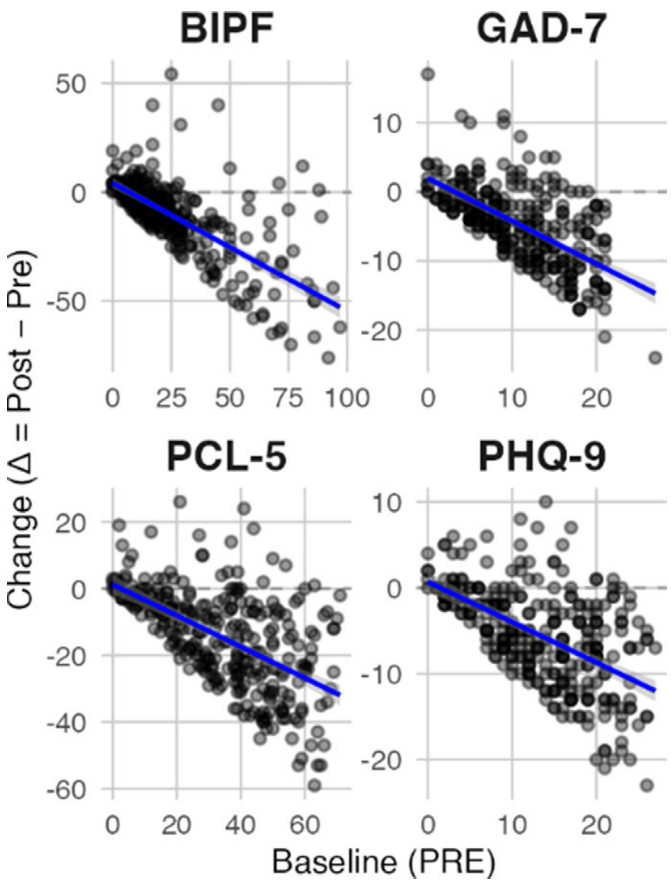
Image 2:



Conclusions: RTT-KAT was associated with significant reductions in depression, anxiety, and PTSD. Improvement was greatest among those with higher baseline severity. Neither ACEs, prior psychotherapy, pharmacotherapy nor substance-use history predicted outcomes. Overall, baseline severity emerged as the most consistent predictor of clinical improvement, underscoring the potential of group-based KAT as a broadly effective and accessible intervention for individuals with high symptom burden.

Disclosure of Interest: None Declared

EPV1398

Rapid Resolution of Anticipatory Vomiting in a Child With Chronic Illness: A Single-Session CBT Case

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Introduction: Behçet's disease is a chronic multisystem inflammatory disorder that may present in childhood with recurrent oral ulcers, uveitis, and skin lesions (ITR-ICBD, 2014; Koné-Paut, 2016). A 9-year-old boy receiving intramuscular methotrexate for Behçet's disease developed anticipatory nausea and vomiting triggered by injection cues. This case describes how a single session of cognitive behavioral therapy (CBT) rapidly reduced these conditioned symptoms and restored treatment adherence.

Objectives: A 9-year-old boy with Behçet's disease was referred to the child and adolescent psychiatry clinic due to recurrent nausea and vomiting associated with intramuscular methotrexate injections. He had been diagnosed three years earlier after recurrent uveitis episodes. Following several oral treatments, intramuscular methotrexate 20 mg weekly was initiated, along with colchicine 0.5 mg twice daily, achieving reasonable disease control.

Initially, he tolerated the injections without difficulty. About ten months before referral, mild nausea began to appear before injections and gradually worsened. In recent weeks, nausea started as soon as his mother took the medication box in her hand and escalated to severe vomiting during the injection itself. Symptoms subsided immediately afterward, suggesting a conditioned anticipatory response rather than a direct pharmacologic reaction.

Methods: A single 45-minute CBT session was conducted. In this session, the injection was not performed; instead, the medication box was shown to elicit anticipatory cues safely. When nausea and discomfort intensified, the therapist applied breathing, relaxation, and short running exercises to demonstrate that these sensations were temporary and controllable. The patient enjoyed running, which was integrated as a behavioral activation technique to strengthen his sense of control. He remained cooperative and practiced the learned strategies effectively.

Results: During the next injection, he delayed vomiting for several seconds; one week later, he was able to control the urge completely. Marked symptom reduction was achieved after a single CBT session, and follow-up sessions were recommended to reinforce coping and prevent relapse.

Conclusions: This case illustrates that anticipatory nausea and vomiting related to intramuscular medication can occur in children with chronic illnesses. Cognitive behavioral therapy was associated with rapid symptom reduction after a single session and helped the patient regain control of the conditioned response. Early recognition and prompt behavioral intervention may prevent escalation of procedural anxiety and reduce distress during medical treatments.

Disclosure of Interest: None Declared

EPV1399

Inducing Positive Self-Conscious Emotion (Pride) Through Feedback in Cognitive Tasks: A Pilot Study

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Introduction: Emotions are integral to everyday functioning, with positive self-related emotions—such as pride—playing a protective role across various domains of life. These emotions contribute to

the development of enduring personal resources, which may be leveraged in psychotherapeutic contexts.
Objectives: This pilot study aimed to validate a novel experimental design for inducing the self-conscious emotion of pride using randomly assigned positive and neutral feedback during repeated cognitive tasks, with the goal to establish a protocol suitable for EEG-based research.
Methods: Twelve healthy adult participants completed repeated cognitive tasks— the Stroop Test and the Eriksen Flanker Task—each paired with 10 neutral and 10 positive feedback trials. Emotional responses were assessed using the Self-Assessment Manikin (SAM) for valence, intensity, and arousal; the Authentic and Hubristic Pride Scale (AHPS) to differentiate pride subtypes; and the Qualitative Assessment of Emotions (QAE) to evaluate a range of emotional states. EEG data were recorded from 11 participants using a 64-channel system during task performance, followed by microstate analysis to explore neural correlates of induced emotional states.
Results: According to SAM, no statistically significant differences were found between positive and neutral feedback conditions in emotional valence ($W = 7.00$, $p = 0.071$, $r = –0.611$; Mdn_pos = 6.60, Mdn_neu = 6.21), intensity ($W = 14.50$, $p = 0.372$, $r = –0.356$; Mdn_pos = 5.00, Mdn_neu = 5.00), or arousal ($W = 16.00$, $p = 0.834$, $r = –0.111$; Mdn_pos = 6.30, Mdn_neu = 6.00). However, authentic pride (Mdn = 3.00) was significantly more induced than hubristic pride (Mdn = 1.14; $W = 66.0$, $p = 0.004$). According to the QAE, positive emotions were experienced with significantly greater intensity than negative emotions ($W = 77.0$, $p = 0.003$). EEG microstate analysis revealed no significant differences between feedback conditions.
Conclusions: This pilot study demonstrates that the experimental design is feasible for EEG-based investigations of self-conscious emotions. While positive feedback showed a trend toward enhancing emotional valence, the effect did not reach statistical significance. The paradigm successfully elicited authentic pride more than hubristic pride, and positive emotions were experienced more intensely than negative ones. No EEG microstate differences were observed. Given the small sample size, further research is needed.

Disclosure of Interest: None Declared

EPV1400

A case of sleep paralysis in medical student: possibilities of poetry writing as self-therapy

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Introduction: Sleep paralysis as a form of parasomnia is associated with poor sleep habits and perceived poor sleep quality (Duarte et al., 2023). Its prevalence in medical students ranges from 16% (Penn et al., 1981) up to 41% (Duarte et al., 2023) with 70% of females reporting experiencing sleep paralysis (Muzammil et al., 2023). Although this disorder does not necessarily testify to the presence of the disease, it requires an effective help.
Objectives: In this case report, we present a case of sleep paralysis that appeared and developed in a young healthy student, who is studying in a medical university, and who is changing his attitude to this phenomenon due to rational psychotherapy and practice of poetry writing as self-therapy.
Methods: We describe a 24-year-old male medical student, who has been under the observation of a psychotherapist because of periodic episodes of sleep paralysis.
Results: Sleep disorders with the feeling of forcible retention when waking up and emergence of frightening visual images and death anxiety have been torturing the young man with different frequency since he was 18. At such moments he could not speak, shout, or move, his heart rate increased, and he was gripped by feelings of suffocation. Such state continued for 2-3 minutes. Those episodes appeared during intensive emotional stress associated with a high level of responsibility. Frequent disturbance of a sleep and rest regime provoked further bouts. We directed our diagnostic search at the exclusion of epilepsy and other paroxysmal states. The results of polysomnography did not show any specific changes. After the student heard from his psychiatrist that such states are not dangerous for health, the level of his anxiety lowered. He started analyzing his own experience of controlling and dealing with such states, worked at the techniques of discontinuing episodes of sleep paralysis. He began writing poems, in which he dissociated the problem from himself, which allowed him to avoid it and assure himself of his ability to cope with the problem, and to accept his actual state and his own fears.
Conclusions: In this case, a medical student and his psychotherapist jointly tried out effective stress controlling strategies. Poetry writing, as self-therapy, helped him to adapt by acknowledging what is happening to him and to actively deal with stress even at critical moments. Knowledge of medicine helped him to form and accept an adequate attitude to impossibility of absolute control over his physical state.

Disclosure of Interest: None Declared

EPV1402

Group Psychological Therapy for ADHD in Adults

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Introduction: Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder with a prevalence of 2.5% in the adult population. Multimodal and combined interventions (pharmacological and psychological treatment) are the treatment of choice for ADHD in adults.
Objectives: To develop a group psychological treatment protocol for adult patients diagnosed with ADHD. The aim is to reduce the core symptoms of the disorder and consequently improve overall functioning.
Methods: This protocol is applied in a group format (between 12 and 16 participants) and follows a psychoeducational approach. It consists of 12 weekly sessions, each lasting 90 minutes. The treatment content is structured into four modules: organization and planning, distractibility, procrastination and impulsivity, and adaptive thinking. Two scales are administered before and after the