

EPV0491

Apparent effective Text4Hope online mental health support for male subscribers during the COVID-19 pandemic- Naturalistic randomized controlled trial

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Introduction: Mental illness is not uncommon among males. While the estimates of the males who are dissatisfied with their lives, die by suicide, become alcohol-dependent and drug users are high, low numbers seek mental health support.

Objectives: In this study, we aimed to assess Text4Hope, a texting mental health support service, provided to people in Alberta during the COVID-19 pandemic, and examine its effectiveness among male subscribers.

Methods: In a naturalistic randomized controlled trial design, a comparison was run between two populations of Text4Hope male subscribers; an intervention group (IG, Text4Hope subscribers who received once-daily supportive text messages for 6 weeks) and a control group (CG, Text4Hope subscribers who joined the program in the same time frame but were yet to receive text messages). The severity and the prevalence of likely stress, anxiety, and depression were examined between the two groups, using the Perceived Stress Scale (PSS-10), the Generalized Anxiety Disorder 7-item (GAD-7), and the Patient Health Questionnaire-9 (PHQ-9), and defined the Composite Mental Health (CMH) score as the sum of these three. T-test, Chi-squared association, and binary logistic regression analyses were applied.

Results: There were 286 male subscribers to Text4Hope. The majority were above 40 years, white, employed, had postsecondary education, were in a relationship, and owned a home. Mean scores of PSS-10, GAD-7, and PHQ-9 scales and the CMH were significantly higher for the CG compared to the IG, 11.4, 28.8, 25.8, and 18.7%, respectively. Similarly, there was a statistically significant lower prevalence in IG, compared to the CG, on likely MDD (58.15 vs. 37.4%) and likely GAD (50 vs. 30.8%), with a small effect size. The IG was a significant predictor for lower odds of both likely MDD and likely GAD while controlling for sociodemographic characteristics.

Conclusions: Text4Hope is an effective tool for mental health support for male subscribers, during the COVID-19 pandemic. Compared to the subscribers who didn't receive the service, those who received it were in a better mental health condition. Further efforts are still needed to encourage males to participate in such online services that can provide adequate support, particularly during crisis time.

Disclosure of Interest: None Declared

EPV0492

E-tool for mental health coping: usability and effectiveness study of a biofeedback approach on a digitized diaphragmatic breathing strategy

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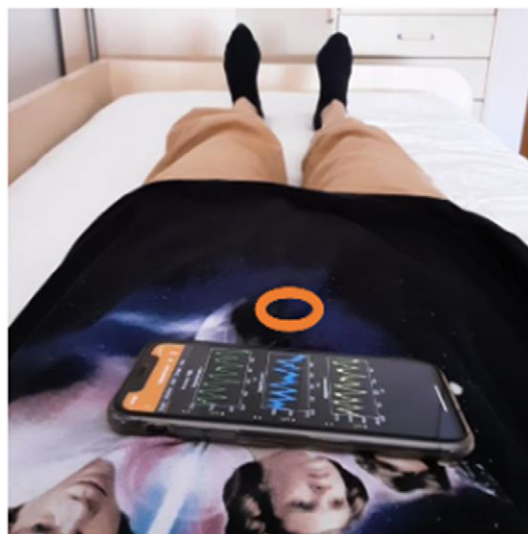
Introduction: One of the most common somatic responses of the human body to a mental health issue consists of alterations of the breathing rate. Typically, when an individual is under stress, tends to have a more rapid shallow breathing - instead of resorting to the diaphragm to help the air in and out the lungs, ends up conducting a thoracic breathing, leading to extended fatigue or dizziness.

Objectives: The aim of this project is to assess the accuracy and efficacy of measuring the breathing rate through abdominal breathing movements, via the smartphone's sensors, and applying it to personalize a digitized diaphragmatic breathing strategy. The main hypothesis under testing is that the digitization of this strategy with the personalization to the subject's own response is efficient as a valuable tool for mental health coping.

Methods: A tool was developed and integrated with a mobile app that aggregates mental health coping strategies, based on the digitization of positive psychology techniques. The tool included the diaphragmatic breathing exercise and the personalization to the user through biofeedback. Such biofeedback was based on the user's abdominal movements and directly impacted the course of the strategy. The tool is under testing, counting so far with 25 subjects resident in Portugal.

Results: The usability and effectiveness metrics of the solution will be assessed on the first contact of the subject with the app, and segmented by different subject profiles. Mental health metrics will also be assessed, namely anxiety levels - using the smartphone sensors and standard psychiatric scales. The results will be compared with a control group, in which the subjects will only perform the self-assessment, without using the breathing exercise.

Image:



Conclusions: We have yet to draw conclusions from the project; however, we aim to achieve the first results in due time.

Disclosure of Interest: None Declared

EPV0493

Reform of Mental Health care in Egypt, Telepsychiatry perspective

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Introduction: The World Health Organization (WHO) declared the outbreak of a new coronavirus disease to be a Public Health Emergency of International Concern. The situation now in Egypt, through the efforts done by the General Secretariat of Mental Health and Addiction Treatment (GSMHAT) which is governmental body following the Ministry of Health and Population: Establishment of 2 Hot lines for psychological counseling and Psychosocial support to working 24 hours/ 7 days a week. In the last year, the Mental Health platform is a main objective to be dedicated for Egyptian population, the national mental health platform is another milestone in the innovative digital remote MH services that is planned to be provided.

Objectives: Evaluating the effectiveness and feasibility of different mental health services provided by hospitals affiliated to General Secretary of Mental Health and Addiction Treatment, Ministry of Health during the COVID-19 pandemic outbreak including evaluation of remote delivery of mental health service and digital health solutions.

Methods: Observational Cross-sectional study. All patients seeking the hotline service & National Mental Health Platform, Evaluating the effectiveness and feasibility of services delivered over 12 months.

Results: The platform's statistical results since its launch showed that the number of visitors to the site is 44,105 and the number of registered users is 17,153. The number of self-requests conducted by users reached 16,318 and the number of virtual treatment sessions reached 2,797. The results also showed that the number of female users is 31%, compared to 69% of male users. The statistics showed that most of the age groups used for the site are between 15-20 years old, and that the users of the site are from all governorates, but most of the users are from the capital, Cairo. The statistical results also showed that general psychiatry with all its diseases is the most visited by the user of the site, followed by child and adolescent psychiatry subspecialty, then addiction. The GSMHAT, through the hotline, has provided services to the public represented by a number of calls ranging from April 2020 to March 2021 (8618) calls, and the GSMHAT hope that the hotline service to continue providing psychological counseling and support to those who wish, while continuing providing the service in hotline with the corresponding technical development and community needs.

Conclusions: it is crucial to reallocate resources in order to serve for psychological and social needs and liaison psychiatry and digital as well as defining the barriers for providing a convenient service delivered by healthcare providers to people who are in need.

Disclosure of Interest: None Declared

EPV0494

Online technical training course to train professionals who work with Chemical Dependency, promoted by a psychiatric clinic in Rio de Janeiro

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Introduction: Description of a job of training technical professionals who have personal experience with Chemical Dependency to work in the area and resocialization of the mentally ill in order to combat social stigma.

Objectives: Training technical professionals who, having gone through the experience of the disease, wish to help others and by participating in the training course for therapists in chemical dependence, they will seek to combat stigma.

Methods: The Chemical Dependency Therapist Training course is a free course and takes place online, through a platform on a social network, which allows students to access it at any time of the day and can access it from outside Brazil. In the course students receive daily communication from the educational department. All patients during the hospitalization period are invited to attend the course, write down their doubts with the course professors.

Results: The creation of a free online course, which has patient students and enrolled students from Brazil and the world, will help to train more professionals capable of working with chemical dependency.

Conclusions: The online course has 1,800 students enrolled in 2022. These are students from Brazil and abroad, such as Portugal, France, Italy, Angola, United Kingdom, Finland, who are developing more knowledge and becoming professionals in the area of chemical dependence.

Disclosure of Interest: None Declared

EPV0495

Cyberbullying: Study of a series of 96 Moroccan adolescents and young adults

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Introduction: Cyberbullying is a form of virtual harassment through the Internet, cell phones and social networks. Its psychopathological consequences are serious, including the risk of suicide.

Objectives: The aim of this study is to determine the prevalence of cyberbullying in a sample of Moroccan adolescents, as well as the associated comorbidities.

Methods: This is a descriptive cross-sectional study of cyberbullying among Moroccan adolescents and young adults aged 12 to 20 years old. The data collection was done by a survey on Google Form sent on social networks

Results: A number of 120 forms were completed by high school students, followed by secondary school and university students, of which 96 were valid. The average age was 16 years with a sex ratio of