

## Research

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### Are you online?

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#### ECP0010

### Internet and psychosocial interventions: What is the evidence?

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**Abstract Body:** Digital mental health, before, during and after the COVID-19 pandemic Over the last two decades the digital landscape of mental health care research and service innovation has gained momentum. This period is characterized by many successes' stories but brilliant failures as well. Today, e-mental health is like a two-headed Janus. One side of his face illustrates the birth of innovative technologies that entered mental health service provision. In parallel, the evidence-base for the application of these new technologies, such as internet-based treatments for depression, has been established with effect sizes comparable to those of face-to-face treatments. The other side of his face shows, however, that eMental-health has not yet lived up to its' full potential as its actual delivery, evaluation and implementation in routine care has proven to be a much longer and bumpier road than expected. The question addressed in this presentation will be 'what does the future hold'? Acknowledging that futures are difficult to predict Heleen Riper nevertheless provides insights into how we may overcome some of these bumps by combining the best of two worlds, i.e. blending digital and face-to-face components into one integrated treatment approach. She will illustrate these new developments by virtue of the results of the H2020 European Comparative Effectiveness Study for Major Depression and current experiences with especially videoconferencing during the Covid-19 pandemic.

**Disclosure:** No significant relationships.

#### ECP0011

### Social isolation and physical distance: Experiences from a phone pal

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**Abstract Body:** People with psychosis are commonly socially isolated, both due to their condition, and the stigma towards them. Remote volunteering over smart-phone can be a way to overcome social isolation and physical distance, promoting social inclusion. This talk will present the qualitative findings from a feasibility study – the Phone Pal – which connected in the United Kingdom patients with psychosis with community volunteers, to communicate with each other for up to 12 weeks via smart-phone (through texts, WhatsApp messages, e-mails, audio or video calls). Participants described at the end of the study their experiences of communicating

with their match over the smart-phone in terms of frequency, duration and timing of communication, their communication method, content and style, and the changes of communication over time. Several participants reported a positive impact of being connected with someone, meeting a new person, feeling supported and feeling better, and a few described challenges, such as disappointment, guilt and burden. These interview findings show that some matches were able to develop a positive and friendly relationship, and were willing to continue to be in contact with each other beyond the study duration. It is hoped that this talk will generate a lively discussion, gathering further understanding about the potential benefits and challenges of remote volunteering over smart-phone for patients and volunteers, and its potential usefulness in the current pandemic times.

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## Mental Health Policy

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### Trauma and public mental health

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#### ECP0013

### Trauma and the role of the wounded healer

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**Abstract Body:** Carl Jung used the term, 'The Wounded Healer' as an archetypal dynamic to describe a phenomenon which may take place in the relationship between analyst and analysand. Jung discovered the Wounded Healer archetype in relation to himself. For Jung, 'It is our own hurt that gives the measure of our power to heal'. Indeed, recurrent themes in the autobiographical narratives of Wounded Healers is that their experiences living with trauma inspired them to become more empathetic, driven and insightful. Many report that debilitating though the symptoms of mental illness are, the stigma is far worse. In this paper we describe the inception of an innovative anti-stigma programme, 'The Wounded Healer' that blends the power of storytelling and the performing arts with psychiatry and how The Wounded Healer helps to heal the wounds that were afflicted by the trauma of stigma.

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#### ECP0014

### The impact of new psychosocial stressors on the mental health of young people: Results from a national multicentric study in Italy

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