

## EPP0130

**Relational factors predict telepsychotherapy acceptance in patients: The role of therapeutic relationship and attachment**

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**Introduction:** During the early months of the COVID-19 pandemic, patients receiving individual psychotherapy needed to transition to telepsychotherapy (TP). Since telemental health appears to be here to stay after the pandemic ends, it is crucial to understand factors that determine whether telemental health is a good fit for patients.

**Objectives:** The aim of the present study was to (1) explore patients' perception of the therapeutic relationship and attitudes towards TP, and (2) identify predictors of patients' TP acceptance.

**Methods:** We used a longitudinal design, where patients (N = 719) receiving individual TP during the pandemic participated in an online survey, in which they responded to demographic questions and completed measures of symptom severity, Covid-related distress, attachment style (avoidant/anxious), perceived quality of the therapeutic relationship (working alliance and real relationship), and TP acceptance.

**Results:** We found that (1) patients perceived the quality of the therapeutic relationship as reasonably good, and patients' TP acceptance was moderately high. (2) patients' TP acceptance was predicted by their attachment avoidance and their perception of the real relationship, whereas attachment anxiety, working alliance, as well as demographic variables, symptom severity, and Covid-related distress were unrelated to TP acceptance. The final model showed that perceived strength of the real relationship mediated the relationship between attachment avoidance and TP acceptance.

**Conclusions:** Both general (attachment) and situational (therapeutic relationship) relational variables are important predictors of patient's acceptance of TP, and should be considered during decision making about suitability of TP to patients.

**Disclosure:** No significant relationships.

**Keywords:** attitude; patient; Covid-19; Telepsychotherapy

## EPP0131

**Online Functional Metacognitive Intervention for Work-Performance Improvement in Adults with Attention Deficit Hyperactivity Disorder**

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**Introduction:** Adult attention deficit hyperactivity disorder (ADHD) is associated with reduced work performance. Online interventions increase accessibility of services to clients by removing barriers such as physical distance, which may prevent care.

**Objectives:** This study aimed to assess the efficacy of an innovative functional metacognitive intervention for work-performance improvement of adults with ADHD.

**Methods:** This study used a wait-list control group design, with a study and a comparison group (total 46 adults, mean age of 35.65 years). All participants had been diagnosed with ADHD, worked at least 3 months at the same place, and were willing to improve their work performance. Intervention sessions were provided mostly online and focused on the adults' occupational goals in a workplace context. The intervention's efficacy was evaluated with a focus on participants' work performance (Canadian Occupational Performance Measure) executive functions (Behavior Rating Inventory of Executive Function-Adult), organisation in time (Time Organisation and Participation Scale), and quality of life (Adult ADHD Quality of Life Questionnaire).

**Results:** Participants' work performance, executive functions, organisation in time and quality of life significantly improved following the intervention. Their achievements were maintained through to the 3-month follow-up.

**Conclusions:** The online metacognitive functional intervention for work-performance improvement of adults with ADHD was found to be efficient and suitable for clinical use among this population. Future studies with larger samples and additional objective measures are needed to further validate these findings.

**Disclosure:** No significant relationships.

**Keywords:** Online Therapy; ; Work-Performance; Attention Deficit Hyperactivity Disorder

## EPP0132

**Assessment of functionality and scientific evidence of mobile health applications (mHealth apps) for people with dementia and their caregivers**M. Zeiler<sup>1</sup>, C. Chmelirsch<sup>2</sup> and P.L. Kolominsky-Rabas<sup>3\*</sup>

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**Introduction:** There is a rapid increase in the use of mHealth apps to provide care and support to people with deminetia (pwd) and their caregivers.

**Objectives:** Functionality as well as scientific evidence of mHealth apps were analysed from a Health Technology Assessment (HTA) perspective

**Methods:** mHealth apps for pwd and their caregivers were identified in the app stores and assessed for functionality and methodological quality of the underlying scientific evidence. Functionality was assessed with the *Mobile App Rating Scale-German (MARS-G)*, methodological quality of studies using the *Critical Appraisal Skills Program (CASP)* checklists.

**Results:** A total of 20 mHealth apps for were identified via systematic search in the *Apple App Store* and the *Google Play Store*. The