

Objectives: This study aimed to explore the prevalence of alcohol and substance use among young refugees, along with the indicators of experienced psychological difficulties.

Methods: Data collection was followed by numerous difficulties—C-19 pandemic, linguistic diversity and high respondents' illiteracy rate.

Results: The sample consisted of 184 participants aged 11–18 years. More than a half of them displayed symptoms of PTSD - more frequently females, those who resided in a greater number of refugee centers and those who were exposed to abuse and domestic violence. Half of the respondents consumed energy drinks, slightly less than a third of them used tobacco, 13% consumed alcohol, 4.6% marijuana, whereby the frequency of other substance use was significantly lower. The significant indicators of individual propensity to use alcohol and substances were shown to be older age (14-18 years), male gender, lower education, being unaccompanied child and exposure to emotional abuse.

Conclusions: Our research confirmed that young refugees, especially unaccompanied, might be at higher risk for mental health difficulties. Research on this topic should aim to link scientific data to sustainable practices, applicable in everyday life.

Disclosure of Interest: None Declared

S0106

Digital Trauma Load: from Online Videogaming to the new forms of digital social networking

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doi: 10.1192/j.eurpsy.2023.143

Abstract: The digital revolution is evolving at an unstoppable pace. The dissemination of interconnected networks, the growth and spread of new digital technology across all ages at different levels, has rapidly led to an increasing usage of the Internet, smartphones and digital social networking, particularly among young people. Smartphones, social networking and digital videogaming platforms are currently being used as primary means of online access, source of information and as preferred mode for social communication and peer interaction. However, despite digital world is progressively replacing the 'physical world' concerning socialization process and communication modalities, there is poor attention on the 'digital trauma load' experienced by individuals belonging to the Z and alpha generations in term of potential impact of digital instruments on mental health.

Disclosure of Interest: None Declared

S0107

Problematic Use of Pornography: Clinical Presentations, Diagnosis and Interventions

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doi: 10.1192/j.eurpsy.2023.144

Abstract: The COVID-19 pandemic has caused immense psychosocial strain worldwide. Excessive use of the internet during these psychologically trying times, fueled by physical isolation as a result of lockdowns, translated into dysfunctional behaviors. A growing body of evidence suggests an unprecedented increase in internet use and consumption of online pornography during the pandemic, and possibly even directly caused by it. This presentation will focus on the the statistics, variations in diagnostic criteria, clinical presentations and interventions for problematic online pornography use. Practical solutions will be offered to show how foresightedness with utilizing existing tools and therapies and exercising appropriate amounts of caution could go a long way in addressing the challenges that lie ahead in the post-pandemic era.

Disclosure of Interest: None Declared

S0108

Deep brain stimulation of the medial forebrain bundle - effects on suicidality in treatment-refractory MDD patients?

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doi: 10.1192/j.eurpsy.2023.145

Abstract: Deep brain stimulation (DBS) of brain circuits involved in mood regulation is a novel tool that is being investigated as a potential treatment for some of the most severe patients with mood disorders. At UTHealth Houston, we have had an ongoing clinical trial with DBS of the medial forebrain bundle (MFB). Our preliminary results suggest effects in alleviating depressive symptoms in this very severe, refractory patient group. In this presentation, we will review our latest findings, and will also discuss the potential effects of the MFB stimulation on measures of suicidality in this patient population.

Disclosure of Interest: None Declared

S0109

The current shapes of cyberviolence in digital relationships

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doi: 10.1192/j.eurpsy.2023.146

Abstract: Social life has moved toward the digital world in many aspects. As the original inhabitants of virtual life, young people face several adversities while flirting and dating online. The anonymity of the online environment enables aggression without consequences. Cyberviolence has no boundaries as time or place. Thus it may cause psychological distress. Young people frequently use online dating and social networking sites, which makes them vulnerable to cyber dating violence, sextortion, and revenge porn. Cyberdating violence usually targets young women and girls. It is mainly related to stereotypical gender

beliefs: presented as controlling behavior and psychological violence. Survivors of cyber dating violence tend to feel anger, hostility, and loneliness. Sextortion is image-based sexual abuse, which includes threats with intimate pictures or videos. Perpetrators of sextortion can be hackers, ex-partners, or admirers. Exposure to sextortion is related to shame, fear, and helplessness. Former partners may use revenge porn to control one's behavior. It is another kind of image-based sexual abuse. Perpetrators may use nonconsensual pornography to punish or humiliate their ex-partners. Cyber victimization is as traumatic as real-life victimization. That results in depression, anxiety, and posttraumatic stress. Moreover, the absence of time and space restrictions can make cyber violence even more debilitating. I aim to inform European psychiatrists about the current shapes of cyber psychological trauma in the context of online flirting and dating. So that psychiatrists can better understand its content and outcomes, especially while working with young people.

Disclosure of Interest: None Declared

S0110

An Internet-Based Multi-Approach Intervention Targeting University Students Suffering from Psychological Problems: MindBlooming

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doi: 10.1192/j.eurpsy.2023.147

Abstract: The young adult can experience psychological difficulties related to the delicate phase of life he/she is going through. Many of them show psychological difficulties but only a small portion receive the needed care. In this regard, internet-based interventions represent an important resource.

MindBlooming is a seven-week intervention delivered through a mobile application for university students with mild to moderate psychological difficulties. The application is the result of the interdisciplinary work between the Department of Psychology and the Department of Informatics, Systems and Communication of the University of Milan-Bicocca.

The intervention focused on symptoms of depression, anxiety, sleep problems, self-destructive thoughts, job- and study-related stress and burnout, and chronic pain. It is based on different approaches (multi-approach), primarily psychoeducation, Cognitive-Behavioral Treatment (CBT), and third-wave CBT. During the first pilot study, the intervention consisted of a 7-week treatment on two problematic areas according to each students' personal needs, identified through an initial assessment. The achieved results are promising especially in terms of interest shown by students. However, we encountered technical problems that hampered the pilot study. A second pilot will be performed to further test the application.

The MindBlooming project will be discussed in light of the need for further multidisciplinary research that confirms how biomarkers can be sensitive to non-pharmacological internet-based interventions.

Keywords: cognitive-behavioral treatment; internet-based intervention; university students.

Disclosure of Interest: None Declared

S0111

Mental health prevention program for Roma children and their families fleeing from Ukraine

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doi: 10.1192/j.eurpsy.2023.148

Abstract: The Childhood Mental Disorders Research Group of ELTE began helping displaced children and their families immediately after the outbreak of war in Ukraine in March 2022. This work is still being carried out on a voluntary basis. According to the current needs, they organize "playgroup" for children and their families several times a week both at a fixed location at the ELTE and at external locations in shelters where they work with many children and their families at the same time. The main focus of the groups is the prevention of mental illness.

In this presentation, the work of the Research group will be presented, which has been done in a shelter that accommodates mainly families with Roma ethnic backgrounds from the Transcarpathia region fleeing the Russian-Ukraine war.

Disclosure of Interest: None Declared

S0112

Psychological trauma and digital interventions: myth of reality?

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doi: 10.1192/j.eurpsy.2023.149

Abstract: The war in Ukraine caused many people to flee within Ukraine and across Europe. Trauma, separation from family and prolonged uncertainty increase the risk of posttraumatic stress disorder and depression among Ukrainians. The element of time is a critical aspect of intervention in stress-related disorders as an identical intervention may be beneficial or harmful if given at different times, focussing on primary, secondary or tertiary prevention. Recent studies showing the importance of timing of intervention in prevention of PTSD lend further support to the concept of the "golden hours" or "window of opportunity". Dr. Iryna Frankova will present lessons learned from implementation of this psychological first aid digital intervention of low intensity during the 'golden hours' following escalation of the war in Ukraine.