

**Introduction:** Many with mental illness do not seek treatment, often due to stigma; be it public, self, or institutional type. To improve outcomes, stigma needs addressing.

**Objectives:** Understand the opportunity for e-mental health to help overcome stigma and, to provide an expert opinion to foster its adoption.

**Methods:** We conducted literature searches using the terms ((mental health) AND ((stigma) OR (discrimination))) AND (((((digital tools) OR (digital services)) OR (healthcare apps)) OR (digital solutions)) OR (digital technology)), limited to 2007 – 2023, identifying 223 citations, 9 of which were relevant for this evaluation, including 4 systematic reviews (Table 1).

**Results:** Literature reports suggest that e-mental health may be useful for addressing stigma and reducing the treatment gap. While it was not consistently as good as face-to-face services, e-mental health tools were frequently shown to be effective in reducing stigma, improving mental health literacy, and increasing help-seeking behaviors. Tools included web-based breathing, meditation, and CBT; suicide prevention apps; and online videos and games. Experts from a 2022 global Think Tank session convened by eMHIC, opined and emphasised that embracing e-mental health must not leave people behind nor reinforce inequality and that structural barriers must first be acknowledged and overcome. Creating a shared understanding of the challenge and of terminology is essential, as is codesigning any solution together with people with lived experience.

**Conclusions:** Published data suggest that e-mental health is promising to reduce stigma and discrimination, with the potential to foster help-seeking and treatment engagement. Adoption requires attention to derailleurs and must foster inclusivity. There is an imperative to adopt e-mental health, especially evidence-based solutions.

**Table 1.** Systematic literature reviews

Study	Interventions	Findings
SLR + meta-analysis, 9 studies, n=1916 (Goh et al. Int J Ment Health Nu 2021;30:1040–1056)	- Web-based program - MIDonline - AboutFace - BluePages - MoodGYM - MHFA eLearning - Beyond Silence	Online vs offline: similarly effective for reducing public stigma
SLR, healthcare setting (Pospos, et al. Acad Psychiatry 2018;42:109–120)	- Breath2Relax - Headspace - Meditation Audios - MoodGYM - Stress Gym - Virtual Hope Box - Stay Alive	Identified tools provide a starting point to mitigate burnout, depression, and suicidality
SLR, 13 interventions for stigma (Johnson, et al. Indian J Psychol Med 2021;44:332–340)	- Web-based, psychoeducation interventions - Online games - Mobile app	Most interventions increased help-seeking
SLR + meta-analysis, 9 RCTs, n=1832 (Rodriguez-Rivas, et al. JMIR Serious Games. 2022; 10: e35099)	- Video games - Virtual reality - Videoconferencing and online chat	Interventions had a consistent effect on reducing public stigma

**Disclosure of Interest:** K. Subramaniam Employee of: Employee of Viatrix, A. Greenshaw: None Declared, A. Thapliyal: None Declared

### EPV0437

#### Randomized controlled trial of work-map: telehealth metacognitive intervention for work performance enhancement of adults with attention-deficit/hyperactivity disorder

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doi: 10.1192/j.eurpsy.2024.1142

**Introduction:** The literature has emphasized the importance of implementing evidence-based occupational therapy teleinterventions to enhance work participation in adults with attention-deficit/hyperactivity disorder (ADHD).

**Objectives:** This study aimed to evaluate the efficacy of an innovative metacognitive self-tailored teleintervention for adults with ADHD performance at work enhancement (Work-MAP). The outcome measures were efficacy of and satisfaction with the performance of self-selected work goals (Canadian Occupational Performance Measure), executive functions (Behavior Rating Inventory of Executive Function-Adult), and quality of life (Adult ADHD Quality of Life Questionnaire).

**Methods:** In this randomized controlled trial, participants were 46 adults with ADHD. Group A ( $n = 31$ ) received the synchronous, hybrid-telehealth intervention in 11 weekly 1-hour individual sessions, while Group B ( $n = 15$ ) completed the same intervention after a waiting phase.

**Results:** Following the intervention, participants demonstrated and maintained significant improvements in all outcome measures (strong-to-moderate significant effects) to the 3-month follow-up.

**Conclusions:** Work-MAP seems to be effective intervention for enhancing work participation (i.e., performance at work), executive functions, and quality of life of adults with ADHD. Future studies with larger samples and additional objective measures are needed to further validate these findings.

**Disclosure of Interest:** None Declared

### EPV0438

#### Chatbots for Well-Being: Exploring the Impact of Artificial Intelligence on Mood Enhancement and Mental Health

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doi: 10.1192/j.eurpsy.2024.1143

**Introduction:** Over the past few years, Psychiatry has undergone a significant transformation with the integration of Artificial Intelligence (AI). This shift has been driven by the increasing demand for mental health services, as well as advances in AI technology. AI analyzes extensive datasets, including text, voice, and behavioral data, aiding in mental health diagnosis and treatment. Consequently, a range of AI-based interventions has been developed, including chatbots, virtual therapists and apps featuring cognitive-behavioral therapy (CBT) modules. Notably, chatbots, as conversational agents, have emerged as valuable tools, assisting users in monitoring emotions and providing evidence-based resources, well-being support, psychoeducation and adaptive coping strategies.

**Objectives:** This study aims to investigate the impact of AI chatbots on improving mental health, evaluate their strengths and weaknesses and explore their potential for early detection and intervention in mental health issues.

**Methods:** A literature review was conducted through PubMed and Google Scholar databases, using keywords 'artificial intelligence', 'chatbot' and 'mental health'. The selection focused on the most relevant articles published between January 2021 and September 2023.

**Results:** Mental health chatbots are highly personalized, with a primary focus on addressing issues such as depression or anxiety within specific clinical population groups. Through the integration of Natural Language Processing (NLP) techniques and rule-based AI algorithms, these chatbots closely simulate human interactions and effectively instruct users in therapeutic techniques. While chatbots integrating CBT principles have gained widespread use and extensive research attention, some also incorporate alternative therapeutic approaches, including dialectical behavior therapy, motivational interviewing, acceptance and commitment therapy, positive psychology or mindfulness-based stress reduction. AI chatbots provide substantial advantages in terms of accessibility, cost-effectiveness and improved access to mental health support services. Nonetheless, they also exhibit limitations, including the absence of human connection, limited expertise, potential for misdiagnosis, privacy concerns, risk of bias and limitations in risk assessment accuracy.

**Conclusions:** AI-based chatbots hold the potential to enhance patient outcomes by enabling early detection and intervention in mental health issues. However, their implementation in mental health should be approached with caution. Further studies are essential to thoroughly evaluate their effectiveness and safety.

**Disclosure of Interest:** None Declared

## EPV0439

### Starting well to stay well - randomised controlled trial of Whitu, an app for improving the well-being of university students

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doi: 10.1192/j.eurpsy.2024.1144

**Introduction:** University students often face challenges to their well-being and up to a third develop mental health problems. Given high rates of smartphone use among this group, app-based digital mental health interventions may play a role in preventing these

problems. Previously demonstrated to improve well-being and mental health outcomes in young people aged 16-25, 'Whitu: seven ways in seven days' is a well-being app based on positive psychology, cognitive behaviour therapy (CBT) and psychoeducation principles.

**Objectives:** This randomised controlled trial was undertaken to evaluate the efficacy, usability and acceptability of Whitu with first year university students.

**Methods:** Ninety first year university students were recruited via a social media advertising campaign to take part in a prospective randomised controlled trial of Whitu against a standard university self-help website, with 45 participants in each arm. Primary outcomes were changes in well-being on the World Health Organisation 5-item well-being index (WHO-5) and short Warwick-Edinburgh mental well-being escale (SWEMWBS). Secondary outcomes were changes in depression on the Centre for Epidemiological Studies Depression Scale (CES-D), anxiety on the Generalised Anxiety Disorder seven item scale (GAD-7), self-compassion on the Self Compassion Scale- Short Form (SCS-SF), stress on the 10-item Perceived Stress Scale (PSS-10), sleep on the single-item Sleep Quality Scale (SQS), and self-reported acceptability of the app. Outcomes were evaluated at baseline, four weeks (primary study endpoint) and three months.

**Results:** At 4 weeks, participants in the intervention group experienced significantly higher mental well-being and significantly lower depression compared to controls. Emotional well-being among the Whitu group was greater in the intervention group at 3 months. Other outcomes did not differ between groups. User feedback was positive, with 88% of those who provided feedback saying they would recommend the app to a friend.

**Conclusions:** Our findings provide preliminary evidence that Whitu is an acceptable and more effective, scalable and multi-modal means of improving some aspects of well-being and mental health among university students than direction to a self-help website.

**Disclosure of Interest:** None Declared

## EPV0440

### Assesment of Generative AI abilities to diagnose and propose treatment in comparison with psychiatrists from Poland and Tunisia

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doi: 10.1192/j.eurpsy.2024.1145

**Introduction:** Increasing popularity of Generative AI systems such as GPT provides us with new dilemmas concerning the future of diagnosis and novel tools to improve daily psychiatrists's work.

**Objectives:** The aim of the study was to assess the abilities of generative AI to diagnose and propose treatment in comparison with real psychiatrists and performing a Turing test.