

Philosophy and Psychiatry

EPV1395

Phenomenology of Anorexia Nervosa in Cambodia: A Transcultural Approach

S. Bora^{1*}, R. Ngin¹ and S. Vilhem²

¹Cambodian Children's Fund, Phnom Penh, Cambodia and ²University of Lausanne, Lausanne, Switzerland

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1935

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.

Disclosure of Interest: S. Bora Grant / Research support from: International Exchange Award from the Renewing Phenomenological Psychopathology funded by the Wellcome Trust, R. Ngin: None Declared, S. Vilhem: None Declared

EPV1396

Kierkegaard and Anxiety: Bridging Philosophy, Psychotherapy, and Art

F. Cunha^{1*}, I. Santos¹, R. Cabral¹, P. Pires¹, C. Cunha¹ and S. Borges¹

¹ULS Viseu Dão-Lafões, Viseu, Portugal

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1936

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.

Disclosure of Interest: None Declared

EPV1401

Explorations of the convergence of narrative therapy with psychoanalysis

L. Mehl-Madrona^{1,2*} and B. Mainguy³

¹Native Studies, University of Maine, Orono; ²Psychiatry Residency, Northern Light Acadia and ³Wabanaki Health and Wellness, Bangor, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.1937

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.