

PSYCHOLOGISCHE MEDIZIN

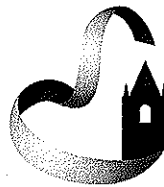
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CARE AND CURE
AN INTEGRATED APPROACH
TO PSYCHOSOMATIC MEDICINE

**EAPM
2014**

ANNUAL MEETING OF THE
EUROPEAN ASSOCIATION
OF PSYCHOSOMATIC MEDICINE
SIBIU, ROMANIA, 25th-28th OF JUNE

**Selected abstracts of the EAPM
Annual Meeting**

**Sibiu, Romania
25-28 June 2014**

13 - Psychotherapy versus drug therapy in somatoform disorders

Artimon H. M.^a, Iamandescu I. B.^a, Rulea C.^b

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Purpose: The study has proposed comparing the effectiveness of psychotherapy versus drug therapy in somatoform disorders, following the clinical reality in patient selection.

Methods: The study, controlled clinical trial, non-randomized, followed the evolution of two groups of patients diagnosed with somatoform disorders, the first group of 30 patients treated with hypnotherapy and cognitive-behavioural therapy, and the second, control group, of 33 patients treated with sertraline 100 mg/day. The treatment was conducted over a period of 3 months, and patients were followed up at 3 and 6 months after completion of therapy.

Results: After 3 months of treatment, improvements were comparable in the group treated by psychotherapy (73.33%) and in the control group (75.76%), also remission rate: 26.67% in the first group, respectively 24.24% in the control group ($p = 0.83$). At 6 months after completion of treatment, improvements were maintained at 53.33%, and remissions at 23.33% of patients treated with psychotherapy, while in control group, improvements were maintained at 21.21%, and remissions at 3.08% of patients ($p = 0.003$).

Conclusions: The study results suggest increased efficiency in the long term of psychotherapy versus drug therapy, in patients motivated and who are able to establish a good therapeutic relationship. Even in terms of recurrence, the symptoms have been much better managed by patients who followed a psychotherapy than those who received medication, the latter having the tendency to become psychologically addicted to the drug.

14 - Eating disorders investigated by the Tomatis approach

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Background: The vestibular circuits control body dynamic and static states. The Tomatis approach investigates, through such circuits, the psychosomatic and psychological features via the muscle-bone interplay thanks to a modify audiogram called Tomatis Listening Test (TLT). AIM. To investigate differences between patients affected by Anorexia Nervosa (AN) and healthy adult controls in the TLT.

Methods: 15 patients affected by AN and 27 healthy controls were administered the TLT. In the TLT we use a machine that contains a frequency generator which emits pure sounds scaled from 125 to 8000 Hz by octaves. We end up with two graphs showing 2 curves, blue for the air conduction and red for the bone one. Hearing gives no indication of the engagement of consciousness. To hear is to be exposed to a sound or a message addressed to us. To listen is to wish to apprehend that sound or message.

Results: The TLT points out an issue related to the stomach. 13 out of 15 cases show a scotoma in the 1000Hz frequency on the air conduction curve. Accordingly to

Tomatis, this frequency is related to the stomach. This anomaly is present in 4 cases on the right ear curve (representing the father or any acute condition), 5 cases on the left ear curve (representing the mother or any past or chronic condition) and in 4 cases on both right and left curves. 12 out of 27 of the controls show as well a scotoma on the 1000Hz. When asked, they confirmed to have a stomach issue. In 11 out of 15 of the cases there is also a scotoma at 1000Hz on bone conduction related to vertebra D6, associated with back pain or posture problems. The stomach itself is innervated by the nerves from vertebra D6; for this reason this anomaly in the bone conduction - especially when the air conduction simultaneously shows it, confirms a stomach issue. 15 out of 27 controls show the same scotoma on the bone conduction at 1000Hz: when asked if they might have back pain or posture issue at the level of the D6 vertebra, they all confirmed to have one. 9 out of 15 cases and 11 out of 27 controls show that the bone conduction (representing the self), in all the frequencies of the spectrum, is above the air conduction (representing the outside world). This condition of bone conduction listening predominance, could have three possible interpretations: 1) subject has a narcissistic personality; 2) subject withdraws herself/himself from the world because she/he feels disconnected from the others; 3) subject suffers from self-esteem. All cases, when questioned about their interpersonal relationship, gave answers that matched type 1 or 2 conversely all controls but one have self-esteem issues.

Conclusions. The Tomatis method is a valid complementary tool in approaching AN; further research is needed to investigate its potential diagnostic and therapeutic role in a multidimensional assessment.

15 - Beneficial Influences of music on choral performers

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National Music University Bucharest, Romania

Purpose: Demonstration and evaluation of the beneficial influences that performers experience, due to these musical activities.

Methods: a questionnaire with 20 questions on a group of 50 chorus girl, aged more than 12 years. Questions aimed at challenging and stressful aspects involved to participation in a choir with a high level of demand for quality musical performance. It also refers to the psychosomatic benefits that young participants are experiencing as a result of learning and practicing music.

Results: 90 % is the average level of satisfaction they experience in concert performance

19 % think that the intellectual effort and request, necessary to build a new repertoire, are very high, 54 % believe that the work is hard and 24% moderate. It can be considered a stressor but also represents a valuable way of developing intellectual skills.

Although respondents were very young and healthy people, about 37 % of them said they regularly suffer headaches and / or stomach, insomnia and even heart palpitations and dizziness. All (except one) were considered to have experienced the situation to escape such conditions when they were in the choir (42 % of them somewhat and 57 % of them more).

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37 - Psychological Defense and Cognitive Strategies in Thyroid Dysfunction Patients in Comorbidity with Depression

Bouleanu E. L.^a, Ilivici P. I.^a, Corneliu Mooiu C.^a
^aLucian Blaga University of Sibiu, Romania

Purpose: The description of a clinical model, from a psychosomatic and cognitive perspective, for depression - thyroid dysfunction (TD) comorbidity. The first objective was to analyse defensive patterns in patients with TD compared with patients with other chronic diseases.

Methods: The study has descriptive design. There were two stages of the study: first stage regarded defensive style in chronic patients and the second regarded complex psychological evaluation of patients with TD. 101 chronic inpatients, mean age 56±9.9 and 33 patients with TD, mean age 48.7±9.2 (23 hypothyroidism, 10 hyperthyroidism). Chronic patients were tested with DSQ40. TD patients were tested with DSQ40, PED, YSQ-S3, ABS2, HAS, HRSD and ATQ.

Results: The main difference identified between the chronic patients and patients with TD was for Mature Defensive Style: $t=1.804$ (one tailed), $p=.037$. In relation to depression there are different dysfunctional cognitive strategies depending on the duration of the disease. We found an overlap with the statistical significance for functional negative emotions and developments in relation to the standard of scales for a longer duration of TD ($U=76.500$, $n1=18$ $n2=15$, $p=.034$).

Conclusion: There is a difference in defensive style between chronically ill patients and TD patients for mature style. For reaction formation and devaluation higher scores were recorded in patients with TD. We found no significant differences compared with the scales assessed for TD patients (hypothyroidism/hyperthyroidism). The anxiety-depressive disorder in patients with TD is due to poor management of stressful situations and to inefficient assessments of life events, grafted on to a central system of irrational beliefs about self, people and life.

38 - Beliefs about emotions are associated with outcomes in irritable bowel syndrome

Bowers H
Royal Holloway University Of London, United Kingdom

Objective: To investigate the role of emotional suppression and beliefs about the unacceptability of expressing and experiencing emotions in quality of life in Irritable Bowel Syndrome (IBS) in line with a cognitive-behavioural model of IBS.

Methods: 99 participants with IBS completed a series of online questionnaires measuring beliefs about emotions, emotional suppression and IBS-related quality of life (including measures of distress and impact on daily living). Regression analyses were used to analyse whether emotional suppression and beliefs about emotional suppression statistically predict distress and impact on daily living in IBS.

Results: The analyses revealed that beliefs about emotions and emotional suppression can statistically predict distress and impact on daily living in participants with IBS, suggesting that those who believe expressing and experiencing emotions to be unacceptable demonstrate higher levels of distress and experience a greater impact of symptoms on their daily living.

Conclusions: These findings demonstrate that higher levels of emotional suppression and beliefs related to this suppression are associated with worse outcomes in IBS. These findings fit into the cognitive-behavioural model of medically unexplained symptoms and suggest a clinical benefit of targeting beliefs about emotions and emotional suppression in cognitive-behavioural therapies for IBS.

39 - The relation between psychopathology and post-migratory environmental risk factors for psychotic disorders in first-generation migrants: first results from the Italian study PEP-Ita ("Primo Episodio Psicotico - Italia")

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^b Department of Psychiatry, University of Modena & Reggio Emilia, Modena, Italy

Purpose: Literature shows that migrants have a higher incidence of psychotic disorders; post-migratory social adversities and discrimination are considered the main environmental risk factors. A recent study of the Bologna Transcultural Psychiatric Team (BoTPT) suggested that psychotic disorders in migrants may have a peculiar psychopathological configuration, characterized by the prevalence of somatic symptoms over positive and negative symptoms. The aim of the present study is to explore the correlation between environmental risk factors and psychopathology in a sample of migrants with a first-episode psychosis.

Methods: Through the PEP-Ita (Primo Episodio Psicotico - Italia) study, an Italian multicentric research project exploring risk factors for first-episode psychosis in a population of first-generation migrants, we recruited 79 patients aged 18-64 between January 2012 and December 2013. Social adversities and perceived discrimination were recorded through the Migration History Questionnaire (MHQ), the Discrimination Interview and the Social Environment Assessment Tool (SEAT). The Association for Methodology and Documentation in Psychiatry (AMDP) system was used to assess the psychopathology: symptoms were pooled into eight psychopathological syndromes (positive, negative, depressive, manic, psychoorganic, obsessive-compulsive, hostility and somatic). T-student test was used to study the correlation between the scores of the eight syndromes and the environmental risk factors.

Results: Among the 79 patients currently recruited in the study, 27 have so far agreed and managed to answer our questionnaires. Those patients who recently perceived discrimination in at least three domains of life reported higher scores in the somatic syndromes ($2.5±0.7$ vs $0.3±0.8$, $p=0.056$), and so did those who perceived an economic

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54 - Factors Associated with Unplanned Endotracheal Tube Extubation in Adult Intensive Care Units - A Case-Control Study

Chou H. C. ^a, Hui-Ling Chen H-L ^a

^aKaohsiung Veterans General Hospital, Kaohsiung, Taiwan

Purpose: To examine the factors related to the unplanned endotracheal tube extubation (UETE).

Methods: This study was a retrospective case-control study. We used cases from adults ICUs from January to December of 2010. Among 1220 patients with endotracheal tube (ET), 37 patients were UETE. We matched the 37 UETE patients with planned ET based on gender, specialty, and dates of on-tube. Then we calculated needed sample size based on rule of thumb (10 times of total number of variables). Finally, case and control groups composed of 37 and 94 patients, respectively. One-way ANOVA was used to examine the difference invariance among these groups. T-test was used to examine the mean difference between two groups. In addition, chi-square test was also employed to examine the association between two groups.

Results: Patients with conscious clear and restriction were statistically associated with UETE. Confusing patients was the second highest rate of UETE. On the contrary, coma and restriction patients were less likely related to UETE. Sedative medicine, pain control, and the models of ventilators were not statistically significant factors associated with UETE.

Conclusions: Conscious clear is the most important predictor of UETE. Communication with such patients is extremely important in preventing UETE. Once the UETE happened, medical professionals should re-on the tracheal tube as soon as possible to assure patients' safety.

55 - Psychiatry in the emergency: analysis of 3032 urgent first assessments at the Modena (Italy) University Hospital

Ciancia G ^a, Mattei G ^a, Martire L ^a, Rigatelli M ^a

^aUniversity of Modena and Reggio Emilia, Italy

Objective: Urgent psychiatric assessments are a challenging matter in Consultation-Liaison Psychiatry (CLP), with features that may be distinctive in comparison to other CLP activities. The aim of the present study was to describe and analyze urgent psychiatric referrals at the CLP Service at the Modena University Hospital to recognize useful recurrences and specificities.

Methods: Clinical and non-clinical data of urgent referrals performed at the Modena CLP Service between 2000 and 2012 were collected and analyzed statistically. The database included: socio-demographic characteristics, reasons for referral, medical and psychiatric history, outcome of consultation.

Results: In the considered range of time, referrals addressed in emergency to the CLP Service were 3032 (24.44% of the 12404 total referrals), mostly coming from the medicine wards (35.39%). Patients were only slightly most frequently females (54.02%), with a mean age of 53.82 years (SD = 16.24), most frequently retired (40.20%) and living with own family (54.32%). The most common reason for referral was agitation (14.88%), while the most frequent psychiatric diagnosis was depression (18.57%). Psychiatric history was negative for most patients (63.79%)

but 60.49% of patients were all the same assuming psychiatric drugs. A psychotropic medication was advised in the 66.26% of cases, and admission to psychiatric ward in the 7.79%.

Conclusions: The analysis of CLP Service activity may suggest clinical and organizational interventions to improve performance and management of medical-psychiatric comorbidity and bio-psycho-social complexity of general hospital inpatients.

56 - The "Structured Phenomenological Hypnotic Protocol" (SPHP) for treatment of chronic pain. Case reports

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^aHealth Psychology, University of Pisa, Italy;

^bGift Institute for Integrative Medicine, Pisa, Italy

Introduction. Clinical and experimental research literature indicates hypnosis is very useful for severe and persistent pain although is not widely used (Patterson DR and Jensen MP., 2003; Jensen MP, 2009). It is not yet clear whether the hypnotic analgesia depends on the degree of individual susceptibility (Milling LS, 2008; 2010).

Methods. Subjects, before enrolling to hypnosis treatment for chronic pain, were evaluated using a Stanford scale form A. The hypnosis treatment consists of four sessions administered every 14 days. The SPHP includes: 1) Rapid Induction Analgesia (RIA, Barber, 1977); 2) Symptom Transformation (ST), 3) Symptom Modulation (SM), d) Dissociation (D). The pain was evaluated before and after () each session using QUID and VAS.

Results. Of the sixteen patients with chronic pain [2 cancer (CP), 7 fibromyalgia (FP), 7 migraine (MP)] only 6 have gone beyond the SM session. Cancer (CP) patients had highest hypnotic susceptibility which was no effect on the SPHP analgesia (z value=0.30). CP showed a progressive analgesia (VAS of 6,2,3) unlike MP that have a worsen of pain after SM (VAS +3.25). ST is the more effective in controlling pain in the FP (VAS of 6 for FP, 2 for CP and 2,8 for MP) while RIA was more effective in CP (VAS of 2 for FP, 6 for CP and 2 for MP).

Conclusions. This is a preliminary evaluation of SPHP for analgesia. No long lasting effect have been found of SPHP but a different weighting was observed between phenomenological response.

57 - Psychological variables correlated with the onset of psychosomatic symptoms in youngsters

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^a University of Medicine and Pharmacy "Carol Davila"

Department of Medical Psychology,

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Purpose This study aimed to investigate the possible correlations between several psychological variables and the onset of psychosomatic symptoms (PSS) in an apparently healthy sample of youngsters.

Method The design of the study was transversal. Rosenberg's Self-Esteem Questionnaire (1), Kobasa's Hardiness Test (2), Scheier's Optimism Test (3), Schwarzer's General Self-Efficacy Scale (4), Rotter's Locus of Control Scale (5), Antonovsky's Sense of Coherence Scale (6), Zigmond & Snaith's Hospital Anxiety and Depression Scale (7) and Giessen Complaint Questionnaire (8) were

whole, they mechanisms of compliance and the factors that influence the patients is vital.

ic rhinitis Results: Increasing the complexity of the treatment regime results, usually in a decrease in patient compliance. Non-compliance with medication, diet or reduced effectiveness of fluid restrictions expose the patient to a clinic destabilization that could lead to the amplification of cardiac symptoms. The information and beliefs affect particularly non-pharmacologic treatment. To identify what the patients think in relation to their treatment is therefore important in advising and educating patients with cardiac disease.

rhinitis (AR) There are many different ways in which patients become partially compliant: omit to purchase medicines, forget to take a drug /follow a diet / doing physical exercises, forget to discontinue the administration of a medication, take the medication at a wrong time, take an extra dose, stop treatment too early, treatment is different from one day to the next and so on.

ven effects Also, patients with chronic cardiovascular disease have a higher prevalence of depression and the patients with symptoms and symptoms of depression are more prone to having adhesion problems, their ability to be motivated to adapt to a chronic disease is low.

ity of life of Conclusion: Adherence to treatment is often seen as the most important result of educating patients. The aims of education are to motivate the patient to comply with the prescribed treatment and adopt the sanogenetic behaviors. In conclusion, management programs in heart disease may positively influence compliance and behavior in relation to the patient's health care. Important components of these programs are education done with patience, collaboration with professionals in health care and psycho-social support.

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62 - Particularities of a prostate cancer screening

Coman R
"Iuliu Hatieganu" University of Medicine and Pharmacy, Cluj-Napoca, Romania
 Knowing the characteristics of prostate cancer screening brings important information for a good medical practice and for program efficiency improvement.
 The prostate cancer screening strategy can combine the clinical examination and prostate specific antigen (PSA) tests with different regimes of their application in order to obtain a maximum of benefits. For the identification, analysis and comparison of the potential screening strategies, adequate epidemiological studies, which can reflect the real condition of the male screened population, must be used.
 Prostate cancer screening poses difficulty in the interpretation and particularly in the evaluation of the results also for those that are false and real, especially the real positive. These aspects generate in practice different situations, difficult to manage with a tendency to over-diagnosis and over-treatment of patients identified by the screening program. On the other hand, for a prostate screening program evaluation to be comprehensive, the analysis should take into account the consequences of the impairment of the patient's quality of life.
 The processes for achieving an efficient prostate cancer screening program involves a dynamic mechanism of evaluation, innovation, implementation, conducting epidemiological surveillance and studies regarding the population's healthiness.

63- The impact of non-ecological environments on human health

Cornutiu G
University of Oradea, Clinic of Psychiatry, Romania
 In this paper the general-biological premises of the interaction between the environment and the human being are addressed first. Afterwards, the existence of an ecological pathogenesis and pathology is inferred, with definite clinical and prevalential arguments. Ultimately, the paper cautions about the need to involve all social decision factors and various specialists in monitoring the evolution of the human ecological environment.

64 - "INTERMED self assessment study: developing an instrument for evaluation of biopsychosocial complexity"

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 Introduction: The intermed method was created to identify patients with multiple care risks, needs and negative health outcomes, in order to assess their biopsychosocial complexity as a first step towards integrated care. Until now, it was based on a face-to-face interview (IM-CAG). Several studies in the last decades have confirmed its face-validity and reliability. A self-

assessment version was derived (IM-SA) providing a complementary tool for clinical and research applications. Aims: Preliminary evaluation of IM-SA's predictive validity, in comparison to IM-CAG's.

Methods: 100 outpatients with liver disorder from local outpatients clinics of the Modena University Hospital underwent the protocol of evaluation, including: IM-SA, IM-CAG, CIRS, HADS, SF-36, EuroQol. Clinical and socio-demographic data were also collected for all patients. After a first evaluation at the baseline, a follow-up was performed after 3 and 6 months, that included SF-36, EuroQol and health care utilization indices.

Results. A comparison between IM-CAG and IMSA has stressed statistically significant differences concerning all the scores except for the ones regarding the historical dimension. IM-SA is significantly connected to SF-36 (p-value= 0,021; linear regression coefficient= -0,057) and EuroQol 5 item (p-value= 0,012; linear regression coefficient= 3,101). No significant variances were found between Δ SF-36 (T2-T0) and both intermed tools.

Conclusions. Both intermed instruments, IM-CAG and IM-SA, were able to identify complex patients. By comparing the differences between IM-SA and IM-CAG scores, it seems that patients underrate their psychophysical conditions. The preliminary results found, however, suggest IMSA reliability. Further investigations will be necessary.

65 - Interoceptive awareness and resting heart rate variability in women

Costa R

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Purpose: To test the hypothesis that greater resting heart rate variability (HRV) is associated with better interoceptive awareness in women.

Methods: Thirty four women participated in the study (mean age = 22.76, SD = 3.77). From a five-minute recording of resting heart rate, several time and frequency-domain measures of HRV were calculated: high-frequency HRV (HF), low-frequency HRV (LF), standard deviation of NN intervals (SDNN), root mean square of differences between adjacent NNs (RMSSD), number of pairs of successive NNs differing more than 50 ms (NN50), percentage of NN50 (pNN50), and standard deviation of heart rate (STD HR). Interoceptive awareness was assessed through a heartbeat perception task.

Results: Interoception correlated directly with almost all time-domain measures of HRV: SDNN ($r = .41, p = .017$), RMSSD ($r = .39, p = .025$), NN50 ($r = .34, p = .046$), pNN50 ($r = .40, p = .021$). Interoception did not correlate with STD HR ($r = .18, p = .29$) nor with the frequency-domain measures: HF ($r = .30, p = .09$), LF ($r = .28, p = .11$).

Conclusion: The results support the view that resting HRV (an index of emotion regulation, associated with physical and mental health) tends to greater among women with more accurate awareness of bodily responses.

66 - Anxiety and bronchoscopic examination: is there a link?

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Purpose: To evaluate the level of anxiety in patients undergoing diagnostic bronchoscopy for lung cancer in Emergency County Hospital Cluj-Napoca, Department of Pneumology.

Methods: 50 patients (18 women=36% and 32 men=64%) age between 29 and 65 years (mean=52.28, SD=9.8) participated in this study. A semi-structured interview collected demographical data. We followed physiological indicators of anxiety (blood pressure, heart rate) before, during and after bronchoscopic examination. ECG was performed before and after bronchoscopy. We evaluated the subjective anxiety using State Anxiety Inventory (STAI-X1) and Trait Anxiety Inventory (STAI-X2).

Results: The level of subjective anxiety (measured by STAI-X1) after bronchoscopic examination was significantly lower ($t(49)=7.11, p<0.01$). Evaluating objective anxiety through physiological indicators, our results showed that the heart rate increased significantly from pre-intervention to intervention and decreased significantly from intervention to post-intervention ($p<0.016$). The results were similar for systolic and diastolic blood pressure ($p<0.016$). There was no significant correlation between subjective and objective anxiety before or after procedure ($p>0.001$). There were significant differences between females and males in terms of heart rate during bronchoscopy procedure ($p=0.006$). Patients with previous information about the procedure were more anxious than those who read about it ($p=0.013$). Patients who knew the reason for this invasive examination and those who received standardized explanations about the procedure were less anxious ($p=0.001$, respectively $p=0.020$). We didn't find a correlation between the level of subjective anxiety and cooperation during sedation bronchoscopy.

Conclusion: Even if the bronchoscopy is considered minimal invasive procedure with no need for a full period of recovery, it is accomplished by anxiety.

67 - Culture bound aspects and multidisciplinary approach of anxiety and depression

Crisan M^a, Dudea D^a, Miclutia I^a

^a University Of Medicine And Pharmacy "Iuliu Hatieganu" Cluj-Napoca, Romania

Purpose: to emphasize culture specific and different approaches of anxiety and depression in some somatic diseases, who seem to be from diverse spectra, apparent without any obvious connection.

Based on the PsyDiploma Concept of Austrian Medical Chamber and the German Psychosomatic Basic Care Model a 40 units theory curriculum is presented: Biopsychosocial concept of illness. Somatization. Formation of symptoms. Doctor - patient relationship. Basics of doctor patient communication and consultation. Transference. Contr - transference. Psychosomatic as „difficult“ patient. Functional psychosomatic disturbances (vegetative dystonia. Cardiac neuroses. Syndrome of hyperventilation. Functional disturbances of the gastro - intestinal tract). Biographic case history. Basics in mental health. Life span development and crises. Crisis intervention and crisis care in the doctor's office. It is combined with Balint group experience of 30 and reflected practice and patient-doctor-interaction of 10 units.

90 - „Primary biliary cirrhosis “- a stigmatizing diagnosis term? A qualitative study

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Purpose: Primary biliary cirrhosis is an autoimmune liver disease which generally progresses slowly, and can lead to liver cirrhosis. About one third of patients does not sufficiently respond to treatment with ursodeoxycholic acid. They can develop a progressing disease with the risk of liver cirrhosis. Thus, the diagnosis term primary biliary cirrhosis (PBC) suggests a disease stage which is not present in the majority of patients. We aimed to assess the meaning of this term to the patients illness perceptions.

Methods: Twelve female PBC-patients of the Department of Gastroenterology and Hepatology, University Medical Center Hamburg-Eppendorf, participated in a semi-structured interview. They described their subjective associations to the term PBC, their expectations of others associations, and their experiences with others reactions on the term. The patients ideas of the diseases cause as well as their assumed ideas of others were assessed. Interviews were evaluated using the qualitative content analysis of Mayring (2008).

Results: Patients (mean age: 52; 21-70) knew their PBC-diagnosis for five months on average (1 day-2.5 years). Alcohol was the immediate association of five patients when receiving the diagnosis. Three patients reported physicians had broached the issue of alcohol consumption due to increased liver blood values. Two thirds of patients reported their acquaintances had associated alcohol with the PBC-diagnosis. Patients had to face comments such as only alcoholics get liver cirrhosis. Four patients attributed the diseases cause to medication; heredity, infection, lifestyle, and stress were also considered. The majority of patients expected others to consider alcohol consumption

as the diseases cause. Patients associated cirrhosis with ultimate destination, liver collapse, death sentence.

Conclusion: The term cirrhosis is associated with deadly consequences by PBC-patients, and may promote their stigmatization as an alcoholic. Findings suggest to critically question the suitability of this diagnosis term.

91 - Clinical-based research on complexity: application of the INTERMED method

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INTERMED is a method to assess biopsychosocial case complexity and a screening instrument to identify patients with multiple care needs. It is based on an interview, brief and easy to use, that can be conducted by different health care professionals. Various studies in the last 12 years have confirmed its face-validity and reliability as a clinimetric tool. It can be used for clinical aims, to support integrated care, but also for training and research scopes, especially within CLP contexts, since it contributes to interdisciplinary communication and has a pragmatic, clear-cut structure.

Its structure, possible applications, limitations and strengths will be described in the presentation. The symposium will then offer examples of clinical application of the INTERMED method: one is the ongoing study on the self-assessment version of the instrument, IMSA; preliminary results of this multicentric international study will be presented and discussed; a contribution about how to deal with complex patients, and potentialities of the INTERMED method in this, will be also offered; and finally applications of the use of INTERMED in dealing with transplant patients will be reported, as result of another multicentric research project promoted by the INTERMED working group.

Participants to the symposium are expected to learn about the theory and clinical-research applications of the intermed method.

92 - Intervention cognitive strategies in neurosurgical patients. Case study

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Purpose: Rehabilitation of people with different disabilities resulted after some diseases represents an objective pursued by specialists from many areas like medicine, psychology, pedagogy, psychopedagogy, sociology.

Methods: Instrumental Enriching Program (Feuerstein method) is made up of a set of exercises divided into 14 instruments, which are used as means for developing mental abilities. The instruments do not have disciplinary contents, because they do not target specific knowledge acquisition but they aim at acquiring mental abilities and

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