ECP0006

Sleep disorders comorbid with ADHD: an overview of the clinical presentation and management

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Abstract: Sleep disorders are the commonest comorbid conditions in adult ADHD. This presentation will begin with an overview of the relationship between ADHD and sleep as well as the impact of disturbed sleep on concentration, impulvity and hyperactivity. Next, we will discuss the clinical characteristics of the sleep disorders, how to screen for them and their pharmacological and non pharmacological management. By the end of the session, participants will have a clear idea of how to investigate the various sleep disorders, to distrinuish and treat them.

Disclosure of Interest: None Declared

ECP0004

Young Adults On Mental Health Instagram and TikTok: Self-Care, Self-Diagnosis and Performances of The Mentally Healthy Self

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Abstract: My PhD research critically examines the contemporary U.K politics of mental health and Illness and mental illness amongst young adults via social media.

This presentation examines the way in which social media, like Instagram and Tiktok allows young adults to explore, express and share their selfhood and identity around ideas of mental health and illness through videos, posts and online interactions. I will briefly explore how young adults use social media content to learn, experience and criticise their lived experiences, care for and treatment of mental health and illness. Arguing that these new developments in language and social practices around mental health and illness via social media need to be further explored, acknowledged and addressed in social science and this can be supported by work in the field of psychiatry.

To illustrate this, I will share empirical data from interviews conducted in 2021 and 2022 with young adults who speak about their mental health and illness online and have engaged with psychiatric services, for example, in-patient settings. Instagram and Tiktok have become important arenas for young adults because of the informative role they play in young adults' understanding of what a healthy person looks like, or their ideas of *the mentally healthy self*. A concept I introduce in my research of which I will explain and explore through the presentation. In young adults' understandings of mental health and illness there is a movement towards social practices that are intended to achieve (an idea of) mental health and this is created in a powerful digital environment that is affected by capitalism, neoliberal discourse and exists in a context of multiple political and health crises in the U.K and globally. Overall, the presentation argues that these mental health and illness social practices have transformed young adults's experiences by responsibilisation in self-care that both isolates and empowers their experiences.

Disclosure of Interest: None Declared

ECP0005

Navigating Information Technologies in Everyday Psychiatry Practice: A Guide for Early Career Psychiatrists

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Abstract: This presentation provides an overview of the impact of information technologies on contemporary psychiatric practice, focusing on resources and strategies beneficial for early career psychiatrists. Considering the increasing role of digital technologies in diagnosing and treating mental disorders, the presentation emphasizes the practical applications of artificial intelligence (AI) and machine learning. These technologies offer novel approaches for analyzing large volumes of clinical data, enhancing diagnostic accuracy, and personalizing treatment.

The presentation further examines ethical and legal issues associated with using digital technologies in psychiatry, including ensuring data confidentiality and complying with patient rights. The importance of developing competencies in information security and ethical principles when using digital tools is highlighted.

The talk concludes with an overview of the current and future trends in the use of digital technologies in psychiatry, including the development of virtual therapeutic environments and mobile applications for monitoring and supporting mental health. Examples of successful integration of these technologies into clinical practice are presented, emphasizing their potential to improve the quality of patient care.

Overall, the presentation underscores the importance for early career psychiatrists of mastering information technologies, highlighting their role in enhancing diagnosis, treatment, and patient care, as well as discussing the challenges and opportunities they present.

Disclosure of Interest: None Declared

ECP0006

User involvement in psychiatric research: shifting from traditional research paradigms to collaborative partnerships

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Abstract: In recent years, there has been a growing recognition of the importance of involving people with lived experience of mental

health issues in psychiatric research. User involvement in research goes beyond being merely instrumental and is deeply intertwined with ethical and political considerations. Shifting from traditional research paradigms to collaborative partnerships with users is seen as a crucial step in ensuring that research is more relevant, meaningful, and respectful of the diverse perspectives within the mental health community. While there is a growing interest and responsibility regarding this matter, there is still a need to better understand the differences between participation, engagement, and user-led research alongside a respectful integration of user perspectives. In this presentation, the state-of-the-art regarding user involvement in psychiatric research will be reviewed and possible ways to practically implement such practice will be discussed.

Disclosure of Interest: None Declared

ECP0007

How can clinical trials expedite the process of answering treatment-related questions and reduce the number of participants needed?

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Abstract: Patients and the research community need better and more cost-effective randomised trials. These are the 'gold standard' way of seeing if a new treatment works or not, and take years of effort involving lots of patients and funding. However, around half of trials fail to show that the new treatment is better than what it is being compared with. In cancer, this problem has been recognised. They use trial designs which test multiple treatments, and find out quicker answers to more questions. These 'efficient trials' are able to involve patients at a faster rate and to improve the chances of patients receiving a treatment that works. In mental health, the whole toolbox of trial designs is not being used. Sometimes there are valid reasons for this, but sometimes it is simply that researchers do not know about them – this talk will expand on the concept of 'efficient trials' in mental health, and present the opportunities and challenges to using these.

Disclosure of Interest: None Declared

ECP0008

Can Ecological Momentary assessments be used to investigate the person-environment interactions in people with psychosis?

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Abstract: Psychotic experiences show a dynamic pattern over time, often in interaction with the environment. In my talk, I will discuss how Ecological Momentary Assessment (EMA) or Experience Sampling Methodology can be used to assess psychotic symptoms in the flow of daily life. I will focus on the assessment of both positive and negative symptoms, where I will discuss both how we can measure such symptoms as well as what the dynamic patterns look like in everyday life. Furthermore, I will also focus on how ESM can be used to transfer psychological treatment to daily life using an app. I will discuss the INTERACT trial, a trial in people at the early stages of psychosis, where we investigated the effect of Acceptance And Commitment Therapy in Daily Life, compared to Treatment As Usual.

Disclosure of Interest: None Declared

ECP0009

How can electronic health records serve as a tool for clinical trials?

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Abstract: Increasing volumes of information are being collected via electronic health records and there is growing multi-site expertise in utlising these for research. This emerging field of healthcare data science is not only concerned with the technical challenges associated with complex data, but also with the need for effective security and governance in the use of sensitive information with robust structures for stakeholder input and guidance. To date, most of the focus has been on supporting observational cohort studies nested within clinical records data - particularly investigating research questions around treatment response and course/prognosis. It is likely that electronic health records will become increasingly integrated with clinical trials, providing opportunities for pre-study feasibility scoping, targeted recruitment, and enhanced and extended follow-up. In addition, there is interest in emulated trials using routine data. For mental health data science, key challenges lie in the quality and quantity of data made accessible, with a particular need for natural language processing to derive structured data from extensive clinical text. Many of the challenges have been addressed for observational research, creating exciting prospects for a transformed trials landscape.

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ECP0010

Virtual Insanity: Perspectives from a Political Digital Ethnographer of Young Adults Using Social Media for Mental Health

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