

## EPV1720

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

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doi: 10.1192/j.eurpsy.2025.2178

**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.

**Disclosure of Interest:** None Declared

## EPV1721

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

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doi: 10.1192/j.eurpsy.2025.2179

**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.

**Disclosure of Interest:** None Declared

## EPV1722

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

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doi: 10.1192/j.eurpsy.2025.2180

**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

program the subjects will show improvement in relation to the performance of these skills.

**Objectives:** To quantitatively and qualitatively 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 program the subjects will show improvement in relation to the performance of these skills.

**Methods:** 10 adolescents, between 12 and 16 years old, have participated in the research. The following inclusion criteria were used: 1) being between 7 and 17 years old; 2) having experienced mistreatment in childhood; 3) be treated in a highly complex health service. The intervention programs consisted of 12 follow-up sessions, carried out in person. The main focus was on stimulating communicative and pragmatic skills, also covering theory of mind skills, personal problem solving and paralinguistic skills. After the 12 sessions, patients underwent reevaluation and the results were tabulated and analyzed by the researcher.

**Results:** Participants had considerable difficulties with social skills before speech therapy intervention, the initial difficulties was mainly in self-control and assertiveness skills. After the 12 intervention sessions, a significant improvement in the social skills was observed, especially in empathy and assertiveness.

**Conclusions:** The participants progressed after the intervention in all areas evaluated, with more significant improvements in empathy and assertiveness. These results demonstrate the positive impact of speech-language therapy intervention for the stimulation of social communication and pragmatic skills.

It is important to emphasize that this population has many specificities, making it difficult to work with isolated variables. Therefore, more studies involving speech-language therapy, particularly speech-language therapy intervention, with adolescent victims of abuse are needed.

**Disclosure of Interest:** None Declared

## EPV1723

### Features of Self-stigmatization of Patients with Schizophrenia Spectrum Disorders at the Initial Disease Stage

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doi: 10.1192/j.eurpsy.2025.2181

**Introduction:** Patients with schizophrenia spectrum disorders (SSD) are the most vulnerable category in terms of formation of self-stigmatization (Rayan A., Aldaiefli M., 2019). However, clinical and psychological features of their self-stigmatization were studied mainly at the longer stages of the disease. Self-stigmatization of patients at the initial stages of the disease rarely got to the attention of researchers, what determined the relevance of the study.

**Objectives:** To identify characteristics of self-stigmatization patients with SSD at the initial stage of the disease; to determine their needs in psychosocial treatment.

**Methods:** Questionnaire for assessing the phenomenon of self-stigmatization of mentally ill people (Mikhailova et al., 2005) and PANSS were used. A group of 39 patients (23 women and 16 men) with SSD (F20.xxx, F23.xxx, F25.xxx according to ICD-10) were examined. The average age of the patients was 28.95 ± 8.53 years. The duration of the disorder varied within 0.5-3 years.

**Results:** Patients at the initial stages of SSD demonstrated relatively low level of self-stigma. The indicator «General level of self-stigma» was slightly lower than the average values and constituted 0.86±0.53 points. Patients believed that mental disorder and associated changes will not limit their education and work (0.80±0.57 points), social activities (0.78±0.49 points) and self-realization (0.60±0.48 points). Rejection to restrictions caused by mental illness, underestimation of possible social and interpersonal problems and desire to distance from people with mental disorders (0.74±0.56 points) were identified. Correlation analysis of the named Questionnaire on self-stigmatization and PANSS scales revealed the strongest correlations across parameters «Readiness to distance oneself from mentally ill people in the sphere of internal activity», characterizing the rejection of changes that have occurred as a result of the disease, with scales: P2 - judgment disorders, G-12 - decreased criticality to one's condition and N-1 - dullness of affect ( $r=0.61$  at  $p=0.003$ ,  $r=0.54$  at  $p=0.003$ ,  $r=0.52$  at  $p=0.006$ , correspondingly). Thus, relatively low level of self-stigmatization of patients with SSD at the initial stage of the disease is associated with insufficiently critical self-assessment of their state, underestimation of possible social and interpersonal problems, and desire to distance from people with mental disorders.

**Conclusions:** It is necessary to carry out psychoeducation programs for patients with SSD, aimed at developing an adequate perception of mental disorder and prevention of possible consequences of self-stigmatization, as well as social and communication skills' development trainings.

**Disclosure of Interest:** None Declared

## EPV1724

### Effectiveness of a social cognition remediation intervention for patients with schizophrenia: a randomized-controlled study

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doi: 10.1192/j.eurpsy.2025.2182

**Introduction:** Individuals with schizophrenia often experience significant deficits in social cognition, including emotion processing, social perception, and theory of mind (ToM). These deficits have a greater impact than symptoms on occupational and social functioning.

**Objectives:** The present randomized controlled trial aimed to evaluate the effectiveness of a new integrated and personalized social cognition rehabilitation intervention, the Social Cognition Individualized Activity Lab (SoCIAL), in improving performance in social cognition and consequently the clinical and functional outcome of subjects with schizophrenia (SCZ).

**Methods:** SoCIAL, consisting of 10 weekly sessions, was compared with treatment as usual (TAU). Two recruitment centers (Naples and Milan) were involved. Repeated measures MANOVA was used to investigate between-group differences in changes from baseline to follow-up in terms of psychopathology, cognitive performance, and functioning.

**Results:** Twenty people with schizophrenia were blindly assigned to SoCIAL and twenty to TAU. After 10 weeks, SoCIAL significantly