

Abstract

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

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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**

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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

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patients in the app, and the satisfaction of patients will be presented. We also aim to study whether the Start Programme is effective in reducing severity of ADHD symptoms. Super Brains can be adjusted for use in patients with other (neurodevelopmental) disorders easily.

Disclosure: No significant relationships.

Keywords: adhd; experience experts; digital treatment; waitinglist

W0003

Impact of the COVID-19 Pandemic on General Hospital Physicians Work and Mental Health: An International Cross Sectional Study

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COVID-19 pandemic had an important impact in mental health across all countries and populations. However, health care professionals, particularly those in the front line have been subjected to increased levels of stress, workload, deterioration of work environment and working conditions while potentially being afraid of contracting the infection themselves or infecting loved ones due to the higher risk of contagion when dealing with infected patients. Some studies have stressed out this impact showing increased levels of burnout, depression, hopelessness, stress and post-traumatic stress in all physicians however, the impact of the pandemic may have been different depending on the specialty. We intended to study the impact of COVID-19 pandemic for doctors working at general hospitals and liaison psychiatrists dealing with COVID-19 patients in Europe. We developed and applied online questionnaires to physicians working at general hospitals and psychiatrists working at liaison services, in different European countries (Portugal, Italy, Belgium, Greece, Poland, Croatia), in order to determine what were their working conditions and if they reported mental health symptoms during the pandemic. This questionnaire included demographic data, questions about working conditions when dealing with general and COVID patients and the Hospital Anxiety and Depression scale (HADS). It was distributed through email and social media platforms used by doctors. This work has been approved by each local Ethics committee and all participants signed an informed consent.

Disclosure: No significant relationships.

Keywords: COVID-19; Psychiatrists; General Physician; Mental Health

Clinical/Therapeutic

Adolescence, Immigration, and Culture: Challenges and Strategies for Effective Care

W0004

Mental Health of Unaccompanied Immigrant Youth

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The number of UMY in Spain is increasing, since the early 1990s, mostly coming from the Maghreb, although the number of those coming from different sub-Saharan African countries has gradually increased. Most of them leave their countries fleeing poverty, violence, and in search of better opportunities. They may be influenced by traumatic experiences and social stressors that can lead to emotional distress and mental health problems. They have particular needs and characteristics, so the local Child Protection Systems need to adapt their procedures to facilitate the youngsters' social integration and psychosocial development. This presentation will describe an ongoing project being carried out in Catalonia, the main objective is to guarantee the right to mental health of UMY in the Protection System through culturally competent biopsychosocial care, and to effectively coordinate care between the public mental health network and the Child Protection System. Finally, through training and the acquisition of competencies, the aim is to avoid burnout in professionals who care for these youths on the front line. The approach is consistent with the cultural consultation models developed in Montreal and London with the goal of providing structural support for localized and culturally competent responses. This project, to be developed over two years, has four main subprojects: 1. On-line training for professionals in "Cultural competence in mental health and psychosocial intervention". 2. Training of "peer" UMY as "Community Mental Health Agents". 3. Creation and implementation of multidisciplinary groups of psychosocial intervention. 4. Culturally competent psychiatric and psychological assessment.

Disclosure: No significant relationships.

Keywords: Unaccompanied; Migrant; Mental; health

W0005

Peer Counseling in a Community Based Intervention for Unaccompanied Immigrant Youth

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Abstract Body: Unaccompanied migrant youth represent an at-risk population given the complexity of negotiating adolescence in a new culture, isolated from family and friends, without a secure base