decreased social attention, although the evidence is still scarce, especially when considering faces as task-irrelevant distractors.
**Objectives:** This study aimed to explore the relationship between the expression of AT in the NTP and exogenous attention to social stimuli.
**Methods:** Fifty-one adult participants were recruited and asked to complete the Autism Spectrum Quotient (AQ), to measure AT, and to perform an attentional capture task. In the latter, they were instructed to detect a target letter in the middle of perceptually similar (high perceptual load) or dissimilar (low perceptual load) distractor letters. In 25% of the trials, task-irrelevant distractors, consisting of images of faces (social) or houses (non-social), were shown flanking the letter stimuli.
**Results:** Response times were found to be affected by distractor-response compatibility, increasing for contralateral distractors, but decreasing for ipsilateral distractors, in relation to trials with no distractors (baseline). Importantly, these trends were magnified for distractor faces in the group with less AT, considering the social skills dimension of AQ, while the same tendency was observed in the group with higher AT, but for distractor houses.
**Conclusions:** Our results support an altered attentional performance in the subclinical phenotype of the autism spectrum. Furthermore, they also add to existing literature documenting similar attentional abnormalities in both the clinical and subclinical extremes of the spectrum, hinting possible shared mechanisms.

**Disclosure:** No significant relationships.
**Keywords:** autism; Attention; social cognition; Broader Autism Phenotype

## EPV0016

## Evaluation of tava program to improve the quality of life in young adults with autism spectrum disorders (ASD)

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**Introduction:** Autism spectrum disorders (ASD), is a population that does not usually receive specific treatment.
**Objectives:** The main objective of the present study is to evaluate whether specific interventions within the TAVA program (transition program to adult life for patients with ADS), produce significant improvements in the quality of life of young adults with ASD.
**Methods:** This is a prospective randomized clinical study of patients with ASD (according to DSM-5 criteria) seen in outpatient of the Parc Tauli University Hospital in Sabadell (Barcelona) since September 2017. We compared the quality of life, functionality, caregiver burden, and comorbidity of patients in TAVA program (beneficiaries of group therapy and specific medical and psychosocial interventions), with that of control patients (treatment as usual), after 2 years of intervention.
**Results:** Our sample is composed of 12 patients with ASD. The average age is 18.4 years. 83% of the sample are men (n = 10). 5 of the patients belonged to TAVA and the other 7 were controls. Overall, TAVA patients presented improvement in the ZARIT and BAI scales compared to control patients. The control patients evolved less favorably in the AAA, SRS and RAAS levels compared to TAVA.
**Conclusions:** Specific interventions in adults with ASD, improve the caregiver's feeling of overload and the patients anxiety, compared to the usual interventions. The lack of regulated interventions produces an unfavorable evolution of the core symptoms of autism. More studies are needed to specify efficient interventions to improve the quality of life of adults with ASD.

**Disclosure:** No significant relationships.
**Keywords:** autism; ASD; quality of life; Functionality

## EPV0017

## The relationship between cognitive test anxiety and mindfulness among university students

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**Introduction:** Cognitive test anxiety is acknowledged as intense anxiety that prevents the effective use of the previously learned knowledge during the exam and leads to a decrease in success. Mindfulness is indicated as the ability to bring one's attention to experiences in the present moment in a non-judgmental way. Despite promising outcomes of mindfulness techniques in regulating stress levels, much uncertainty still exists about the specific associations between cognitive test anxiety and mindfulness subcategories.
**Objectives:** The aim of this study was to investigate the relationship between cognitive test anxiety and subcategories of mindfulness among university students which may help improving current mindfulness interventions that show promising results to tackle cognitive test anxiety.
**Methods:** One hundred-eighty-two university students were recruited for the study via online forms. Mindfulness was measured with Five Facet Mindfulness (FFMQ-S) and the cognitive test anxiety was assessed with Cognitive Test Anxiety Scale-Revised (CTAR).
**Results:** Total scores of CTAR-R has an association between subscales of FFMQ; act-aware and non-judge in a positive direction, whereas; observe and describe in a negative direction. In addition, according to our regression model, FFMQ subscales of describing to indicated lower levels of CTAR scores, whereas act aware and non-judge indicated higher levels of CTAR scores.
**Conclusions:** The findings of the study partially corroborated the previous results by offering inferences about the subcategories of mindfulness. Additionally, these findings suggest that current interventions may target specific subcategories of mindfulness to maximize the positive outcomes of the treatment.

**Disclosure:** No significant relationships.
**Keywords:** Cognitive; stress; test anxiety; mindfulness