

**Objectives:** Our aim was to compare the efficacy in a randomized, controlled design, short and medium terms. The participants of the programs and thus the target group of the research were adults, diagnosed mainly with Borderline Personality Disorder, inpatients in psychiatry.

**Methods:** This methodological innovation also meant the integration of two therapeutic teams in practice. When establishing the collaboration, we put emphasis on finding common points and understanding how N-AT contributes to schema therapy goals. During our joint work, it became clear that the elemental need for contact with nature enriched the schema therapy approach with a new basic need that was not included in it before. Measurements were taken before the start of the entire program and at the end of the 4-week cycle. Preliminary results are presented based on the Personality Inventory for DSM-5 - Hungarian Short Form (PID-5-HSF), and the Derogatis Symptom Checklist (SCL90).

**Results:** In the N-ABST group (n=23) the PID5 "Dysinhibition" scale ( $p < .01$ , Cohen's  $d = .636$ ), and the "Negative Affectivity" scale ( $p < .05$ , Cohen's  $d = .388$ ) showed significantly lower scores after therapy. In the case of the "Detachment" we have found a tendency to decrease after the therapy. Regarding the comparison of the effectiveness of N-ABST and classical Schema Therapy - with the current state of analysis - there was a significant difference in the PID5 values for "Suspiciousness" and "Manipulativeness". The former characteristic was reduced to a greater extent by the schema therapy, and the latter by the N-ABST therapy. Based on the SCL90, the N-ABST program resulted in a significant symptom reduction measured by the following subscales: somatization, obsessive compulsive, interpersonal sensitivity, depression, phobia. Global symptom severity also decreased significantly ( $p < .05$ , Cohen's  $d = .588$ ).

**Conclusions:** According to our results, Nature- Adventure Therapy enhanced Schema Therapy seems to be an innovative and efficient method in the psychotherapy of personality disorders. Besides the effectiveness, there is a great challenge to design programs that are sustainable and therefore serves therapy long term as well.

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**Disclosure of Interest:** None Declared

## O0022

### Existential Therapy within Palliative Care: Searching for Meaning

F. Cunha\*, I. Santos, N. Castro, R. Andrade, E. Almeida, J. Abreu, J. Martins, R. Vaz and S. Borges

Centro Hospitalar Tondela-Viseu, Viseu, Portugal

\*Corresponding author.

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**Introduction:** Irvin D. Yalom defines existential psychotherapy as a dynamic therapeutic approach that focuses on concerns rooted in existence with the four ultimate concerns being death, isolation, meaning in life, and freedom. Patients in advanced stages of cancer often experience elevated levels of psychological distress, encompassing conditions such as depression, anxiety, and a sense of spiritual hopelessness. Recently, interest in spiritual well-being has prompted a new wave of interventions that directly target this

population, namely logotherapy and other existential interventions based on existential principles.

**Objectives:** In this review, the primary focus was to comprehend the current evidence on the application of existential psychotherapy for individuals coping with advanced cancer and give an overview of the therapy approaches used.

**Methods:** Narrative review of scientific literature using Pubmed search engine.

**Results:** Terao and Satoh identified nine types of existential psychotherapies which were investigated using randomized controlled trials for patients with advanced cancer or in terminal care: Meaning-Centered Group Psychotherapy (MCGP), Individual Meaning-Centered Psychotherapy (IMCP), Meaning-Making intervention (MMi), Meaning of Life Intervention, Managing Cancer and Living Meaningfully (CALM), Hope Intervention, Cognitive and Existential Intervention, Dignity Therapy, and Life-Review Interviews. All deal with the issues pointed by Yalom. Existential or spiritual well-being improvements were validated in MCGP, IMCP, Meaning of Life intervention, and Life-Review intervention.

**Conclusions:** Current evidence is still based on a very limited number of studies. Additional research is needed to delve into the impact of existential psychotherapy on individuals facing advanced cancer.

**Disclosure of Interest:** None Declared

## O0023

### Comparing The Effectiveness Of Mentalization-Based Therapy And Dialectical Behavior Therapy In An Adult Population With Cluster B Personality Disorders To Reduce Hospital Service Use

P. Yin<sup>1</sup>, F.-S. Lahaie<sup>1</sup>, A. Allery<sup>2</sup>, F. Pérusse<sup>2,3</sup>, L. Cailhol<sup>2,3\*</sup> and S. Poirier<sup>2,3</sup>

<sup>1</sup>Faculty of Medicine, University of Montreal; <sup>2</sup>Service des Troubles relationnels et de la personnalité, Institut Universitaire en Santé Mentale de Montréal and <sup>3</sup>Department of Psychiatry and Addictology, University of Montreal, Montreal, Canada

\*Corresponding author.

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**Introduction:** Mentalization-based therapy (MBT) and dialectical behavior therapy (DBT) are two treatments known to be effective for borderline personality disorder (BPD). However, head-to-head comparisons between those two treatments are scarce and their effectiveness in naturalistic clinical services, where BPD is often comorbid with other cluster B personality disorders (PD), needs to be further explored.

**Objectives:** The study's goal was to answer the following question: Is there a difference in emergency department visits, hospitalizations and dropout rates after one year of treatment in MBT compared to DBT for a clinical adult population with cluster B PD?

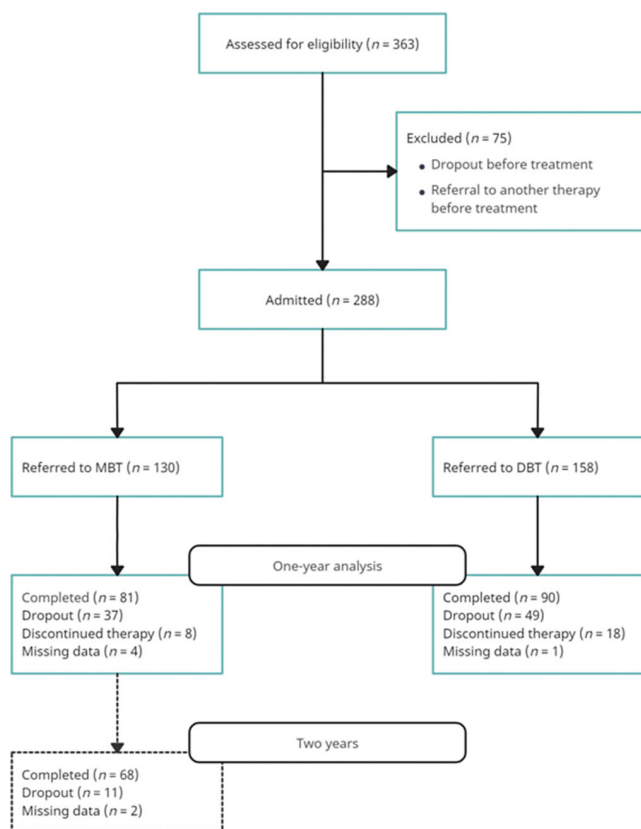
**Methods:** We compared the effectiveness of MBT and DBT in 288 patients between 2015 and 2019 with at least one cluster B PD by measuring their emergency services use and hospitalizations one year before and one year after beginning therapy. Drop-out rates for those two treatment modalities are also compared. Image 1 illustrates the patient distribution for the study.

**Results:** In terms of reducing emergency room use, patients in each treatment group experienced a significant decrease with medium effect sizes ( $p < .001$  for both,  $d=.768$  for MBT and  $d=.640$  for DBT). In terms of reducing hospitalizations, the MBT group had a significant decrease ( $p < .05$ ) with a medium effect size ( $d=.568$ ) whereas the DBT group had a non-significant decrease ( $p = .595$ ) with a negligible effect size ( $d=.140$ ).

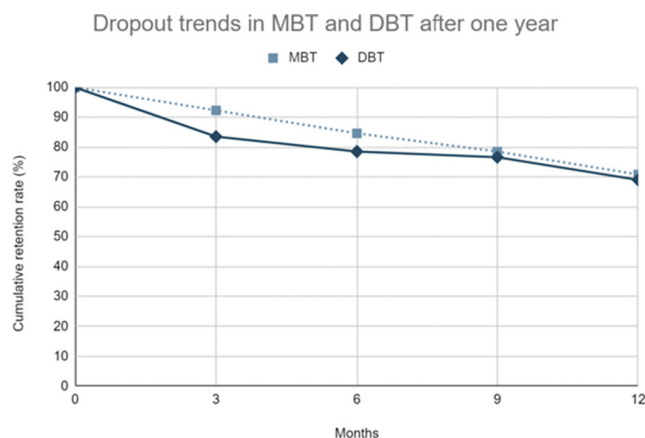
When we compare both therapies, no significant differences were found between them in terms of reductions in emergency room use ( $p = .358$ ) and hospitalizations ( $p = .195$ ), as well as dropout rates ( $p = .743$ ). Image 2 further illustrates the dropout trends in the first year of treatment for both groups in intervals of 3 months.

Hospitalizations were rare in our population, which may hinder the validity of results containing this variable. In absolute numbers, total emergency room visits decreased from 119 to 37, whereas hospitalizations were reduced from 24 to 12. Drop-out rates before entering treatment were high (20.6%), as it was during treatment for both therapies (around 30% in the first year of treatment).

**Image:**



**Image 2:**



**Conclusions:** This study emphasizes that both DBT and MBT are linked to a reduction in service use over time. Dropout rates in both treatments are also similar to other studies. Therefore, future research should investigate the factors that can help clinicians guide individuals with PDs towards the type of therapy that is most suitable for them.

**Disclosure of Interest:** None Declared

## Rehabilitation and psychoeducation

O0024

### The improvement of mental and physical health of people with severe mental disorder: one-year efficacy of a lifestyle experimental intervention

M. Carbone\*, L. Mario, M. Di Vincenzo, B. Della Rocca, C. Toni, S. Cipolla, F. Martinelli, G. Sampogna and A. Fiorillo

Department of Psychiatry, University of Campania Luigi Vanvitelli, Naples, Italy

\*Corresponding author.

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**Introduction:** Patients with severe mental disorders have a significantly reduced life expectancy than the general population, often resulting from the increased prevalence of cardiovascular and metabolic diseases. Reasons include unhealthy lifestyle behaviours, reduced access to screening programs and adverse effects of many psychotropic drugs.

**Objectives:** Our goal is to assess the efficacy of a psychosocial group intervention promoting healthy lifestyle behaviors compared to a brief psychoeducational group intervention in terms of improvement of severity of psychiatric symptoms and perceived quality of life, and a series of anthropometric and hematological parameters.

**Methods:** This is a multicenter randomized controlled trial. Patients between 18 and 35 years of age with a diagnosis of schizophrenia and other primary psychotic disorders, unipolar depression and bipolar disorder were recruited. Exclusion criteria