

Results: There was a significant difference in the mean baseline and three-month BSCS scores (-2.17, 95% CI of -0.62 to -3.72), PHQ-9 scores (-5.08, 95% CI of -1.65 to -8.51), and the GAD-7 scores (-2.93, 95% CI of -0.48 to -5.56). Participants agreed that the supportive text messages helped them cope with addiction-related stress (89%), anxiety (81%) and depression (69%).

Conclusions: The Text4Hope-Addiction program effectively reduced cravings, anxiety, and depression among subscribers, with high satisfaction rates for the program. Healthcare practitioners and policymakers should consider implementing supportive text-based strategies to complement conventional treatments for addiction.

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EPP0057

Digital mental health: Perceptions and opinions of Tunisian patients

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Introduction: With the rapid advancement of modern technology, many countries have adopted mental health care systems supplemented by digital means of communication. Are Tunisian patients “ready” for the “digital revolution”?

Objectives: The aim of our study was to assess perceptions of people living with mental illness on digital mental health.

Methods: We developed a cross-sectional study where we randomly included patients who were treated for a psychiatric disorder in a public or a private practice. Inclusion criteria were: subject 18 years old or older, clinical remission for at least three months. We developed a questionnaire on sociodemographic and clinical variables. We also included questions on patients’ level of interest in using digital mental health services such as teleconsultation and mental health smartphone apps. Perceived obstacles in using digital mental health by patients were also evaluated.

Results: Our sample size was 260 patients. The mean age of our population was 36,4 years old with. The mean distance from the household to the mental health care provider was 17,3 km.

Two thirds of the sample had access to a wifi connection at home (172 patients). When asked about the content of internet searches, 66% have already looked for information on their mental health or mental disorders on web pages. Patients were very interested in video teleconsultation with their therapists (72%), psychoeducation apps (68%) and online mood journals (61%). They expressed little to no interest in online exchanges with other patients and medication reminder apps. The most reported obstacles in implementing digital mental health as noted by patients were : lack of perceived effectiveness, virtual communication with their therapist and confidentiality issues.

Conclusions: Mental health patients in Tunisia expressed a great interest in teleconsultations and online psychoeducation programs. Further research on the willingness of mental health professionals to adopt digital mental health services are needed.

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Ethics and Psychiatry

EPP0058

Attitudes towards Futile Treatments, Moral Distress and Intention to Leave Job in Nurses

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Introduction: The fact that nurses do not have a voice in the treatment decision of patients and that there is no framework about futile treatments can cause some psychological problems such as depression, burnout and moral distress (Yildirim et al., 2018). If not managed properly, moral distress leads to decreased job satisfaction, increased nurse turnover rates and intent to change the working area or leave the profession (Vieira & Doedato & Mendes, 2021).

Objectives: This study aimed to explore the nurses’ attitudes towards futile treatments and its relationship with the moral distress, intention to leave the job and the other personal factors.

Methods: This study has a descriptive and correlational design, carried out with 425 nurses, between April-May 2021 in Istanbul. The data were collected using a Personal Information Form, The Nurses’ Attitudes Towards Futile Treatment Scale (NATFTS), Moral Distress Scale (MDS) and Intention to Leave Scale (ILS). **Personal Information Form:** The form consists of 22 questions including the socio-demographics and professional characteristics. **The Nurses’ Attitudes Towards Futile Treatment Scale (NATFTS):** The scale was developed by Yildirim et al. in 2019, consisting of 18 items and uses a 5-point likert type scale. **Moral Distress Scale (MDS):** The scale, developed by Hamric (2012), adapted to Turkish by Karagözoğlu et al. (2017), consisting of 21 expressions, was designed to measure the level of moral distress in nurses. **Intention to Leave Scale (ILS):** The scale was developed by Wayne et al. (1997), and adapted to Turkish by Avcı ve Küçükusta (2008) in the form of 5 items. The data were analyzed by using descriptives, Kruskal Wallis test, Independent Samples t- test and ANOVA, Pearson Correlation analysis on SPSS 25.0 for Windows. For significance, $p < .05$ and 95% CI were assumed in the data analysis.

Results: A moderate negative correlation was found between NATFTS score and the ILS score ($r = -0.356$, $p < 0.001$). Nurses who think that futile treatments should be applied under the strict rules have less tendency to leave their jobs. On the other hand, there was a lower positive level of correlation between NATFTS score and the MDS score ($r = 0.295$, $p < 0.001$). That is, nurses who think that futile treatments should be applied under the strict rules have a