**EPP0577**

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


1Division Of Rehabilitation, Ageing And Wellbeing, University of Nottingham, Nottingham, United Kingdom; 2N/a, Lincolnshire partnership NHS foundation Trust, Lincoln, United Kingdom; 3N/a, University of Marburg, Marburg, Germany and 4Division Of Social Sciences, University of Nottingham, Nottingham, United Kingdom

*Corresponding author.


**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.**

S. Hanft-Robert1, K. Tabi2, H. Gill2, A. Endres2 and R.M. Krausz2

1Department Of Medical Psychology, University Medical Center Hamburg-Eppendorf, Hamburg, Germany and 2Institute Of Mental Health, Centre For Health Evaluation And Outcome Sciences, Department Of Psychiatry, Faculty of Medicine, University of British Columbia, Vancouver, Canada

*Corresponding author.


**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**

O. Shchedrinskaya*, M. Bebtschuk and O. Khairetdinov

Science, Moscow State Budgetary Health Care Institution *Scientific and Practical Center for Mental Health of Children and Adolescents named after G.E.Sukhareva of Moscow Health Department, Moscow, Russia, Moscow, Russian Federation

*Corresponding author.


**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.