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E-PV0438

Perception of social issues by the prisoners of the penitentiary system of Russia in comparison with a control sample

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Background and aims.– Detention in prison can affect mental health, subjective well-being, lead to identity transformations, and to changes in attitudes and values. A long separation from social life can change the perception of social issues and the integration into society. In the research we evaluated the impact of detention in prison on the perception of social issues.

Methods.– The research involved 119 prisoners aged 18 to 65 years ($M=32$; $SD=8$) (99 male) and 119 respondents of the control group. Participants were offered a list of social issues such as unemployment, immigration, drug abuse, alcohol abuse, poverty, terrorism, interethnic conflicts, crime level, etc. and were asked to what extent they are concerned about each of the problems.

Results.– Prisoners expressed greater concern for all of the problems in comparison to the control group (t -test, $p < 0.005$). Comparison with the control group showed that prisoners are significantly more concerned about the decline of birth rate, the impact of Internet on safety, alcoholism and changing family values. The participants from the control group were more concerned about the rise of prices, the infrastructure and quality of health care.

Conclusions.– Staying in places of detention increases anxiety about social problems in general and leads to a change in the perception of real social issues in comparison with the ordinary population. The lack of current need to worry about material security is expressed in prisoners by having less anxiety about physiological needs and greater anxiety about safety and belonging.

The research was supported by the Russian Science Foundation, with the Grant 15-18-00109.

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E-PV0439

Alternative therapy in public health: librarytherapy or simply literacy

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Background and aims.– Literacy consists of using carefully selected books (by the doctor and psychologist) readings to provide relief for patients with illnesses (who are hospitalized or followed up at basic health facilities). The goal is to join an alternative therapy together with classic drug therapy. This is the art of healing illness through reading. Not only in psychological ailments, but also in pains of the body. This therapy can be conceptualized as the prescription of reading materials with therapeutic function. The literature practice can be used as an important tool in the psychic recovery of individuals with emotional and physical disorders. She admits the possibility of therapy through reading, but also the additional comments to it, and proposes reading practices (interpretation of the text).

Methods.– It consists of filling out a questionnaire with questions about reading preferences, along with others of a personal nature, such as the type of life, the main concerns. After this apply psy-

chotherapy in patients suffering from psychic suffering, such as depression, anxiety disorders, panic and generalized and borderline anxiety. Dialog with the patient for a knowledge of their preferences to direct the therapy for a better performance of the technique.

Results.– The project is underway and patients report improvement of mood and we are able to perform the weaning of benzodiazepines more quickly and efficiently with the combination of drug treatment with this alternative therapy

Conclusions.– Literacy is an alternative to complement medication treatment in psychic disorders since we noticed a more rapid improvement in patients treated with these two therapeutic compared to patients treated only with drugs.

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E-PV0440

Complex model of professional ambulatory treatment of mixed anxiety-depressive disorder in Warsaw CD1 pharmacotherapy

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Background and aims.– Basic information about pharmacological treatment of anxiety and depressive disorders as a part of complex model of professional help.

Depressive and anxiety disorders are one of the most frequent problems in outpatient psychiatry.

Methods.– The aim of this part of presentation is to show our model of complex professional psychiatric help as an organized team for patients suffering from such problems.

Our model reflects our experiences and observations and conclusions based on our experience.

Results.– It has been concluded that best possible offer for patients suffering from depressive and anxiety disorders is to put into practice connection of pharmacotherapy, individual or group psychotherapy, using relaxation techniques and dietary counselling.

Conclusions.– Our conclusion is that proper pharmacological treatment should include a few important aspects: following current standards with all innovations, choosing certain medications due to symptom profile of a patient, considering the patient's general medical condition moreover including current psychotherapeutic situation: whether the patients is in psychotherapeutic process, the phase of psychotherapy and certain psychotherapeutic method. In our model we emphasize choice of pharmacological method to current factors associated with current psychotherapeutic situation of a client or plan of psychotherapy when the treatment is to be started.

Disclosure of interest.– The authors have not supplied a conflict of interest statement.

E-PV0441

Mental health of PhD students at Polish universities - preliminary results

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