

combining SSRIs with antipsychotics can be effective, particularly in cases with minimal insight. In our case, the introduction of low-dose aripiprazole led to significant improvement, supporting a combined pharmacological strategy addressing both obsessional and psychotic dimensions and aligning with the schizo-obsessive spectrum framework.

#### Conclusions:

1. This case highlights the difficulty in distinguishing psychotic from obsessive symptoms when insight is poor, emphasizing the need for careful differential diagnosis.
2. The overlap of obsessive and psychotic features in this patient indicates the need for further study of “schizo-obsessive” phenomena.
3. The patient’s positive response to combined SSRIs and antipsychotics suggests this approach may be effective for similar cases with overlapping symptoms.

**Disclosure of Interest:** None Declared

### EPV1118

#### From OCD Traps to Transformative Dialogue: Managing a Case of OCD and Body Dysmorphic Disorder with Dramatised Socratic Dialogue

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**Introduction:** Obsessive-compulsive disorder (OCD) and body dysmorphic disorder (BDD) often co-occur, creating complex symptom profiles and requiring multifaceted treatment approaches. OCD can lead to intense self-monitoring and distressing obsessive-compulsive behaviours, while BDD contributes to a distorted self-image, exacerbating feelings of inadequacy and shame. This case study explores the use of a metacognitive approach using Dramatised Socratic Dialogue (DSD) in the treatment of a patient with severe OCD and BDD, focusing on relational challenges, pervasive shame and self-criticism.

**Objectives:** To evaluate the effectiveness of dramatised Socratic dialogue and exposure with response prevention (E/RP) in the treatment of a complex case of OCD and BDD. Specifically, to address intrusive self-criticism, enhance the therapeutic alliance, and reduce shame-related behaviours.

**Methods:** A 33-year-old man with a long history of OCD and BDD symptoms, including excessive mirror checking and social avoidance, was assessed using the MMPI-2, PID-5, MADRS, STAY-1 and 2, and Y-BOCS, confirming OCD, BDD, and major depressive disorder. Treatment included establishing a strong therapeutic alliance, psychoeducation, E/RP and DSD targeting persistent self-criticism. After an initial phase, interventions focused on reducing compulsive behaviours and promoting self-acceptance.

**Results:** Initial E/RP led to symptom improvement but maintained a sense of control that limited full therapeutic progress. DSD successfully reduced self-critical dialogue and addressed shame and self-perceived social unacceptability, although it temporarily

disrupted the therapeutic alliance. Subsequent reintegration of E/RP alongside DSD facilitated substantial reductions in OCD and BDD symptoms, with the patient reporting increased mood stability and reduced social avoidance.

**Conclusions:** This case highlights the benefits of integrating dramatised Socratic dialogue with traditional CBT methods such as E/RP to address OCD and BDD symptoms where shame and self-criticism are significant. DSD proved effective in reframing negative self-talk, breaking cycles of self-criticism and supporting long-term symptom reduction. This approach shows promise for treating complex cases involving intense feelings of inadequacy and shame.

**Disclosure of Interest:** None Declared

### EPV1119

#### Investigating the efficacy of an online mindfulness-based intervention in a sample of medical students with obsessive-compulsive disorder

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**Introduction:** Obsessive-compulsive disorder (OCD) affects 1-3% of the population and is the fourth most debilitating psychiatric disorder. OCD characterised by persistent obsessions and compulsions in the ICD-11 is more common in students, with rates often exceeding 3-4% in medical students. Effective mental health services and interventions are critical in supporting these students.

**Objectives:** Creating an online mindfulness-based intervention for Cardiff University medical students to engage with remotely. Evaluating the effectiveness of the intervention in reducing OCD symptoms.

**Methods:** Medical students at Cardiff University’s School of Medicine, including those in intercalation years, were invited to fill out an online survey using Microsoft Forms. This included self-report measures such as the Beck Depression Inventory-II (BDI-II), the State-Trait Anxiety Inventory (STAI), and the Obsessive-Compulsive Inventory-Revised (OCI-R). Recruited participants completed a two-part intervention based on Acceptance and Commitment Therapy (ACT). The course was designed on the Xerte platform and used reflective tasks, interactive elements, and embedded videos. The intervention was developed with MyMedic, the Medical School’s mental health service. Participants completed the same online survey and a feedback form post intervention. Responses were analysed for changes in OCI-R scores.

**Results:** Thirty-two students completed the pre-intervention survey. Six students met the study’s inclusion criteria. A significant positive relationship was found between OCI-R scores (minus hoarding) and BDI-II scores ( $\chi^2$  (3, N=32) = 10.745,  $p=0.01$ ) (Figure 1). Three participants revealed reduced OCI-R (minus hoarding), STAI, and BDI-II scores after the intervention (Figure 2). The intervention was rated highly for usefulness and relevance, but neutral for interactivity. The embedded videos were deemed useful, and the module was thought-provoking.

Image 1:

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	10.745 <sup>a</sup>	3	.013
Likelihood Ratio	10.435	3	.015
Linear-by-Linear Association	.680	1	.410
N of Valid Cases	32		

Figure 1: Chi-square analysis for the relationship between OCI-R (minus hoarding) scores and BDI-II score using SPSS software

Image 2:

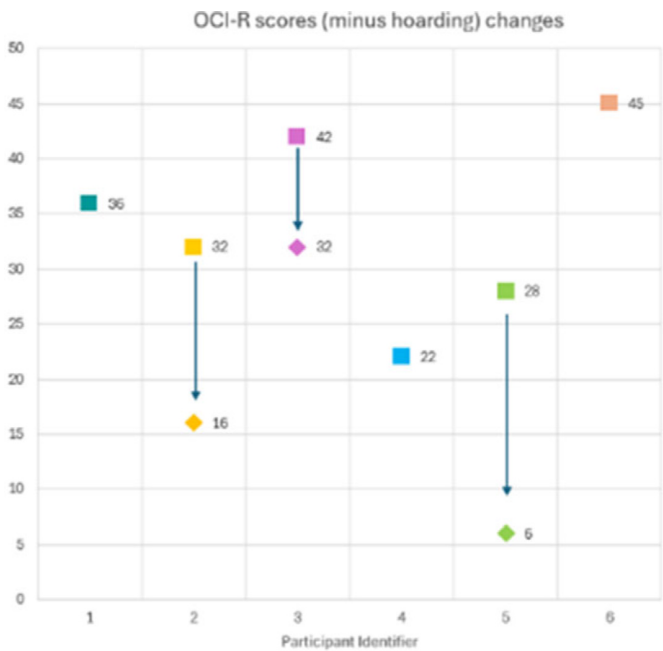


Figure 2: Analysis of participants OCI-R (minus hoarding) score changes

**Conclusions:** This study found an 18% prevalence of OCD among medical students. The ACT-based skills course which emphasises psychological flexibility and mindfulness resulted in a significant reduction in the OCI-R. ACT could be a useful tool for university support services, potentially complementing or replacing CBT. Integrating such interventions into medical curricula may provide more comprehensive support and reduce wait times for mental health services.

**Disclosure of Interest:** None Declared

## EPV1120

### Obsessive-Compulsive Disorder and the Postpartum Period: A Clinical Analysis

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**Introduction:** The postpartum period is a crucial stage in women’s lives, characterized by significant physical, emotional, and psychological changes. Among the mental complications that can arise during this stage, postpartum Obsessive-Compulsive Disorder (OCD) has gained increasing attention due to its significant impact on the quality of life of mothers and their ability to care for their newborns.

**Objectives:** This study aims to analyze the prevalence, etiology, clinical manifestations, and therapeutic approaches of OCD in the postpartum period.

**Methods:** The study reviews existing literature on the prevalence of postpartum OCD, which varies between 2% and 16.9%. It examines symptoms such as intrusive thoughts of harm towards the baby, repetitive checking behaviors, and cleaning compulsions. The study also identifies risk factors including personal or family history of OCD, traumatic experiences, and high-stress levels, as well as the influence of hormonal fluctuations and neurobiological changes on the vulnerability to postpartum OCD. The therapeutic approaches reviewed include pharmacological interventions, primarily with selective serotonin reuptake inhibitors (SSRIs), and psychological therapies, including cognitive-behavioral therapy (CBT) specialized in OCD.

**Results:** The combination of pharmacological and psychological strategies shows promise in reducing symptoms and improving the overall functioning of patients. Early detection and adequate treatment of postpartum OCD are essential to prevent long-term complications, promoting the well-being of mothers and their families. The study underscores the need for further research and awareness about postpartum OCD to develop more effective mental health policies and specific support programs.

**Conclusions:** This study underscores the need for further research and increased awareness about postpartum OCD. Developing more effective mental health policies and specific support programs is crucial to address this condition. Enhanced understanding and intervention can significantly improve outcomes for affected mothers and their families.

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## EPV1121

### A broken heart due to obsessive-compulsive disorder (OCD): a case report of Takotsubo Syndrome in a woman with untreated OCD

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