clinical psychologist, and the main goal was to achieve psychophysical relaxation. This was followed by an education on rheumatoid arthritis, in which a clinical rheumatologist was involved, and the goal was to provide basic information about the disease, thereby achieving better cooperation with health care personnel and a more active role in their own treatment. In the end, there would be a time-limited dynamic group psychotherapy conducted by a psychiatrist/psychotherapist with the basic therapeutic effects of group therapy.

Results: As a result of a 12-week psychotherapy program for somatic patients, which was held in a clinical hospital, patients' anxiety and depression decreased, the experience of pain decreased, and there were positive changes in the perception of the quality of life.

Conclusions: A multidisciplinary approach is recommended in treating patients with rheumatoid arthritis and psychotherapy program can be used as an additional way of treatment.

Disclosure of Interest: None Declared

EPV0872

Psychosomatics and mentalization

A. M. Delgado Campos*, P. Alcindor Huelva, A. Alvarez Astorga, S. Rubio Corgo, E. Pérez Vicente, M. Arrieta Pey, C. Diaz Gordillo, P. Del Sol Calderón and A. C. Martín Martín

Departamento Psiquiatría CSM, Hospital Universitario Infanta Leonor, Madrid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.2174

Introduction: We have investigated the relationship between the Psychosomatic Classification method (Marty) and the Rorschach Test, with respect to the diagnosis of psychosomatic disorders, within the framework of the degree of mentalization measured by both.

Objectives: A) To verify statistical coincidence with respect to the degree of mentalization (risk of generating psychosomatic disorders in a subject) between the Rorschach Test and the diagnostic technique Psychosomatic Classification, by P. Marty. B) To test the hypothesis: Patients diagnosed with infertility, whose degree of mentalization is good, will have a greater probability of achieving a successful pregnancy through Assisted Reproduction Techniques.

Methods: Two evaluation tools were used: a) Psychosomatic Classification based on the criteria established by this diagnostic method; b) The Rorschach test (based on the evaluation of 29 indicators, selected according to their greater relevance in the generation of somatic symptoms).

A sample of 120 patients (women) diagnosed infertility at the Assisted Reproduction Unit (U.R.A.) at Hospital Universitario 12 de Octubre in Madrid was recruited. The method of 'statistical correlation of coincidence' between the results of the two diagnostic instruments used was used. Once both tests had been assessed by the "inter-judge" method and the quantitative values of the selected items had been weighted, the KAPPA statistical method was applied to establish the "correlation of coincidence" between the results of the two assessment instruments.

Results: Considering that the KAPPA method takes values between "0" and "1" and that between 0.6 and 0.8 the agreement or coincidence is considered good, and above 0.8 very good, the result applied to the hypothesis is 0'76 ('good').

Conclusions: A) Using the Rorschach Test and P. Marty's Psychosomatic Classification in a complementary manner, these two instruments together provide high reliability, with respect to the degree of mentalization (a subject's risk of suffering psychosomatic disorders). B) The degree of mentalization has a significant impact on the success or failure in the application of Assisted Reproduction Techniques in infertile women.

Disclosure of Interest: None Declared