EPV0685

Social media as a psychoeducative and preventive tool in mental health

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Introduction: The use of social networks is an integral part of our daily life as a means of communication. Scientific dissemination through these kind of platforms has expanded enormously in recent years, for example in networks such as Instagram, a free photo, text messaging and video sharing social media application. Instagram has been used extensively in different fields of medicine. Initially it was limited to visually rich fields but it has been extended to others such as mental health. This tool has enormous potential as a means of more effective communication and prevention.
Objectives: To analyze the role of Instagram as a tool of psychoeducation and prevention in mental health
Methods: An analysis of different mental health profiles was carried based on different items: publications, interactions, likes, commentaries, shares, accounts reached, accounts engaged and hashtags.
Results: Mental health has become one of the sanitary fields generating more traffic on social media reaching a great number of publications per day. Topics that generated more interaction were: depression, anxiety, trauma, sleep and emotion regulation difficulties among others. However most mental health information available in social media had not been provided by proffessinals of the mental health but by many others.
Conclusions: Instagram is presented as a valuable mental health prevention tool and professionals should engage and adapt to new scenarios of communication. In the era where information is easy to get but knowledge is difficult to find, experts of mental health should more involved.

Disclosure: No significant relationships.
Keywords: mental health; social media; prevention; Instagram

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What can we say about the impact of teleconsultations on preventing psychiatric inpatient treatment during COVID-19 pandemic?

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Introduction: Telepsychiatry was proved effective and satisfactory in settings like the emergency department and mental health services, but its use is historically restricted. Although there are several studies about telepsychiatry pros and cons, more is needed to know about its effect on patient's follow-up and its influence on inpatient treatment rates, specifically during COVID-19 pandemic.
Objectives: The aim is to look for an eventual change on psychiatric inpatient admissions, during COVID-19 pandemic, when psychiatric patients are in follow-up through teleconsultation.

Methods: We compared the number of hospitalizations for 3 different 6 months periods of time: the 2nd semester of 2019 with no teleconsultations, March-August 2020 only with teleconsultations (except some few 1st consultations) and the 1st semester of 2021 with face-to-face and teleconsultations. A one-way repeated measures ANOVA was conducted on a 1050 patients sample.
Results: The statists showed that the type of approach in consultations didn't lead to statistically significant differences in hospitalizations (F test-statistic = 0.33086, p = 0.718345).
Conclusions: There is a plethora of advantages about telepsychiatry and it was already shown to be as effective as in-person contact. Some articles show an association of telepsychiatry with a decrease in hospitalization rates, but mostly display similar clinical outcomes. In this study, the authors found that the results follow the latter tendency, although we must consider the COVID-19 pandemic as a possible decompensation and worsening clinical factor. More studies on this matter are important to better understand the potential benefits (and risks) of this treatment setting.

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YOU'VE BEEN CATFISHED: An exploration of social deception on online platforms

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Introduction: Life is a stage in which we are all actors and online we can choose who we want to be. Catfishing is a modern phenomenon in which individuals present themselves online as someone they are not as a means of engaging with others through an idealized avatar. This term has gained prominence since its portrayal in documentary and television series. With the emergence of catfishing, an expectation of betrayal in online relationships is anticipated with increasing caution being exercised by those that engage in online forums.
Objectives: The authors aim to explore this phenomenon and explore what personality traits might be associated with those who engage in catfishing others and in those that fall for the dupe.
Methods: A review of the recent literature on the topic with focus on that which is most relevant to the theme was included.
Results: The literature demonstrates that catfishing is an increasing trend as our online social interaction also increases. Catfishing appears to exist on a scale, where approximately 80% of the online population engage in some form, by means of amplifying their social status. Those with low self-esteem, poor self-worth with and a need to connect and to be validated were most susceptible.
Conclusions: The internet permits anonymity where trading "real world" skins with digital ones creating avatars in order to seek what is desired. Catfishing raises questions about the nature of the human self and the role it plays in deception. Understanding how patients use the internet may provide insight into how personality acts on a stage of total anonymity.