

Abstract

Cite this article: (2022). Workshop. *European Psychiatry* 65(S1), S43–S58.

Educational**Hot Topics of Delivering Care: An Update from EPA Scientific Sections****W0001****New way of Providing Care: the Role of Telemental Health**

U. Volpe

Università Politecnica delle Marche, Unit Of Clinical Psychiatry, Department Of Clinical Neurosciences/dimsc, Ancona, Italy

doi: 10.1192/j.eurpsy.2022.147

Telemental health care can be defined as the delivery of mental health care services at distance, by using information and communication technologies for the exchange of valid information for diagnosis, treatment and prevention of mental illnesses, as well as for research and education in the field of clinical psychiatry. While telemental health care practice was long established in many countries, its development proceeded with some variability worldwide. Over the past months, however, the recent COVID-19 pandemic has abruptly spread telemental health care practice worldwide, mostly to ensure the provision of care and assistance to psychiatric patients in spite of the governmental social contact restrictions. Although the process of rapid implementation has often happened at different rates and with different quality standards, across the various countries and sites, a global increase of the use of digital technologies has been reported. On the other hand, such recent events have also sparked a real paradigm shift in mental health care, significantly expanding the scope of e-mental health, given the recent availability of newer tools of digital psychiatry. In more detail, the use of mobile phones applications, of social media, of immersive reality and of chatbots is now driving psychiatry towards envisioning a more hybrid form of psychiatric practice, which holds the potential to finally overcome the traditional gap between the unmet needs of psychiatric patients and the relative lack of services and resources in mental health care. Here, the research evidence and the most compelling implementation issues in digital psychiatry will be reviewed.

Disclosure: No significant relationships.

Keywords: telemental health; e-mental health; digital psychiatry; digital therapeutics

W0002**Starting Digital Treatment for Neurodevelopmental Disorders by Experience Experts: On the Waiting List for Diagnostic Assessment via the Super Brains App**

J.J.S. Kooij* and R. Den Hollander

Super Brains BV, -, Oud Beijerland, Netherlands

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.148

Digital treatment for neurodevelopmental disorders is being developed in order to treat patients online when possible, to reduce waitinglists, and to improve efficiency of treatment. In this workshop, first experiences with the so called Start Programme of the Super Brains app for ADHD in adults are presented. The Super Brains app has been developed by Rutger den Hollander, who himself has ADHD and owns an ICT company in the Netherlands, in cooperation with the speaker of this workshop and Parnassia Groep. The Start Programme is a new part of the Super Brains app, meant for patients referred for treatment that have to wait on often long waitinglists. Now they have no longer to wait, but can start immediately preparing for assessment by filling in questionnaires, and with psycho-education, lifestyle tips and support by experience experts that welcome them in the app and show them around. First data on the use of different parts of the Start Programme, the activity of

© The Author(s), 2022. Published by Cambridge University Press on behalf of the European Psychiatric Association. This is an Open Access article, distributed under the terms of the Creative Commons Attribution licence (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted re-use, distribution, and reproduction in any medium, provided the original work is properly cited.



EUROPEAN PSYCHIATRIC ASSOCIATION