

Introduction: Evidence in literature suggests a positive correlation between clinical response to electroconvulsive therapy (ECT) and electroencephalographic (EEG) quality. Several authors have identified elements from the EEG that could be associated to greater ECT efficacy. Still, we lack a practical scale to monitor EEG response in daily clinical practice.

Objectives: (1) to design a simple scale, easy to administer, using the EEG parameters with greater evidence in literature; (2) to prove the correlation between this scale and clinical response in a real sample of patients.

Methods: The design of the scale was based on a bibliographical review and a consensus between the authors. Two raters analyzed the EEG registers (sessions 2 to 6, 275 treatments) from 55 patients from 3 different hospitals. Raters were blinded to subject ID and ECT treatment number and, afterwards, EEG scores were correlated with the scores obtained in MADRS (Montgomery-Asberg Depression Rating Scale), which had been administered at baseline and at the end of the ECT course.

Results: None of the EEG parameters contemplated in the scale were statistically significant in predicting change in MADRS. However, models contemplating loss of EEG quality (rather than the ones that only considered mean quality) tended to predict more of the variance in MADRS change.

Conclusions: The lack of statistical significance is likely to be attributed to methodological limitations (insufficient sample, failure to control for other confounding variables...), but it could also be due to an excessive simplification of the scale. The validation of the scale should be examined in a larger sample.

Conflict of interest: No

Keywords Dépression; Electroencephalogram; Clinical scale; Electroconvulsive Therapy

Psychotherapy - Part I

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Evidence-based psychotherapeutic interventions for young people with mental disorders: a systematic review

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Introduction: Young People (YP) with mental disorders have the highest rates of long-term morbidity and mortality. Mental disorders increase markedly in young adulthood: 75% of mental disorders emerge before the age of 25 years but less than half of YP

Mental Disorder	Studies identified from Searches			
	Database PsychInfo, Pubmed	Abstracts	Full paper	Therapeutic modules
Autism	332	83	15	CBT n=9, Miscellaneous n=6
ADHD	497	180	14	CBT n = 4, Mindfulness n=2, FT n=2, Miscellaneous n= 6
Substance Use Disorders	2136	735	185	MI n=35, CBT n =26, FT n=53, MET n=8, Miscellaneous n= 63
Conduct Disorders	1381	402	27	CBTn=5 MDTn=6 FT n=6 Miscellaneous n=10

receive appropriate treatment. Recognizing this public health concern, the European Cooperation in Science and Technology (COST) funded the “European Network of Individualized Psychotherapy Treatment of Young People with Mental Disorders” (TREATme).

Objectives: To conduct systematic literature reviews elucidating the efficacy of psychotherapeutic interventions for YP diagnosed with mental disorders

Methods: Systematic reviews on treatment outcomes for psychotherapeutic interventions targeting specific disorders were performed as part of a larger study. Search strings were created for each disorder group and used in Pubmed and PsychInfo databases following PRISMA guidelines. Inclusion and exclusion criteria were created following the PICOS model. Identified papers were rated by two independent raters per disorder and the final selection made after consensus was reached.

Results: Searches identified 14,021 studies on 9 different mental disorders, duplicates removed n=9980. A total of 332 ASD studies identified, 15 clinical trials chosen from full text selection criteria, ADHD 497 studies, selected n=14, Substance misuse of 2136 studies, 185 were selected, CD 1381, 27 selected, Table 1. The preliminary results from 4 systematic reviews will be presented and discussed.

Conclusions: The findings inform which psychotherapeutic interventions have strongest evidence on being effective for these mental disorders in YP.

Conflict of interest: No

Keywords young people; mental disorders; psychotherapy; Systematic Review

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The beatotherapy approach to the study of negative emotions

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