

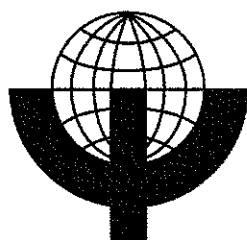


# ČESKÁ A SLOVENSKÁ PSYCHIATRIE

JOURNAL OF CZECH AND SLOVAK PSYCHIATRY

## XIV WORLD CONGRESS OF PSYCHIATRY

20-25 SEPTEMBER 2008  
PRAGUE, CZECH REPUBLIC



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CONGRESS  
OF PSYCHIATRY  
20-25 September 2008  
Prague • Czech Republic

# ABSTRACTS

SUPPLEMENTUM **2**

ISSN 1212-0383

VOLUME 104 SEPTEMBER / 2008

OC-01-05

## FIRST NUTRITIONAL ASSESSMENT OF ISRAELI PATIENTS WITH SCHIZOPHRENIA

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**BACKGROUND:** The prevalence of obesity among schizophrenic patients in Israel is increasing. No systematic assessment of the actual nutritional composition of the diet of schizophrenic patients in Israel has been carried out. For that reason we conducted a survey based on the first National Health and Nutrition Survey (Israeli Ministry of Health, 2004).

**AIM:** The aim of this study is to formulate a basis for the evaluation of health and different nutritional variables indicators in schizophrenic patients, and to identify of sub-population groups at increased risk of morbidity.

**METHODS:** A face to face interview was completed in 30 acute and 30 chronic schizophrenia inpatients to gather information on de-

mographic variables, different nutritional variables, knowledge and attitudes regarding nutrition, health status, alcohol intake, exercise and smoking habits.

**RESULTS:** BMI of chronic patients [BMI < 20.0 in 4 (13.8%) of subjects] was significantly higher than of acute patients [BMI > 35.0 in 4 (13.8%) of subjects] (Likelihood ratio = 12.8; df = 4; p < .012), but were no differences in nutritional status (NS) and eating habits (NS).

**CONCLUSIONS:** The results can be used by health organization to evaluate the existing programs and government policies and to plan future ones.

OC-01-06

## NEUROFEEDBACK IS AN OPTION TO ENHANCE SELF-REGULATION IN SCHIZOPHRENIA?

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Neurofeedback or electroencephalogram (EEG) biofeedback is a technique developed to train self-regulation of a specific aspect of the electrical activity of the brain. It has been used successfully in the treatment of several disorders (e.g., Depressive and Bipolar Illness, Epilepsy, Substance Abuse, Attention Deficit Disorders and Learning Disabilities, Traumatic Brain Injury) using different treatment protocols. Despite accumulation of evidence showing the efficacy of this treatment, few studies reported its use with schizophrenic patients. In this sense, the aim of this presentation is to discuss the

clinical protocol which will be used during a program of cognitive remediation of patients diagnosed with Schizophrenia. Literature review suggests that self-regulation of cortical excitability and the alteration of interhemispheric asymmetry through learned control may be a useful application of EEG Biofeedback. Moreover, several Neurofeedback protocols used to treat other disorders were shown to be effective improving attention, motivation and self-control, making them good options to help persons with Schizophrenia to train brain toward stability.