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Introduction: There are no studies which address the relationship between mindfulness and cognitive flexibility in interventions carried out online. This is the first study to examine the effect of two online mindfulness-based interventions on this cognitive function.
Objectives: To assess changes on cognitive flexibility after two online mindfulness-based group interventions in adult patients with anxiety disorders.
Methods: This study was carried out in a Mental Health Unit in Spain (Colmenar Viejo, Madrid). Thirteen adult patients (age mean = 51.69 years, ranging from 33 to 69 years, S.D. = 11.56) with anxiety disorders completed the interventions. The group treatments were Acceptance and Commitment Therapy and a Mindfulness-based Emotional Regulation intervention, during 8 weeks, guided by two Clinical Psychology residents. Both interventions were carried out online. The dependent variable was the score on the TMT-B (seconds). A comparison of paired-means was conducted. Statistical significance was set at $p < .05$.
Results: The normality assumption was met. Statistical power observed = 70.0%. The paired t-test showed statistically significant change between pre-treatment and post-treatment ($p = 0.019$; Cohen's $d = 0.75$), indicating improvement on cognitive flexibility.
Conclusions: These results show a statistically significant and medium/large effect-size change in cognitive flexibility after the two online interventions based on mindfulness. A larger sample size is required to confirm these results. Moreover, other studies need to examine the reliable change on this neuropsychological outcome.

Disclosure: No significant relationships.
Keywords: acceptance and commitment therapy; cognitive flexibility; Mindfulness-based Emotional Regulation; Online treatments

EPV0564

On gender and TMT-A. The REM-ACT study: Acceptance and commitment therapy versus a mindfulness-based emotional regulation intervention in anxiety disorders. A randomized controlled trial

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Introduction: There is paucity of empirical studies which compare various mindfulness-based interventions on speed of visuomotor tracking and also analyse the differential effect of gender.
Objectives: To compare the effectiveness of Acceptance and Commitment Therapy (ACT) versus a Mindfulness-based Emotional Regulation (MER) intervention on speed of visuomotor tracking according to gender.
Methods: This study was carried out in a Mental Health Unit in Spain (Colmenar Viejo, Madrid). Firstly, 80 adult patients with anxiety disorders were randomized according to the score on the Acceptance and Action Questionnaire-II (blocking factor), of whom, 64 patients decided to participate (mean age = 40.66, S.D. = 11.43; 40 females). Each intervention was weekly, during 8 weeks, guided by two Clinical Psychology residents. A 2x2x2 mixed ANOVA (pre-post change x intervention type x gender) was conducted, with Sidak-correction post-hoc tests. The dependent variable was the score on TMT-A.
Results: Normality and homoscedasticity assumptions were met. No statistically significant differences were observed on age or gender between interventions. No statistically significant interaction effect was observed between pre-post change x intervention x gender on TMT-A [$F_{(1,\ 52)} = 2.867$, $p = .096$, statistical power observed = 38.3%]. However, simple effects were statistically significant: while males improved on TMT-A after MER ($p = .000$; Cohen's $d = 1.092$), females did so after ACT ($p = .000$; Cohen's $d = 1.506$).
Conclusions: These results show that gender moderates the improvement of the two mindfulness-based interventions examined on the speed of visuomotor tracking. More research is needed to confirm these findings.

Disclosure: No significant relationships.
Keywords: Mindfulness-based Emotional Regulation; speed of visuomotor tracking; acceptance and commitment therapy; randomized controlled trial

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Online group psychotherapy during the "lock down"

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Introduction: The Covid-19 pandemic has limited the classic psychotherapy treatment. EAP provided temporary recommendations for online psychotherapy in March of 2020 which brought new possibilities and limitations and contains rules, ethics and techniques. From the perspective of a psychodynamic therapist, the specificity of online group psychotherapy in the context of strong stressors is described.
Objectives: During the "lockdown" period and the earthquakes that occurred simultaneously in Zagreb in March of 2020, the secure Internet platform enabled the continuity of the group's work in a video link modality.
Methods: Online group had regular weekly meetings which lasted 1.5 hours. The classic rules of group analytical therapy were adapted to the new setting in virtual space. A risk assessment was also performed.
Results: The six group members and therapist have connected online through more freedom, developed new levels of sensitivity, flexibility and creativity. They have also accepted limitations. The online group is able to provide holding, but deeper connections require a physical presence to exchange emotions that technology