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Symposium

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From mentee to mentor: Becoming an early career professor in psychiatry

A. Fiorillo

Department Of Psychiatry, University of Campania "L. Vanvitelli", Naples, Italy

In the last years several social, economic and scientific changes have occurred, which have had a significant impact on psychiatric clinical practice, research and training. Some traditional syndromes seem to be disappeared, while new forms of mental health problems are coming to psychiatric consultation. The psychosocial distress caused by the current ongoing crisis due to the COVID-19 or the maladaptive use of the new technologies among the younger generation, are some good examples of psychosocial factors causing new mental health disturbances. Psychiatrists and mental health professionals are not yet well-equipped for managing these, which represent major unmet needs in modern clinical practice. Furthermore, in this evolving social context, the societal role of psychiatrists is completely changed, moving from being “alienist” working in asylums to “mental health care providers” working in the communities. The role of psychiatrists is to improve global mental health and to promote well-being in the general population according to a life-span perspective. Nowadays, early career psychiatrists report several unmet needs that we are not able to manage. In this symposium, I will describe my personal experience of moving from my role of mentee to mentor.

Disclosure: No significant relationships.

Keywords: early career psychiatrist; mentor; Future of psychiatry

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The way forward: Insights and suggestions from an early career psychiatrist

M. Pinto Da Costa

Unit For Social And Community Psychiatry (who Collaborating Centre For Mental Health Services Development), Queen Mary University of London, London, United Kingdom
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People with psychosis are commonly socially isolated, both due to their condition, and the stigma towards them. Remote volunteering over smart-phone can be a way to overcome social isolation and physical distance, promoting social inclusion. This talk will present the qualitative findings from a feasibility study – the Phone Pal – which connected in the United Kingdom patients with psychosis with community volunteers, to communicate with each other for up to 12 weeks via smart-phone (through texts, WhatsApp messages, e-mails, audio or video calls). Participants described at the end of the study their experiences of communicating with their match over the smart-phone in terms of frequency, duration and timing of communication, their communication method, content and style, and the changes of communication over time. Several participants reported a positive impact of being connected with someone, meeting a new person, feeling supported and feeling better, and a few described challenges, such as disappointment, guilt and burden. These interview findings show that some matches were able to develop a positive and friendly relationship, and were willing to continue to be in contact with each other beyond the study duration. It is hoped that this talk will generate a lively discussion, gathering further understanding about the potential benefits and challenges of remote volunteering over smart-phone for patients and volunteers, and its potential usefulness in the current pandemic times.

Disclosure: No significant relationships.

Keywords: Interviews; Volunteering; Technology; psychosis

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Integrating real world evidence and mobile technology to reduce treatment gaps in mental healthcare: Lessons from COVID-19

R. Patel1*, J. Irving1, A. Brinn1, M. Broadbent2, H. Shetty3, M. Pritchard2, J. Downs3, R. Stewart3 and R. Harland3

1Department Of Psychiatry Studies, Institute of Psychiatry, Psychology & Neuroscience, KCL, London, United Kingdom; 2Nihr Maudsley Biomedical Research Centre, South London and Maudsley NHS Foundation Trust, London, United Kingdom and 3Department Of Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, KCL, London, United Kingdom

*Corresponding Author.

Background: Remote consultation technology has been rapidly adopted due to the COVID-19 pandemic. However, some healthcare settings have faced barriers in implementation. We present a study to investigate changes in rates of remote consultation during the pandemic using a large electronic health record (EHR) dataset.

Methods: The Clinical Record Interactive Search tool (CRIS) was used to examine de-identified EHR data of people receiving mental healthcare in South London, UK. Data from around 37,500 patients were analysed for each week from 7th January 2019 and 20th September 2020 using linear regression and locally estimated scatterplot smoothing (LOESS) to investigate changes in the number of clinical contacts (in-person, remote or non-attended) with mental healthcare professionals and prescribing of antipsychotics and mood stabilisers. The data are presented in an interactive dashboard: http://rpatel.co.uk/TelepsychiatryDashboard.

Results: The frequency of in-person contacts was substantially reduced following the onset of the pandemic (β coefficient: -5829.6 contacts, 95% CI -6919.5 to -4739.6, p<0.001), while the frequency of remote contacts increased significantly (β coefficient: 3338.5 contacts, 95% CI 3074.4 to 3602.7, p<0.001). Rates of remote consultation were lower in older adults than in working age adults, children and adolescents. Despite the increase in remote contact, antipsychotic and mood stabiliser prescribing remained at similar levels.

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Naples, Italy

Department Of Psychiatry, University of Campania "L. Vanvitelli", Naples, Italy

A. Fiorillo

Professor in psychiatry


Neuroscience, KCL, London, United Kingdom

Psychological Medicine, Institute of Psychiatry, Psychology & Neuroscience, KCL, London, United Kingdom and 3Department Of Psychiatry Studies, Institute of Psychiatry, Psychology & Neuroscience, KCL, London, United Kingdom

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**Conclusions:** The COVID-19 pandemic has been associated with a marked increase in remote consultation, particularly among younger patients. However, there was no evidence that this has led to changes in prescribing. Further work is needed to support older patients in accessing remote mental healthcare.

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**Keywords:** telepsychiatry; telemedicine; SARS-Cov2; Electronic health records

**Digital psychiatry and COVID-19: a potential recruitment opportunity**

D. Rigby

The Meadows Inpatient Unit, Surrey and Borders Partnership NHS Trust, Epsom, United Kingdom

Psychiatry has long been battling with a recruitment crisis in the UK which is also reflected across much of Europe. Covid-19 has brought about widespread changes to our ways of working, as well as driving technological developments, which provides potential opportunities for the profession to draw people into the speciality. Covid-19 has brought interest in digital psychiatry from the peripheries to the mainstream. Mental health professionals are currently using sophisticated technologies such as Virtual Reality, Artificial Intelligence and Natural Language Processing in the diagnosis and treatment of mental health disorders. Highlighting the ways in which our profession is at the cutting edge of innovation to junior doctors offers a fruitful avenue to improve recruitment into the discipline as well as evaluating the benefits and challenges of the shift to telepsychiatry during Covid-19 and will offer some suggestions what the profession can learn from this to help future recruitment.

**Disclosure:** No significant relationships.

**Keywords:** digital; telepsychiatry; COVID-19; Recruitment

**Social media misinformation during the COVID-19 pandemic: Impacts on public mental health**

M. Alvarez-Mon

Department Of Psychiatry, University Hospital Infanta Leonor, Madrid, Spain
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Social Media Misinformation During the COVID-19 Pandemic: Impacts on Public Mental Health

**Introduction:** Some behavioral measures such as handwashing, masking or social distancing are among the most effective tools to combat COVID-19 pandemic.

**Objectives:** Describe the extent to which major media outlets in the United States and Spain have tweeted about COVID-19 health related behaviors, and determine if differences exist between major media outlets in the two countries.

**Methods:** We analyzed contents posted on Twitter by 25 major media outlet’s (15 from USA and 10 from Spain) about COVID health related behaviors (HRB). News content were analyzed and classified as well as Twitter users’ reactions.

**Results:** Masking and quarantine were the HRB that generated most of the tweets. However, we found differences between media outlets in the two countries. Twitter user’s engaged more with tweets posted by USA media. Most of the tweets describing HRB from the general population were consistent with CDC/WHO guidelines.

**Conclusions:** Understanding the public view of these HRB is necessary to design promotional strategies aimed at the appropriate population.

**Disclosure:** No significant relationships.

**Keywords:** Twitter; COVID

**Monerdaktar: A large online mental health service to improve access to care in bangladesh during the COVID-19 pandemic**

T. Rashid Soron* and Z.F. Chowdhury

Compaince And Finance, Telepsychiatry Research and Innovation Netowrk Ltd, Dhaka, Bangladesh

*Corresponding Author.

**Background:** More than 92% of people in Bangladesh are deprived from any sort of mental health care due to severe scarcity of mental health professionals, widespread stigma, lack of awareness, the inability to travel from remote area to Dhaka and maintaining the cost of travel and clinics. Moreover, the COVID-19 crisis made review some of the ways in which developments in digital psychiatry have been used to help generate interest for recruitment into the discipline as well as evaluating the benefits and challenges of the shift to telepsychiatry during Covid-19 and will offer some suggestions what the profession can learn from this to help future recruitment.

**Disclosure:** No significant relationships.

**Keywords:** digital; telepsychiatry; COVID-19; Recruitment