PMR161
ASSOCIATING THE METHODOLOGICAL VALUE OF DIGITAL REAL-TIME COLLECTION OF QUALITATIVE CONTENT IN SUPPORTING IN-DEPTH QUALITATIVE INTERVIEWS EXPLORING THE SYMPTOMS AND IMPACTS OF GOUT ON PATIENT-RELATED QUALITY OF LIFE

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OBJECTIVES: Gout is the most common arthritic condition, but research of gout patient’s experiences is limited. Qualitative interviews provide valid and reliable means of gaining in-depth insight into the patient experience, but are typically conducted in artificial environments relying on patient recall. Novel digital methods of collecting qualitative data through real-time data capture (RTDC) have recently emerged and may have some ecological validity. The objective of this research was to assess the added methodological value of analyzing audio/video data recorded and submitted by gout patients through a mobile phone application while experiencing flares.

METHODS: A total of 30 small and medium-sized patient focus groups were conducted with gout patients in England and France. Focus groups were video-recorded using a mobile application (VRET) and patients were also asked to complete the EQ-5D-5L instrument both at baseline and on completion of the focus group sessions.

RESULTS: A total of 129 PwP, randomly assigned to one of two groups; one required to provide a response to every item and one with the option to skip any item they did not wish to answer. RESULTS: Cognitive interviews indicated that the eEQ5D is acceptable to PwP, with positive feedback regarding layout, features and functionality. 125 PwP fully completed the eEQ5D. Following randomization 60 participants completed the forced response eEQ5D and 65 completed the non-forced version. Response rates of 98.4% were recorded for the forced response eEQ5D and 95.6% for the non-forced version. Missing value analyses calculated levels of missing data at below 5% in the non-forced sample.

CONCLUSIONS: The eEQ5D is user-friendly and acceptable to adults. Additionally, the use of self-reporting with implementing non-response options on response rates and data completeness.

PMR165
EFFICACY OF VIRTUAL REALITY EXPOSURE THERAPY IN THE MANAGEMENT OF SYMPTOMS ASSOCIATED WITH POST TRAUMATIC STRESS DISORDER

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OBJECTIVES: Management of symptoms and illness for post traumatic stress disorder (PTSD) requires effective and prolonged psychiatric support. Re-experiencing traumatic memories and events via virtual reality exposure therapy (VRET) can lead to reduction of illness and symptoms associated with PTSD. This systematic literature review aims to demonstrate the value of VRET in the management of illness and symptoms associated with PTSD. METHODS: Studies published in the English language for the years 2000-2016 that used VRET were searched Embase, PubMed, and Cochrane databases using relevant search strategies. Two researchers are independently reviewing studies as per the Cochrane methodology for systematic literature review.

RESULTS: 32 articles were included in this review. VRET resulted in significant improvements in PTSD symptoms and in QoL.

CONCLUSIONS: The evidence from this systematic review will hopefully suggest the role of VRET as a promising new tool for managing PTSD from a psychosocial perspective.

PMR166
QUALITY OF LIFE ELEMENTS IN SCHIZOPHRENIA FOR PATIENTS AND CAREGIVERS OFFER CHALLENGES TO AND OPPORTUNITIES FOR INTERVENTION

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OBJECTIVES: Schizophrenia is responsible for high levels of individual morbidity; acute schizophrenia had the highest disability score of any condition in the 2010 Global Burden of Disease study. Consequently quality of life (QoL) overall and related to health is a major issue for patients, as well as their families/carers. METHODS: We undertook a pragmatic literature search of publications relating to QoL and schizophrenia over the past 7 years to identify main themes and trends.

RESULTS: Patient-reported QoL is often overestimated compared to objective QoL, as measured by health care professions, particularly during psychotic episodes. Factors that appear to be adversely associated with QoL include symptoms, treatment side effects, physical mobility, lack of relationships, daily activity, housing, social stigma and self-stigma. In some cases, there is a complex cause and effect relationship. Families/carers: Those looking after patients with schizophrenia suffer impaired QoL and this can have an impact on the whole household and its social milieu. Poor QoL at levels of care and treatment for schizophrenia can lead to diminished QoL and an increased risk of suicide. On the other hand, the experience of caring for a patient with schizophrenia may also have a positive effect on the health of some caregivers, which in turn risks a relapse of symptoms and ultimately hospitalisation. On the other hand, the experience of caring for a patient with schizophrenia may also have a positive effect on the health of some caregivers, which in turn risks a relapse of symptoms and ultimately hospitalisation.

CONCLUSIONS: QoL in schizophrenia is complicated and must be fully understood and help develop effective programmes to improve the QoL for sufferers and their families/carers. Programmes that do not reflect this complexity may increase risk of symptom recurrence and even suicide. Thus, when devising intervention programmes to supplement drug treatment for management of schizophrenia, a range of patient- and carer-related factors must considered.