

together with the speaker of this presentation and Parnassia Groep in the Netherlands.

The Start Program is part of the Super Brains app, and meant for patients referred for treatment, who have to wait on often long waiting lists. Now they have no longer to wait, but can start immediately by preparing for diagnostic assessment by filling in questionnaires, and with psycho-education, lifestyle tips and support by experience experts, who welcome them in the app and show them around.

First data on the use of different parts of the Start Program, the activity of the patients in the app and the satisfaction of patients will be presented. We also aim to study whether the Start Program is effective in reducing severity of ADHD symptoms during the waiting time. Super Brains can be adjusted for use in other (neurodevelopmental) disorders easily (<https://www.superbrains.nl/?lang=en>).

Disclosure of Interest: None Declared

S0037

Psychedelics for depression: from neurobiology to treatment

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Abstract: Decades ago, the classical psychedelics psilocybin and LSD entered the therapeutic setting and already then showed their therapeutic potential in the treatment of psychiatric disorders. For thousands of years another psychedelic, ayahuasca, is being used by tribes in western Amazonia for healing and divination, and in recent years its use has expanded worldwide.

Research into the therapeutic potential of these substances has re-emerged and (preliminary) findings are promising, showing that after one or two administrations remission is reached in depressed patients that were labeled as treatment-resistant. This is a remarkable finding as the therapeutic effects of treatment with conventional pharmacological agents like SSRIs take longer to lead to remission, with one-third of the patients failing to reach this stage. The fast onset of positive therapeutic effects by psychedelics increases the interest to discover the mechanism of action behind this. There is a debate about the importance of the psychological experience caused by these agents in the therapeutic outcome, while science also tries to understand the neurobiological correlates. The latter will be addressed in my talk and I will link it to psychedelics' therapeutic effects.

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S0038

Student mental health: Beyond the data, questions still need to be asked

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Abstract: Introduction: Student mental health was a public health problem long before the pandemic. However, first one needs to define what mental health means. Fried (2017) showed that there was a great heterogeneity in the symptoms assessed by the depression scales. Similarly, other factors (study design, assessment period, chosen scale and chosen cut-off or threshold, response rate, data management, etc.) can have an impact on the prevalence found. In addition, theoretical and modelling considerations on mental health need to be answered.

Methods: The french *Observatoire de la Vie Etudiante* measured an increase in student psychological distress since 2016, particularly between 2020 and 2021. Data from three surveys conducted in 2016 (n=18,875), 2020 (n=60,014), and 2021 (n=4,901, longitudinal follow-up from 2020) were used to model psychological distress as a latent common cause or a network with emergent properties.

Results: Preliminary results show that from a latent perspective, measurement invariance does not hold. From a network perspective, the modelled systems showed differences in three aspects (van Borkulo et al., 2022). For participants in the 2020 and 2021 surveys, an increased vulnerability of the modelled system was observed. Prevention and intervention targets in the system were tested with simulation techniques (Lunansky et al., 2022).

Conclusion: Caution is advised for prevalence comparisons when measurement invariance does not hold. The network approach offers an alternative to studying psychological distress as an emergent property of a complex system. However, regardless of the statistical approach, with subjective measures and without measurement error control and qualitative data or cognitive interviews: it is difficult to partition between a change or increase in the phenomenon we wish to measure and a change in the way people tend to respond to a questionnaire, since the representation they have of the specific questions designed to describe this phenomenon might also have changed.

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S0039

How co-production helped to shape Well Parent Japan: A culturally appropriate parenting intervention for mothers of children with ADHD

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Abstract: This presentation will talk about co-production findings from three completed studies to develop and evaluate a culturally appropriate Japanese version of the New Forest Parent Training Programme (NFPP), named Well Parent Japan (WPJ). Dr Shimabukuro will also present an on-going prospective study aiming to provide support for Japanese mothers and teachers of children with ADHD in a school setting. Dr. Shimabukuro will share the experiences worked with different stakeholders at the different stage of the study and highlight the benefits of co-production in the research and how WPJ was shaped. This presentation will also discuss difficulties and challenges when evidence-based parent training intervention is transferred from research to practice.

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