

Philosophy and Psychiatry

EPV1395

Phenomenology of Anorexia Nervosa in Cambodia: A Transcultural Approach

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Introduction: Anorexia Nervosa (AN) is a complex psychiatric disorder often understood through a Western lens. This study explores AN in the Cambodian context, where the condition is not traditionally recognized, to uncover cultural and transcultural aspects of the illness.

Objectives: This research aims to conduct an in-depth phenomenological exploration of AN cases in Cambodia, documenting the lived experiences of individuals and identifying cultural or transcultural elements within the universal description of AN.

Methods: Employing a qualitative research approach grounded in phenomenology, this study will involve in-depth interviews with Cambodian individuals experiencing AN. The data will be analyzed using both descriptive and interpretive phenomenological methods, ensuring the bracketing of researcher bias and fostering co-creation of interpretations.

Results: Expected outcomes include a comprehensive phenomenological account of AN in Cambodia, shedding light on the lived experiences of individuals and potentially revealing unique cultural dimensions of the disorder. The study will contribute to the understanding of AN from a transcultural perspective, highlighting both universal and culturally specific aspects.

Conclusions: This research is anticipated to provide valuable insights into the phenomenology of AN in a non-Western context. The findings may have implications for clinical practice, research, and cross-cultural understanding of AN, emphasizing the importance of patient-centered approaches and the exploration of lived experiences in psychopathology.

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EPV1396

Kierkegaard and Anxiety: Bridging Philosophy, Psychotherapy, and Art

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Introduction: Søren Kierkegaard's philosophy, particularly his exploration of anxiety, serves as a cornerstone in existential thought. His concepts of "authenticity," "choice," and the confrontation with the self underlie much of the contemporary understanding of anxiety as both a psychological and philosophical

experience. Kierkegaard's works, especially *Either/Or*, offer a profound analysis of human freedom, responsibility, and the resulting anxiety. The objective of this analysis is to bridge the philosophical with the practical and artistic, providing a multidimensional understanding of anxiety.

Objectives: This study seeks to explore Kierkegaard's conceptualization of anxiety, its application in psychotherapy, and its resonance in contemporary culture. Specifically, it investigates how these ideas can aid individuals in confronting existential anxiety in therapeutic settings.

Methods: A philosophical and qualitative approach is used, analyzing Kierkegaard's *Either/Or*. The study incorporates interpretations from existential thinkers, psychotherapists and artists. Theoretical analysis is coupled with psychological insights, exploring anxiety as a pathway to self-awareness.

Results: Kierkegaard presents anxiety as inherent to human freedom and choice. His stages of life—the aesthetic, ethical, and religious—represent different ways of engaging with anxiety. In the aesthetic stage, individuals pursue pleasure but encounter despair when they confront their limitations. The ethical stage offers structure but introduces existential guilt. The religious stage, requiring a leap of faith, is seen as the highest form of existence, where anxiety leads to transcendence. Kierkegaard's ideas are reflected in existential psychotherapy, where anxiety is viewed not only as a symptom but as a catalyst for personal growth. Elliott Smith's *Either/Or* album mirrors these themes, portraying modern struggles with freedom, despair, and self-doubt. Songs like "Between the Bars" and "Ballad of Big Nothing" articulate the tension between aesthetic escape and ethical responsibility, offering a visceral interpretation of Kierkegaard's philosophical concerns.

Conclusions: Kierkegaard's exploration of anxiety offers profound insights into human existence, emphasizing the need to confront, rather than avoid, existential dilemmas. His framework of life stages provides a guide for understanding the progression toward authenticity, where anxiety is a key driver. The study shows that Kierkegaard's ideas remain relevant in psychotherapy, helping individuals navigate anxiety to achieve self-realization. Ultimately, this research affirms that embracing anxiety is crucial for personal freedom, growth, and authenticity, aligning with Kierkegaard's vision of a life well-lived.

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EPV1401

Explorations of the convergence of narrative therapy with psychoanalysis

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Introduction: Two seemingly different paradigms for psychotherapy appear to have converged in narrative psychotherapy and psychoanalysis.

Objectives: We wanted to explore the philosophical perspectives of some of their practitioners to understand this seemingly emergent paradigm.

Methods: We interviewed narrative psychotherapists and practitioners identifying as narrative psychoanalysts about their philosophical foundations in order to explore this apparent convergence. We used constructivist grounded theory to produce common themes. We also put the interviews through an AI program -- Perplexity to explore how well it correlated with our non-AI analysis.

Results: Both groups of practitioners believed that that we construct stories to give us identity and meaning in our lives. The practitioners who came from a psychoanalytic perspective described their coming to understand that psychoanalysis is embedded in stories that clients and therapists tell. Patients and analysts bring, create, and modify stories in analytic work. Both types of practitioners described the importance of cultivating an active listening attitude on the part of the clinician. Jacques Lacan was often quoted as saying that the greatest gift we can give our clients is to listen without judgment or interpretation. Narrative therapists were more inclined to mention Hermans' dialogical self-theory while psychoanalytically trained therapists spoke of object relations theory with both supporting a philosophy of making meaning together. Both groups of practitioners mentioned the importance of meaning being constructed within a particular context. Both groups mentioned the importance of reflective practices, Buddhism, and Indigenous philosophies to support the introspective elements of this technique along with therapy being grounded in our relationships with others. Both groups emphasized the importance of showing how creating new life narratives over time transforms our sense of self, relationship, and meaning.

Conclusions: Qualitative analysis of these two groups of practitioners' philosophies of psychotherapy supports the idea of a convergence between narrative psychotherapy and psychoanalysis which may promise to enrich both groups.

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EPV1402

Perspectives on Approaches in Psychiatry: A Resident Survey in Tunisia

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Introduction: The field of psychiatry encompasses a range of approaches that guide both clinical practice and training. This study aims to explore residents' views on these diverse approaches, identifying trends and preferences that could inform the development of psychiatric education and clinical practice in the region.

Objectives: The objective of this study is to assess the perspectives of psychiatry and child psychiatry residents in Tunisia on different approaches to mental health care and to identify their preferences and attitudes towards evidence-based psychiatry.

Methods: A cross-sectional survey was conducted among 31 psychiatry and child psychiatry residents in Tunisia through an online survey.

The survey utilized a combination of yes/no questions and gradual questions to gather data on residents' perspectives regarding various psychiatric approaches.

Data collection was carried out throughout the month of July 2024.

Results: This study included 31 participants with an average age of 28.1 years.

Less than half of the participants (45.2%) reported that they believe the brain is the sole source of mental disorders, with a notable proportion identifying as non-theist.

A majority of residents (80.5%) agreed that medicine should be grounded in the scientific method. However, only 14 participants agreed that "Evidence-based approaches should be the only approaches in psychiatry," and 15 participants agreed that "The biological approach should be the primary focus in psychiatry."

Most residents considered most approaches to be evidence-based. In contrast, the psychodynamic approach was less frequently viewed as evidence-based.

Nearly all residents (n=27) believed that an integrative approach is beneficial in psychiatric practice.

More than half of the participants (54.8%) rated their training in Evidence-Based Psychiatry as limited. Despite this, 24 participants reported that they often try to adhere to evidence-based guidelines when treating patients.

The main barriers to implementing Evidence-Based Psychiatry were identified as a lack of resources in psychiatric departments or hospitals (41.9%) and insufficient training (38.7%).

Conclusions: The results indicate that while there is strong support for evidence-based medicine and the integration of multiple theoretical models, there are differing views on the predominance of specific approaches in clinical practice.

The majority of residents acknowledge the importance of grounding psychiatric practice in empirical evidence, yet there is less consensus on making evidence-based approaches the exclusive or primary focus.

Despite recognizing the benefits of integrating diverse approaches, many residents perceive limitations in their training and resources, which affect their ability to adhere fully to evidence-based practices. The findings underscore the need for enhanced training in Evidence-Based Psychiatry and improved resources within psychiatric departments and hospitals.

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EPV1403

Lonely but not alone: integrating social alienation and mental health in urban environments

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Introduction: The modern urban landscape is increasingly characterized by the paradox of social isolation in physical proximity. Research consistently reveals a troubling link between social alienation and mental health issues, including a heightened risk for psychosis among vulnerable groups. As cities expand and diversify, understanding and mitigating the detrimental effects of urban alienation becomes crucial. This presentation explores the complex relationship between urban living, social alienation, and mental health, emphasizing the need for psychiatrists to have a more holistic understanding of socio-urban phenomena.