

**Results:** Important functions of the DECIDE solution for mental health professionals should include:

- digitize clinical data to represent longitudinal treatment trajectories and plans and, in the face of increasingly complex knowledge, implement a transparent decision support system based on current guidelines for depression and important comorbidities in a disinterested way secure and transparent data exchange and access in practitioner networks involve patients in this exchange via app/web solution based on patient guidelines for transparency, empowerment and collaborative decision making review improved treatment algorithms in the long term using artificial intelligence based on digitized data lean data collection and compatibility with billing, appointment management, findings management and medication plan solutions.

**Conclusions:** In psychiatry and psychotherapy digitization of clinical data for transparent exchange between practitioners and patients, presentation of progressions and treatment plans, and evidence-based decision support have a great potential. However, standardization, compatibility and collection of complex data remain a challenge.

**Disclosure of Interest:** None Declared

## EPV0485

### An Internet-Based Cognitive Behavioral Intervention for Adolescents With Anxiety Disorders: a Study Protocol for a Randomized Controlled Trial

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**Introduction:** Anxiety disorders are the most prevalent mental health conditions among children and adolescents. However, it is estimated that less than 25% of all children and adolescents with an anxiety disorder receive professional help. Thus, it is of utmost importance to develop novel interventions that aim to increase treatment accessibility.

**Objectives:** The aim of this study is threefold, to determine the effectiveness of CoolMinds, an iCBT intervention for adolescents with anxiety disorders. In addition to investigate predictive factors and the networks between symptoms, severity and change from pre- to post- treatment.

**Methods:** The study is designed as a three-armed randomized controlled trial comparing iCBT with planned feedback, iCBT with on-demand help and a waitlist control, with 56 patients in each group. The participants in the two treatment conditions will receive 12 weeks of iCBT, while participants in the waitlist control wait for 12 weeks, before receiving iCBT with planned feedback. The participants in the two iCBT conditions will be randomized to get a booster session or not, 12 weeks after finishing treatment. The participants are adolescents between the age of 12 and 17 years and their parents. The families must live in the Region of Southern Denmark, and the adolescents must have a principal anxiety diagnosis according to DSM-5 criteria. The primary outcome measure are the Youth Online Diagnostic Assessment - child and parent

versions. Outcomes will be evaluated at baseline, post-treatment and at the 3-, 6- and 12-month follow-ups. Symptoms of anxiety and depression are also measured between each session with PHQ-9 and S-SCAS.

**Results:** The results from this study will be submitted to high-status international and peer-reviewed journals, as well as be presented at national and international conferences.

**Conclusions:** This study will allow us to determine the efficacy of iCBT in adolescents with anxiety, where parent involvement is emphasized as part of the treatment. The results from this study intends to enhance accessibility of evidence-based treatment for adolescents with anxiety.

**Disclosure of Interest:** None Declared

## EPV0486

### TELEPSYCHOLOGY AND OTHER CUTTING-EDGE TECHNOLOGIES IN COVID-19 PANDEMIC: BRIDGING THE DISTANCE IN MENTAL HEALTH ASSISTANCE

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**Introduction:** Background: At the end of 2019, a novel coronavirus (COVID-19) was identified in China. The high potential of human-to-human transmission led to subsequent COVID-19 global pandemic. Public health strategies, including reduced social contact and lockdown have been adopted in many countries. Nonetheless, social distancing and isolation could also represent risk factors for mental disorders, resulting in loneliness, reduced social support and under-detection of mental health needs. Along with this, social distancing determines a relevant obstacle for direct access to psychiatric care services. The pandemic generates the urgent need for integrating technology into innovative models of mental health-care.

**Objectives:** In this paper, we discuss the potential role of Telepsychology (TP) and other cutting-edge technologies in the management of mental health assistance.

**Methods:** We narratively review the literature to examine the advantages and risks related to the extensive application of these new therapeutic settings, along with the possible limitations and ethical concerns.

**Results:** Telemental health services may be particularly flexible and appropriate for the support of patients, family members and health-care providers during this COVID-19 pandemic. The integration of TP with other technological innovations (eg, mobile apps, virtual reality, big data and artificial intelligence (AI)) opens up interesting future perspectives for the improvement of mental health assistance.

**Conclusions:** Telepsychology is a promising and growing way to deliver mental health services; but it is still underused. The COVID-19 pandemic may serve as an opportunity to introduce and promote, among numerous mental health professionals, the knowledge of the possibilities offered by the digital era.

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