

Lichtenstein MB. Effectiveness of internet-based guided self-help for binge-eating disorder and characteristics of completers versus noncompleters. *Int J Eat Disord*. 2020;1-6. <https://doi.org/10.1002/eat.23384>).

Objectives: This study aims to update the analyses on treatment effect with the patients who have completed treatment in the year following the last data extraction.

Methods: The iBED treatment project is a 10-session psychologist guided internet-based self-help program based on cognitive behavioural therapy. When applying for treatment and upon completion patients respond to a survey containing, among other scales, the eating disorder examination-questionnaire (EDE-Q), binge eating disorder-questionnaire (BED-Q) and various sociodemographic questions. Data will be extracted from the treatment project in anonymized form for analyses.

Results: The preliminary analyses were conducted on 36 completers. These showed large standardized effect sizes on both the EDE-Q subscales (Cohens *d* ranging from .88-1.65) and on the BED-Q (*d* = 1.38). The updated effectiveness analyses will be presented at the conference. We expect approximately 70-80 patients to have completed treatment at this time.

Conclusions: Results will be discussed and presented at the conference.

Keywords: binge eating disorder; eMental health; effectiveness; Internet-based treatment

EPP0573

Telecommuting and employees' mental health.

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Introduction: Telecommuting is defined as “a work practice that involves members of an organization substituting a portion of their typical work hours to work away from a central workplace, using technology to interact with others as needed to conduct work tasks”. The prevalence rate of telecommuting in Spain in 2019 was 5%, while this rate grew up to 34% during the COVID-19 pandemic.

Objectives: The purpose of this poster is to make a review about how telecommuting affects the employees' mental health.

Methods: A review of the available literature on employees' mental health.

Results: Most employers who offer telecommuting consider it a strategic decision for their businesses: it could reduce the expenses of physically accommodating the employees, and it might help employers to contact their subordinates anytime, if needed. Many articles in the popular press about telecommuting extol the benefits of this practice on employees' health (work-life balance, reduction of travel expenses). However, only a handful of empirical studies substantiate these claims (job satisfaction, quality of life, and role-related stress). Less discussed is the potential of telecommuting to have a negative impact on employees' health. It may increase both social and professional isolation, which in turn is associated with higher levels of emotional exhaustion, cynicism, cognitive stress complaints and lower levels of work engagement.

Conclusions: Finally, although it is not as effective as personal contact, organizations may stimulate qualitative virtual interaction with coworkers by providing robust online meeting tools and infrastructure, so users can seamlessly collaborate regardless of their physical location.

Keywords: TELECOMMUTING; mental health; Covid; pandemic

EPP0575

Online psychological intervention with LGBT clients in Portugal

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Introduction: This is a quasi-experimental and pioneering study in Portugal.

Objectives: (1) to provide assessment materials for symptoms of internalized homophobia, depression, and anxiety targeted at LGBT people; (2) offer support materials for psychotherapeutic work-oriented in the areas of internalized homonegativity, depression, and anxiety; and (3) offer monitoring measures throughout the program to demonstrate changes. It consists of three phases (pre-program evaluation, therapeutic activities and post-program evaluation).

Methods: 38 LGBT + individuals participated, average age was 34.15 years, 30 self-identified as male. Measures used for the pre and post-intervention assessment were the sociodemographic questionnaire, the LGBT identity questionnaire, the Rosenberg self-esteem scale, and the BSI-18. Participants were invited to join the program online, through a platform created for this purpose, where ethical aspects were clarified, namely: confidentiality and commitment to adherence. Therapeutic tasks were sent by email or WhatsApp depending on the preference of each participant.

Results: Relevant differences in internalized homophobia, depressive, and anxious symptoms between the pre and post-intervention moments were observed, indicating that the program is effective in changing these symptoms.

Conclusions: The importance of validating this type of program allows reaching “hidden” populations by offering online support that minimizes the effects of sexual stigma on LGBT + populations.

Keywords: Depression; Anxiety; LGBT; Online intervention

EPP0576

Therapeutic relationship and virtual setting during the COVID 19 emergency

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Introduction: During the COVID 19 epidemic, the isolation helped virtual psychotherapy sessions, not to break up therapeutic relationship in critical moments.

Objectives: This paper points out the traditional setting modification and how the interpersonal relationship can affect the therapeutic dynamics.

Methods: The experience could support the possibility to design adequate plans to test possible relational potentiality/prospect to respond to the pandemic emergency. The computer screen represents a very important new and rich element as “Skype” seems to have been the most used remote support. The screen plays a filter and separation function but physically represents the related presence in a shared timeframe. It is also a “mutual mirror”, reflecting the exclusive duality and resending to “different” space and time where the therapeutic relationship acts.

Results: In this way the “analysis room” loses its physical feature to move towards a new dimension where the subjective experience are communicated/lived/re-elaborated by the mean of shared visual, modifying the codified space of a traditional setting.

Conclusions: The screen is not only a mere vehicle of verbal communication, but fully gets in “hic et nunc” in space relationship assuming however an allegoric value, that, in the individual subjective, could go really beyond its “simple” and usual technological function.

Keywords: virtual setting; psychotherapy; covid 19 emergency

EPP0577

Tele-rehabilitation for people with dementia in the COVID-19 pandemic: A case-study

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Introduction: The Promoting Activity, Independence and Stability in Early Dementia (PrAISED) is delivering an exercise programme for people with dementia. The Lincolnshire partnership NHS foundation Trust successfully delivered PrAISED through a video-calling platform during the COVID-19 pandemic.

Objectives: This qualitative case-study identified participants that video delivery worked for, and highlighted its benefits and challenges.

Methods: Interviews were conducted with participants with dementia, caregivers and therapists, and analysed through thematic analysis.

Results: Video delivery worked best when participants had a supporting carer, when therapists showed enthusiasm and had an established rapport with the client. Benefits included time-efficiency of sessions, enhancing participants' motivation, caregivers' dementia awareness and therapists' creativity. Limitations included users' poor IT skills and resources.

Conclusions: The COVID-19 pandemic required innovative ways of delivering rehabilitation. This study supports that people with dementia can use tele rehab, but success is reliant on having a caregiver and an enthusiastic and known therapist.

Keywords: Physical Activity; Tele-rehabilitation; dementia; COVID-19

EPP0578

Mental health mobile apps for patients: Psychiatrists' concerns.

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Introduction: The use of mobile apps aimed at supporting patients with a mental illness is rapidly increasing.

Objectives: The presented results explore psychiatrists' concerns about mobile apps for patients with a mental illness. These results are part of a larger study that examines psychiatrists' attitudes regarding the use and development of mobile apps.

Methods: In the qualitative exploratory study, semi-structured interviews were conducted with 18 psychiatrists in Czech Republic, Austria, and Slovakia. Psychiatrists were recruited via snowball sampling. The interviews were digitally recorded, transcribed verbatim, translated into English, and content analyzed using deductive and inductive category development.

Results: There were mixed feelings regarding mobile apps for patients with mental illness. While psychiatrists emphasized certain benefits (e.g. increasing patients' treatment motivation and engagement), several concerns were also expressed, especially by psychiatrists who were generally unfamiliar with mobile apps. They feared being replaced; were afraid that patients would act as their own doctors, thereby damaging their health; stressed that mobile apps could not respond or be tailored to an individual the same way psychiatrists could tailor treatment to a patient.

Conclusions: The psychiatrists who were more likely to have concerns about mental health apps were those who were generally unfamiliar with the apps and/or thought the apps aim to replace, rather than support, face-to-face treatment. Thus, clinicians and patients should be familiarized with the use of such mobile apps and educated on how they could support the face-to-face treatment.

Keywords: mobile apps; psychiatry; mental health; concerns

EPP0580

Telehealth in children's psychiatric services

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Introduction: Covid-19 intensified public demand for telehealth services in child psychiatry. The shift towards online services raised concerns related to safety and quality of services.

Objectives: The objective of the study was to explore outcomes and perceptions regarding psychiatric telehealth services from the patients' and professionals' perspectives.