

Objectives: The object of this study was to investigate the effects of group integrative arts therapy based on social skill training on communication, social adaptive function, and subjective well-being in inpatients with chronic schizophrenia.

Methods: Among the 125 patients who had been hospitalized in the mental hospital after being diagnosed with schizophrenia by psychiatrists according to DSM-5, 72 patients were selected by inclusion criteria and 48 patients were randomly assigned into an experimental group (n=16), comparative group (n=16), and control group (n=16). During this study, 4 patients from each groups dropped out. The final subjects of each groups were 12 patients. The experimental group followed a 60 minutes long social skill training based on group integrative arts therapy program for twice a week and 20 times in total. The Comparative group followed a social skill training program only for 60 minutes twice a week for 20 times in total. The control group received no treatment. To assess the social adaptive function, empowerment, subjective well-being of the subjects, Communication Competence Scale (CCS), Empowerment Scale (ES) and Korean Modification of Subjective Well-Being Scale (KmSWN) were used as subjective measuring. Assertiveness Observation Evaluation Scale (AOES), Social Adaptive Functioning Scale (SAFS), and Nurses' Observation Scale of Inpatient Evaluation-30 (NOSIE-30) were also used as objective measuring that were rated by nurses or social workers at the mental hospital.

Results: There was no statistically significant difference except non-verbal communication of CCS among three groups in homogeneity test of sociodemographic and clinical variables. The group integrative arts therapy based on social skill training was found to significantly increase the communication, assertiveness, social adaptive functioning and empowerment of experimental group more than comparative group, and that of comparative group more than the control group. The group integrative arts therapy based on social skill training was found to significantly increase the NOSIE-30 of the experimental group and the comparative group more than control group. NOSIE-positive and irritability of NOSIE-30 in the comparative group was increased more than those of the experimental and the control groups.

Conclusions: The group integrative arts therapy based on social skill training is found to significantly enhance the social adaptive function and empowerment of inpatients with chronic schizophrenia than social skill training. These results suggest that group integrative arts therapy could be utilized as effective mental rehabilitation intervention program for inpatients with chronic schizophrenia.

Disclosure of Interest: None Declared

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Preliminary data from a survey about nutrition in mental health

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Introduction: Diet-related support is urgently needed for people with serious mental illness underlying the role of nutrition in a

biopsychosocial approach. Integrating healthy lifestyle practices such as a balanced diet and physical exercise could supplement and amplify the effects of existing pharmacotherapies and psychotherapies. Despite its considerable role, nutritional literacy of mental health professionals appears scarce. Specific nutrition training courses for mental health professionals are needed in order to increase awareness on nutrition as a well-being contributing factor in the biopsychosocial model.

Objectives: The aim of this study is to investigate insight and attitudes on nutrition in mental health among a sample of psychiatrists and psychologists resident in Italy.

Methods: The survey was conducted from May to June 2024 and the questionnaire was anonymous and self-rated, accessible via Google forms. The sample comprised 110 Italian mental health professionals (adult and child psychiatrists, psychologists) who voluntarily completed the on-line questionnaire.

Results: 110 participants (61 psychologists, 46 adult psychiatrists and 3 child psychiatrists) agreed to participate to our survey. 89.2% (n= 91) of them worked in southern Italy. The majority of participants were female (77.98%) and reported working in a Mental Health Centre (n= 41, 37.27%), followed by psychiatric residential facilities (n=22, 20%), private practice (n= 19, 17.27%), hospital (n= 14, 12.73%), university research centre (n=4, 3.64%), other non specified institute (n=10; 9.09%). The number of years of working as mental health professional was 19.27 ± 11.27 years. Adopting "sometimes" nutritional approach for the treatment of the patients was the answer mostly reported (n= 56, 51.4%) followed by "most of the time" (n= 28, 25.69%), "always" (n=11; 10.09%), "never" (n= 7, 6.42%), "almost never" (n= 7, 6.42%).

Conclusions: Despite the scientific evidence and some treatment guidelines in support of this relationship, the implementation of nutritional psychiatry into routine clinical practice remains limited. Integrating nutrition into the clinical practice of psychologists and psychiatrists and providing evidence-based nutritional advice represent an interesting mental health challenge to address in the coming years.

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Correlation between the use of social media and the self-esteem of adults with autism in their workplace

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Introduction: There is a greater inequality in employment and underemployment among adults with Autism Spectrum Disorder (ASD) compared to their peers. Aspects such as sustained eye contact, interpreting non-verbal cues, understanding non-literal language, exhibiting cognitive inflexibility, and limitations in interpreting others' perspectives impact their communication. Due to these difficulties, they are often subject to social embarrassment, isolation, and insecurity when initiating conversations. Considering that contemporary interactions have intensified through social media, these networks can be a facilitator of social inclusion, especially as they are digital environments—structured, free from unexpected stimuli, offering additional processing time, and without the need to interpret prosody and intonation. In this context, to understand its impact in