

disorders in Dostoevsky's works, beginning with the main character of "The Double," written in 1846.

**Objectives:** Try to answer the following questions: (1) Should a psychopathological analysis of a literary work include elements of the author's psychobiography, psychopathological components of the author's language, and can such work be carried out by one psychiatrist without the participation of a literary scholar? (2) What goals should such an analysis pursue? (3) Should the accuracy of the author's description of the mental disorders present in the characters of his work be considered as a criterion for assessing the author's artistic skill and the significance of the work as a literary and cultural phenomenon?

**Methods:** Taking Dostoevsky's "The Double" as a starting point, the authors analyzed professional literature on the topic and conducted their own psychopathological and literary analysis of this literary work.

**Results:** (1) psychopathological analysis without the participation of a literary scholar is always incomplete, since everything we learn about the hero of the work we learn through the language of the work. (2) the assessment of the quality of a work of art by a psychiatrist from the point of view of the accuracy of the description of psychopathological symptoms in a particular character leads to the fact that the ideal work of art becomes a well-written case history.

**Conclusions:** It is hardly correct to give a precise psychiatric categorization to persons whose behavior in a work of art is depicted as pathological. The author's depiction of his hero's pathological experiences has goals other than psychiatric ones and is conditioned by the general concept of the work.

**Disclosure of Interest:** None Declared

## EPV1287

### The Insane in Chains: Literary Image of Russian Fiction and Historical Truth of the First Half of the 19th Century

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**Introduction:** A compatriot who is declared insane and ends up chained in a mental institution is a new and unexpected character that appeared in Russian fiction during its heyday in the first half of the 19th century. The theme of "madness" followed by "chaining" is repeated in the influential works of Alexander Pushkin, Alexander Griboyedov, Alexander Voeikov and other outstanding writers of this period.

**Objectives:** Find out: (1) How historically accurate was this persistent artistic image — was it merely a literary convention or a true reflection of the status quo? (2) Was the shackling of patients "the standard of care" in psychiatric institutions in Russia and Europe in the late 18th and first half of the 19th centuries?

**Methods:** A historiographical and comparative analysis was conducted, which allowed us to compare historical evidence and manuals on mental illness published in Europe in the period 1782-1845,

as well as Russian professional literature on the history of psychiatry in Russia.

**Results:** The artistic image of the "madman on a chain" largely corresponded to reality; moreover, in a number of cases, the horror of reality exceeded the artistic image.

**Conclusions:** By bringing the image of the patient in chains to the forefront, Russian fiction attracted public attention to the topic, which was one of the factors that contributed to the opening of a significant number of new psychiatric hospitals in Russia in the second half of the 19th century, with a more humane attitude towards psychiatric patients.

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## EPV1288

### WRITTEN INFO KEEPS YOU ON TRACK! - Importance of written communication/information in therapeutic adherence

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**Introduction:** Therapeutic adherence is defined by the World Health Organization as the degree to which the patient's behavior corresponds to the recommendations agreed with the healthcare professional. Adequate adherence to pharmacological treatment is essential to achieve therapeutic objectives, but non-adherence rates are high, ranging between 10% and 92%.

**Objectives:** To highlight the role of written communication/information provided to the patient in the adherence to treatment.

**Methods:** Non-systematic literature review.

**Results:** Non-adherence limits therapeutic benefits, compromises the effectiveness of medications and increases the demand for healthcare, representing a major obstacle to the provision of care. One of the factors that contribute to non-adherence is the failure in communication between healthcare professionals and patients, especially with regard to providing clear information about medications.

Since patient educational interventions seem important and effective in improving medication adherence, it is pertinent to adopt more effective ways of communicating and adequately informing patients about the main aspects of the prescribed drugs. Such process can be assisted by written information leaflets.

In this context, studies have revealed that patients appreciate written information to help make decisions about whether or not to take a medication, manage medication intake and interpret symptoms. The benefits and side effects of drugs are generally important information for patients, especially if presented in a legible way, with understandable text, without large volume and without small font size used.

Written instructions can be a useful complement to information transmitted verbally by serving to increase the likelihood that important information can be presented, understood, accepted and remembered by the patient - studies show that patients who received written information better understood their medication, precautions, use instructions, associated side effects, and were more satisfied with the information received, which could contribute to greater therapeutic adherence.