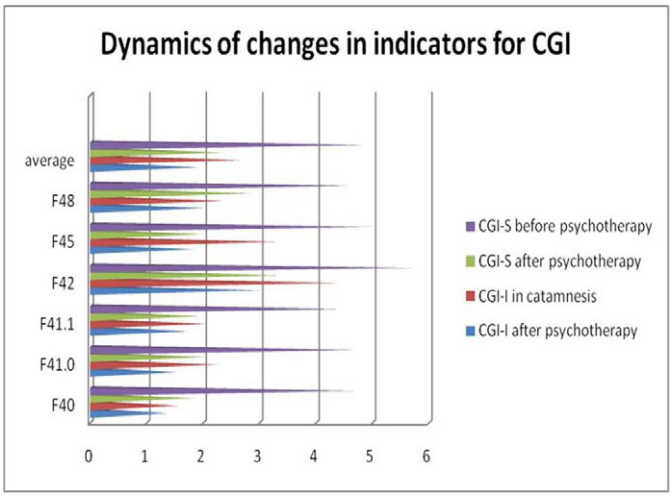


Disclosure: No significant relationships.
Keywords: analytical-cathartic therapy; ACTA; psychotherapy; neurotic disorders

EPV0559

The relationship between mindfulness, depression, anxiety, and quality of life in individuals with schizophrenia spectrum disorders

N. Bergmann[1]*, E. Hahn[1], I.M. Hahne[1], M. Zierhut[1], T.M.T. Ta[1], M. Bajbouj[1], M. Pijnenborg[2] and K. Böge[1]

[1]Department Of Psychiatry, Charité – Universitätsmedizin Berlin, Campus Benjamin Franklin, Berlin, Germany and [2]Faculty Of Behavioral And Social Sciences, University of Groningen, Groningen, Netherlands

*Corresponding author.
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Introduction: Mindfulness-based interventions have received growing attention over the last years for the treatment of various mental disorders, including schizophrenia spectrum disorders (SSD), demonstrating their transdiagnostic validity. However, no study has examined the relationship of probable mechanisms underlying the therapeutic effects of mindfulness in SSD.
Objectives: The current study examines the relationship between mindfulness, depression, anxiety, and quality of life in individuals with SSD through quantitative measures.
Methods: A total of 83 participants with SSD were recruited at the in- and outpatient facility of the Charité – Universitätsmedizin Berlin in Germany. Participants completed the Southampton Mindfulness Questionnaire, Comprehensive Inventory for Mindful Experiences, and Freiburger Mindfulness Inventory, the Depression, Anxiety, Stress Scale, and the World Health Organization Quality of Life Questionnaire. PROCESS analysis examined the relationship between mindfulness and quality of life and the mediating role of depression and anxiety.
Results: Indicated a significant positive association between mindfulness and physical health, psychological and environmental quality of life. Depression and anxiety were found to mediate this relationship, with higher depression and anxiety scores being related to lower mindfulness and quality of life. In this relationship, however, depression was found to be the stronger predictor.
Conclusions: The findings of this study provide insight into the mechanisms of mindfulness. Initial evidence for the transdiagnostic and process-based clinical relevance of MBIs for SSD has been found and future studies can further explore the role of mindfulness for central therapeutic processes of change by employing longitudinal designs.

Disclosure: No significant relationships.
Keywords: Depression; Anxiety; mindfulness; Schizophrenia spectrum disorders

EPV0560

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

E. Fernández-Jiménez[1]*, E. Vidal-Bermejo[2], I. Torrea-Araiz[2], T. Castellanos-Villaverde[2], G. Navarro-Oliver[2] and A. Hospital-Moreno[2]

[1]Idipaz, Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain and [2]Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain

*Corresponding author.
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Introduction: Research is needed to explore whether cognitive flexibility may account for potential gender differences after mindfulness-based interventions.
Objectives: To compare the effectiveness of Acceptance and Commitment Therapy (ACT) versus a Mindfulness-based Emotional Regulation (MER) intervention on cognitive flexibility 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-B.
Results: A natural logarithmic transformation was conducted to correct violation of normality and homoscedasticity assumptions. 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 [$F_{(1, 52)} = .014$, $p = .907$]. An interaction effect was observed between pre-post change x intervention [$F_{(1, 52)} = 4.180$, $p = .046$; statistical power observed = 52%]: while TMT-B improved after ACT ($p = .001$; Cohen's $d = 0.607$), there were no changes after MER ($p = .367$; Cohen's $d = 0.097$).
Conclusions: These medium effect-size results confirm previous findings of our research team indicating cognitive flexibility improves after ACT but not after MER.

Disclosure: No significant relationships.
Keywords: Mindfulness-based Emotional Regulation; acceptance and commitment therapy; randomized controlled trial; cognitive flexibility

EPV0561

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

T. Castellanos-Villaverde[1], E. Fernández-Jiménez[2*], E. Vidal-Bermejo[1], I. Torrea-Araiz[1], G. Navarro-Oliver[1] and A. Hospital-Moreno[1]

[1]Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain and [2]Idipaz, Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain

*Corresponding author.
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Introduction: Results about the effects of mindfulness training on the executive function of inhibition are mixed. Research about interventions in anxiety disorders is needed to exam the differential efficacy among men and women, and the factors involved in those potential gender differences.
Objectives: To compare the effectiveness of Acceptance and Commitment Therapy (ACT) versus a Mindfulness-based Emotional Regulation (MER) intervention on inhibitory control 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 Interference score of the Stroop test.
Results: Normality and homoscedasticity assumptions were met. No statistically significant differences were observed on age or gender between interventions. A statistically significant interaction effect was observed between pre-post change x intervention x gender on Interference [$F_{(1, 52)} = 5.004$, $p = .030$; statistical power observed = 59.3%]. Improvement in interference was larger for women after ACT ($p = .000$) and for men after MER ($p = .002$).
Conclusions: These preliminary results show improvements in inhibition after the two interventions examined. However, each treatment maximizes improvement in different ways according to gender. Further research is required.

Disclosure: No significant relationships.
Keywords: Mindfulness-based Emotional Regulation; Stroop effect; acceptance and commitment therapy; randomized controlled trial

EPV0562

Attentional functioning after two online mindfulness-based group interventions: Acceptance and commitment therapy and a mindfulness-based emotional regulation intervention in anxiety disorders. Preliminary results

G. Navarro-Oliver[1], E. Fernández-Jiménez[2*], I. Torrea-Araiz[1], T. Castellanos-Villaverde[1], E. Vidal-Bermejo[1] and A. Hospital-Moreno[1]

[1]Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain and [2]Idipaz, Department Of Psychiatry, Clinical Psychology And Mental Health, La Paz University Hospital, Madrid, Spain

*Corresponding author.
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Introduction: The relationship between attentional functioning and mindfulness is an intensive field of study, mainly in face-to-face interventions. However, no neuropsychological study addressed the effect of online mindfulness-based interventions on this cognitive function.
Objectives: To assess changes on attentional functioning 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 variables were the scores on the TMT-A (seconds), Digit span forward and Longest digit span forward (WAIS-IV). A comparison of paired-means was conducted. Statistical significance was set at $p < .05$.
Results: The normality assumption was met except for Longest digit span forward. The paired t-test showed statistically significant change between pre-treatment and post-treatment on TMT-A [$t_{(12)} = 3.81$; $p = 0.002$; Cohen's $d = 1.056$; statistical power observed = 94.0%], but not on Digit span forward ($p = .45$). Wilcoxon signed ranks test showed no statistically significant change on Longest digit span forward ($p = .56$).
Conclusions: These results show a large improvement on visual attention and speed of visuomotor tracking, but not on auditive attention, after both online mindfulness-based group interventions.

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

EPV0563

TMT-B after two online mindfulness-based group interventions: Acceptance and commitment therapy and a mindfulness-based emotional regulation intervention in anxiety disorders. Preliminary results

I. Torrea-Araiz[1], E. Fernández-Jiménez[2*], G. Navarro-Oliver[1], E. Vidal-Bermejo[1], T. Castellanos-Villaverde[1] and A. Hospital-Moreno[1]