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Emotions and opinions of women with psychosocial discomfort in relation to therapeutical intervention through a self-help group.

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Background and Aim: To know the expectations, opinions and emotions of female patients of Primary Care in our area, that seek medical help due to symptoms related to emotional discomfort derived from psychosocial background after therapeutic intervention in self-help groups treating common daily problems.

Method: Qualitative analysis carried out in two-year period of time (2014-2015) in four urban health areas including all female patients with frequent visits related to psychosocial discomfort, willing to participate. Those patients were divided into two groups of 15 members each, directed by two social workers one of which would coordinate the group while the other one's duty would be to observe and register the ideas expressed. In total, twelve two-hour meetings were carried out on weekly basis. Before entering the programme and after its finalization, both the opinions and expectations as well as the emotions of those patients were analyzed to determine whether the group activity came in useful to help them express their feelings and helped them face everyday life difficulties and loneliness.

Results: Initial emotions and expectations registered: "It will help me feel better", "I will benefit from it", "I will face my fears", "I will look after myself more", "I will learn to express my feelings", "I will learn from others", "I want to find myself".

Emotions and expectations after the 12 week project: "I realized what my problem was and I wasn't left on my own", "I value and love myself more", "I thought it was my fault and I was wrong", "I received more than I gave", "I was given strength", "I regained energy to change".

Conclusions: Therapeutic intervention in self-help groups treating daily problems resulted effective to diminish discomfort suffered by our female patients by generating positive emotions and feeling of support.