

interventions provided in the workplace aiming to improve mental health, presenteeism and absenteeism of employees.

Methods: We searched several databases for RCTs published from 2000 onwards. Data were extracted into a standardised data extraction form. The quality of the included studies was assessed using the Cochrane Risk of Bias tool. Due to the heterogeneity of outcome measures, narrative synthesis was used to summarise the findings.

Results: Seven RCTs (eight publications) were included that evaluated tailored digital interventions versus waiting list control or usual care to improve physical and mental health outcomes and work productivity.

The results are promising to the advantage of tailored digital interventions regarding presenteeism, sleep, stress levels, and physical symptoms related to somatisation.

There is less evidence for addressing depression, anxiety, and absenteeism in the general working population, but they significantly reduced depression and anxiety in employees with higher levels of psychological distress.

Conclusions: Tailored digital interventions seem more effective in employees with higher levels of distress, presenteeism or absenteeism than in the general working population. However, so far, there are not many studies in this domain. Given the promising results, tailoring of digital interventions based upon employee input should be a focus in future research.

Disclosure of Interest: None Declared

EPV0481

Youth Responses to Social Media Influencers Discussing Mental Health Online

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doi: 10.1192/j.eurpsy.2023.1811

Introduction: Social media “influencers” are popular online users with large audience bases they are paid to advertise products or services to. Influencers have enormous reach and sway with young people, combining the relatability of peers and the prestige of celebrities. Many researchers have investigated the role of influencers in marketing to youth, and there is a growing interest in public health. However, despite young people’s interest and poor outcomes in mental health, very little research has examined the role of influencers in this field. While a very small number of ethnographic observations about influencers discussing mental health have generated some initial insights on the topic, they contain neither the breadth nor depth to consider the potential impacts of these influencers on young people. To understand the phenomenon of influencers discussing mental health, we need a broad description of what is occurring, how the parties involved feel about it, and what possible effects it may be having on young people.

Objectives: The aim of this research was therefore to explore the role of social media influencers in young people’s knowledge, perspectives and behaviours relating to mental health.

Methods: Researchers conducted digital interviews (text, phone or video-chat) with 21 young people (aged 16-24) and 7 local influencers (18 years plus). Influencers had over 5,000 followers,

engaged in sponsored content within 6 months and posted at least once a week. Young people had an interest in mental health and followed at least one of the described influencer accounts.

Results: The preliminary findings reveal four key tensions in how participants view the role of influencers in discussing mental health online. Firstly, participants felt it was important for influencers to be neither overly negative or overly positive in representing mental health, by remaining realistic yet recovery-focused. Second, it was suggested influencers should treat the topic of mental health with appropriate reverence, by taking it seriously but still presenting it in a friendly, youth accessible way. Thirdly, participants suggested influencers should consider how often and openly they discuss mental health, finding a balance between repression and over-expression. Finally, participants valued hearing from both personal and professional perspectives on mental health, and suggested the ideal influencer would share both personal experience and scientific evidence.

Conclusions: This exploratory research is the first step in investigating the possible use of social media influencers in mental health promotion and may be of interest to service providers and health promotion agencies considering this marketing strategy. The research also offers recommendations for popular social media users currently engaging in discussions of mental health online for how to discuss mental health in a way that is most likely to be positively received by young people.

Disclosure of Interest: None Declared

EPV0482

Predicting adherence in routine internet based cognitive behavioural therapy for depression: Retrospective cohort study

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doi: 10.1192/j.eurpsy.2023.1812

Introduction: On average, thirty percent of patients in internet based treatments do not complete the treatment program. The majority of studies predicting adherence have focused on baseline variables. While some consistent predictors have emerged (e.g. gender, education), they are insufficient for guiding clinicians in identifying patients at risk for dropout. More precise predictors are needed. More recently, studies on prediction have started to explore process variables such as early response to treatment or program usage.

Objectives: To investigate:

- i) How much variance in adherence is explained by baseline symptoms and sociodemographic variables?
- ii) Can we improve the model by including early response and program usage as predictors?
- iii) What is the predictive accuracy of the most parsimonious regression model?

Methods: Data will be extracted from the Danish ‘Internetpsychiatry’ clinic, which delivers guided internet based cognitive

behavioural therapy for depression. Sociodemographic data is collected upon application, and symptoms of depression and anxiety are measured at the start of treatment. Further, symptoms of depression are measured between each session of the online treatment program. Early response to treatment will be conceptualized as the individual regression slope of depression scores for each patient, during the first four weeks of treatment. Program usage data will be collected from the online treatment platform (e.g. number of words per message to therapists, time spent on each session during the first four weeks, number of logins during the first four weeks).

Predictors for adherence will be examined in a hierarchical logistic regression. Models will be compared using ANOVA. The most parsimonious model will be determined using the Aikake Information Criterion. Receiver operating characteristic curve analyses will be used to classify the accuracy of the model.

Results: Analyses have not yet been conducted. Results will be available for presentation at the conference.

Conclusions: Determining more accurate predictors for adherence in internet based treatments is the first step towards improving adherence. Research findings need to be translated into clinically useful guidelines that may inform clinical decision making. Findings from this study could potentially be implemented as a system that monitors patients' program usage and symptom development and signals therapists if a patient is at risk for dropout.

Disclosure of Interest: None Declared

EPV0483

Robot assisted treatment in psychiatry - fiction or reality?

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doi: 10.1192/j.eurpsy.2023.1813

Introduction: The evolution of technologies like artificial intelligence and robotics has already begun to shape the future of health care delivery and will have an undeniable impact on patient experiences over the next decades. In times of shortened human resources, especially in the field of health care settings, we should also consider robots as assistance for existing treatment settings. The use of robotic assisted surgery has already found its way into clinical practice and allows doctors to perform many types of complex procedures with more precision, flexibility and control. Nevertheless, to date, the use of robotics in the field of psychiatry is sparse, at least in European countries.

Socially assistive robots (SARs) are robotic technology platforms with audio, visual, and movement capabilities that are being developed to interact with individuals while also assisting them with their management of their well-being. Robots could support classic psychiatric treatment by training cognition and motivation as well as educating patients.

Objectives: The robot "Pepper" has found its home at the Medical University of Graz, Department of Psychiatry & Psychotherapeutic Medicine in Austria in summer 2022. It is friendly and positive, around 1,30m tall, can make conversations, learn people's tastes,

preferences, and habits to help personalize responses and better address needs. He can also offer games, make music and dance.

Methods: In our ongoing studies we use the robot "Pepper" in the context of psychoeducational settings on different mental diseases, training of cognitive functions as well as motivational aspects in inpatients with psychiatric disorders. It can also react and suggest a break during the sessions if he has the impression that participants are stressed or overstrained with content. We collect personal feedback of the patients and associated employees in the hospital through the ongoing usability study, as well as perform a randomized controlled trial to test effects of cognitive and motivational training aspects in comparison to standardized treatment settings.

Results: It is time to apply new technologies in healthcare, especially in times when the staff is decreasing. Better integrating and expanding on the mental health implications of social robots will complement the ongoing drive in the field of psychology and psychiatry to better assist clients with supportive exercises and education, cognitive training, and an asynchronous care option.

Conclusions: Although the use of SARs in mental health research is not yet widespread, new robots and programming are constantly changing, adapting and expanding. There is an abundance of opportunity for growth, expansion, and exploration to triangulate SARs usability and efficacy as the next step in advancing this field. We should not be afraid of this new and expanding technology but come to use it as soon as possible as a support in psychiatric treatment. Let's make fiction become reality!

Disclosure of Interest: None Declared

EPV0484

Digitalized Clinical Data, Evidence and Transparency - Digitalization in Depression Treatment in the DECIDE Project

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doi: 10.1192/j.eurpsy.2023.1814

Introduction: Routine psychiatric treatment in Germany suffers from a lack of information exchange in a sectorized care system, long and complex treatment courses, insufficient evidence orientation with increasingly complex clinical knowledge, a lack of qualified personnel, and lack of patient involvement. How can a digital solution counteract these problems?

Objectives: First, discussion of problems in the care system and second, presentation of the concept and challenges of the DECIDE project, a Decentralized digital Environment for Consultation, data Integration, Decision making and patient Empowerment

Methods: The project plan and first results will be presented of

1. surveys of patients and mental health professionals needs and concerns about digital solutions
2. focus groups
3. the software solution for mental health professionals and the connected app solution for patients