EPV0989

PIT study: research into the Protocol Imaginary execuTion of self-injury.

M. Van Kampen, N. Kool* and M. Deen

Parnassia Groep, Centrum Intensieve Behandeling, Den Haag, Netherlands
*Corresponding author.
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Introduction: Self-injury, defined as inflicting damage or pain to one's own body, is a way to deal with unbearable emotions. Unfortunately, it can become addictive through the rewarding effect, and this makes it also really hard to stop with this destructive behavior. Currently, there is a lack of specific treatments.
Objectives: The aim of the research is to investigate whether the "Protocol imaginary execution of self-damaging behavior" leads to a reduction of self-damaging behavior and the urge to self-damaging behavior.
Methods: We have investigated the "Protocol Imaginary execuTion of self-injury" as a potential treatment for self-injury. In this protocol the patient is asked to imagine he/she is performing the self-injury and at the same time a distracting task is offered. This ensures the working memory is double burdened as is with EMDR. We expected a reduction of patient's self-injurious behavior. For this study, a single-case experimental design with 11 clinical patients is used, aimed to investigate whether there is a functional relationship between the treatment, the urge to self-injure and the frequency and seriousness of the self-injury. Data are analyzed with a multivariate analysis. The results of this study will contribute to expanding and improving treatment options for self-injury.
Results: At the moment the results are not yet available, but they will be known in April 2022.
Conclusions: Respondents indicate that they experience more control over self-injurious behaviour. We hope to have confirmed this in April 2022 with the analyzed data.

Disclosure: No significant relationships.
Keywords: EMDR 'add'; treatment 'add'; self-injury 'add'; addiction 'add'

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Alexithymia and dissociation in personality disorders: a retrospective cross-sectional study

M. Pacetti[1]* and D. Salmaso[2]

[1]DSM-DP, Centro Salute Mentale Forlì, Italy, Forlì, Italy and [2]DSM-DP, Centro Salute Mentale Forlì, Italy, Forli, Italy
*Corresponding author.
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Introduction: Patients with "personality disorder", has history of traumatic life events and are predisposed to develop alexithymia and dissociation, considered as risk factor for severity.
Objectives: The aim of the research is to analyze alexithymia relating to dissociative symptoms, and investigate their associations, in 34 patients with personality disorder.
Methods: Outpatients with personality disorder relating to Mental Health Centre have been identified and tested with the Dissociative Experiences Scale, the Parma Scale for Personality Functioning and the Toronto Alexithymia Scale.

Results: There was no significant association between age of patients and presence of alexithymia (r=-0.16) and dissociation (r=-0.19); most patients with alexithymia and dissociation were female (67%; 0.67%). 71% of alexithymic subjects had attended lower secondary school, 50% upper secondary school and 43% had a university degree. Substance use is higher in alexithymic patients (73%). 69% of subjects who do not undergo any individual or group psychotherapy are alexithymic; for dissociative symptoms it is significant to undergo both psychotherapies. Alexithymia and dissociation are more frequent in histrionic personality disorder (80%; 60%) and borderline personality disorder (55%; 54%). There is a potential correlation between alexithymia and the presence of dissociative symptoms (r=0.64).
Conclusions: This study found that alexithymia and dissociative symptoms are frequent within personality disorders, particularly in histrionic and borderline personality disorder. We found that the two phenomena were associated. Furthermore we found alexithymia is more influenced by external factors than dissociative symptoms.

Disclosure: No significant relationships.
Keywords: Alexithymia; dissociation; personality disorders

EPV0989

The moderating role of emotion regulation on the relationship between sensitivity to punishment and aggressive behaviour.

A. Megías-Robles[1]*, R. Gómez-Leal[1], R. Cabello[2],
M.J. Gutiérrez-Cobo[3] and P. Fernández-Berrocal[1]

[1]Faculty of Psychology. University of Málaga, Department Of Basic Psychology, Málaga, Spain; [2]Faculty of Psychology. University of Granada, Department Of Developmental And Educational Psychology, Granada, Spain and [3]Faculty of Psychology. University of Málaga, Department Of Developmental And Educational Psychology, Málaga, Spain
*Corresponding author.
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Introduction: The role of sensitivity to punishment on aggression is controversial, both positive and negative relationships have been observed in previous literature.
Objectives: The aim of this research was to clarify the role of sensitivity to punishment in different types of aggression and provide a better understanding of the influence of emotional regulation on this relationship.
Methods: Two hundred and twenty-nine participants took part in the study (130 women; average age = 21.52 years). All of them were assessed for levels of verbal aggression, physical aggression, anger, and hostility (by Buss-Perry Aggression Questionnaire), levels of sensitivity to punishment (by SPSRQ–20), and emotional regulation ability (by MSCEIT).
Results: A higher reactivity to punishment had a direct negative effect on physical and verbal aggression. However, a higher reactivity to punishment also showed a positive indirect effect on verbal and physical aggression through an increase in anger and hostility. In addition, ability in regulating emotions moderated the indirect effects of sensitivity to punishment on physical aggression.
Conclusions: Our results suggest that sensitivity to punishment can act both as a protective factor and as a risk factor for aggression. This relationship depended on the type of aggression studied and the emotional regulation abilities. These findings can help to inform the