Psychotherapies have shown efficacy in their treatment, they have not yet been thoroughly studied in Italian public mental health services. In Detached Mindfulness, negative thoughts are acknowledged and avoided by turning them into actions using a standardized, time-limited, metacognitive intervention.
Objectives: The purpose of this study is to examine the efficacy and cost-effectiveness of Detachment Mindfulness for twelve patients with Generalized Anxiety Disorder (GAD) not being treated pharmacologically.
Methods: We enrolled 12 patients diagnosed with GAD according to DSM-V in an 8-session program of Detached Mindfulness Psychotherapy (once a week). The Generalized Anxiety Disorder - 7 Scale (GAD-7) and the Kellner Symptom Questionnaire (SQ) were used to assess anxiety symptoms at baseline (T0), after 4 sessions (T1), and at the end of treatment (T2). The Client Satisfaction Questionnaire (CSQ-8) was used to assess treatment satisfaction.
Results: The GAD-7 score showed consistent reductions in generalized anxiety symptoms after Detached Mindfulness treatment (mean decrease of -42% at the end of the program). As measured by SQ, patients also reported improvement in physical well-being, relaxation, and somatic symptoms significantly respect to baseline. As for treatment satisfaction, ten out of twelve patients rated their treatment as satisfactory. As reported by patients, mindfulness can become a powerful and effective means to relate to one's own internal experiences such as anxiety or fear, learning to recognize them, staying with them and avoiding their consequences.
Conclusions: These results showed that detached mindfulness was an effective and cost-effective intervention for GAD, given the short amount of time it requires and the ease with which it can be implemented. For its extensive use in the public mental health system to be further supported, studies on larger populations are needed.

Disclosure of Interest: None Declared

EPP0711

Attention-deficit/hyperactivity symptoms and personal strengths in adults

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Introduction: Attention-deficit/hyperactivity disorder (ADHD) is one of the most prevalent chronic neuropsychiatric disorders in children and adolescents; however, it continues into adulthood in 4-77% of the cases. Due to executive dysfunction, adults with ADHD may have deficits in personal strengths, as well as difficulties utilizing existing strengths in challenging situations, which may add to the functional impairments associated with ADHD in adults.
Objectives: Therefore, we aimed to explore the association between personal strengths and ADHD symptoms in a community sample of adults.
Methods: Five hundred and twenty-eight adults (mean age = 21.41 years, *SD* = 2.29, range: 18- 28, female: *N* = 488, 92.4%) filled out an online questionnaire after giving their informed consent. Personal strengths were assessed using Bernstein's Strengths Scale (BSS) which measures sixteen positive attributes grouped into four higher-order factors: self-directedness (Identity, Self-reflection, Self-confidence, Self-assertion, Imagination/Creativity), self-regulation (Emotional balance, Resilience, Self-control, Self-care, Reality testing), connection (Empathy, Compassion, Humour, Responsibility), and transcendence (Gratitude and Wisdom). ADHD symptoms were measured by the screening version (Part A) of the Adult ADHD Self-Report Scale (ASRS).
Results: Participants who were screened positive in ASRS (*N* = 247, 46.7%) scored lower in all but four BSS subscales than participants who were screened negative (*N* = 280, 53.3%). Effect sizes reached the medium level (Cohen's d > .5) for Self-confidence, Self-care, Responsibility and Wisdom, and were small (Cohen's d > .2) for Identity, Self-assertion, Imagination, Resilience, Reality-testing, Emotional balance, and Gratitude. However, no group differences were found in the Self-reflection, Empathy, Compassion, and Humour subscales of the BSS.
Conclusions: Our results suggest that ADHD symptoms in adults may be associated with deficits in personal strengths; that is, adults with ADHD may have difficulties, especially in trusting in their abilities, qualities, and judgements, in taking care of their own emotional and physical well-being, in taking responsibilities and in being open to learning from their experiences. Addressing personal strengths in psychosocial interventions for adult ADHD may improve patients' functioning.
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EPP0712

A Cohort Based Case Series: Learnings from an Iterative Group Therapy Model to Support Psilocybin-Assisted Therapy for Patients with a Terminal Diagnosis

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Introduction: While much is known about psilocybin-assisted therapy for individuals, little is known about the experience of participants in a group psilocybin therapy model.
Objectives: In an attempt to bridge this gap in the literature, a program development and quality improvement effort was launched.
Methods: Thirty-one psychedelic-assisted therapy (PaT) sessions were provided for 25 participants within four iterative cohorts over the span of one year. This article reports participant feedback in an effort to inform the benefits and challenges of group-administered-PaT.
Results: Six to eight once-weekly group resilience-based community of practice (CoP) sessions were combined with one psilocybin-assisted therapy session for patients experiencing distress related to a terminal health condition. The virtual hybrid group therapy model is research informed, with a curriculum that provides knowledge-based content, combined with the relational elements

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