European Psychiatry

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State of the Art

Educational

Abstract

Cite this article: (2022). State of the Art. *European Psychiatry*, **65**(S1), S3–S5.

SOA0001

Transcultural Aspect of Mental Health Care

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doi: 10.1192/j.eurpsy.2022.37

Culture is not simply the aggregate of individual traits but a more or less coherent system of shared meanings, institutions and practices (i.e. beliefs, attitudes and values). It is a repository of meaningful symbols that structure experience both implicitly and through explicit models. Culture shapes how and what psychiatric symptoms are expressed, influences the meanings that are given to symptoms and impacts the interaction between the patient and the health care system. Explanatory models are the ways in which individuals in different cultures see the core reasons of their suffering. The DSM-5 cultural formulation interview is developed to be used as clinical instrument and valuable tool. It is evident that phenomena such as the increasing migratory flows and the globalisation of prevailing social criteria referred to the economy, trade, religion and the perception and the attribution of the causes of disease have determined a shift in the world cultural balance that have direct repercussions on World Mental Health. More specifically, it needs to be seen how the transcultural differences in the personality configurations and psychological operations can be correlated with the cross-cultural differences in psychopathology to arrive at an understanding of these. Furthermore, understanding the central role of culture of mental health and illness must, therefore, be central to any vision of the future of psychiatry. In this presentation transcultural aspects of mental health care in psychiatry will be highlighted and discussed.

Disclosure: No significant relationships.

SOA0002

Early Intervention Programmes in Psychosis

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doi: 10.1192/j.eurpsy.2022.38

Early Intervention Programmes in Psychosis Mental illness is associated with high burden of disease and it has severe individual and societal consequences. In first episode psychosis, specialised Early Intervention Services with team-based intensive case management and family involvement are superior to standard treatment in reducing psychotic and negative symptoms and comorbid substance abuse and improving social functioning and user satisfaction. The results of the OPUS-trials will be presented together with meta-analyses based on similar trials. The sustainability of positive effects will be highlighted with results from three different trials. Results of long-term follow-up studies indicate that the prognosis of first episode psychosis is very diverse with the extremes represented by one group being well functioning and able to quit medication without relapse; and another group having a long-term chronic course of illness with a need for support to maintain daily activities. The latter is, in spite of many efforts, still poorly served. A substantial proportion of patients with psychosis have treatment resistant auditory hallucinations. The UK-based AVATAR-trial was the first to demonstrate effect of simulation training on devaluating voices. The Danish CHALLENGE-trial aim to replicate the findings from the AVATAR trial in a virtual reality setting.

Disclosure: No significant relationships.

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