

The potential to help vulnerable people who do not use conventional mental health services and people in regions with inadequate psychiatric facilities represents an attractive target with favourable perspectives for suicide prevention. Smartphone, apps, websites, avatar coach, and virtual suicidal subjects are important for both delivering help as well as to educate mental health professionals as in the case of role playing.

**Conclusions** Shadows and lights are emerging through the use of new technologies. If more people can be reached there are however concern for improper use of social network and pro-suicide websites.

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#### EW0130

### Ecological momentary assessment of bipolar disorder episodes with a smartphone application: Study protocol

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**Introduction** Subclinical symptoms of depression or mania, present prior to clinical manic or depressive episodes in individuals with bipolar disease. Mobile applications that measure habitual behavioral patterns such as mobility, physical activity level and social engagement present an opportunity to identify state transitions preceding relapse. This could lead to earlier intervention and improved treatment outcome.

**Aims** To identify associations between changes in habitual behavioral patterns measured with smartphone usage and psychiatric emergency room visits or admissions for bipolar patients.

**Methods** In a case-crossover study, around 70 patients at a specialized outpatient clinic for bipolar disorder will be offered to install MoodMapper<sup>®</sup>, an application that registers text message and calls (but not communication content or recipients), mobility (but not location), number of steps taken, screen-time, and battery level. A baseline level for each individual will be established. Deviations from baseline habitual behavioral patterns in the time preceding a psychiatric emergency room visits or admissions will be analyzed in order to establish predictor variables. The patients will be followed up to 18 months.

**Results** Preliminary results will be presented.

**Discussion** Smartphone-collected behavioral data can be used to predict worsening or improvement of a patient's condition. As smartphone ownership becomes more commonplace, mobile apps present a unique opportunity to detect digital real-time signatures of mental illness in a way that is minimally invasive to individual's daily life and privacy.

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#### EW0131

### Reasons for using schizophrenia Internet forums in Croatia

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Searching the Internet is one of the main sources for obtaining health and medical information. When searching the Internet, users can find information published by various organizations, companies, agencies or institutions and also information posted by users on the user-oriented Internet platforms, such as forums, blogs, and various social networks. There are no single, standardized mechanisms to ensure the truthfulness, objectivity, credibility and comprehensibility of health information available on the Internet. Moreover, a very small proportion of medical content on the Internet is revised or moderated by health experts. The aim of this study was to examine the motives for using schizophrenia Internet forums in Croatia. The study sample consists of user-generated posts on the largest Croatian schizophrenia Internet sub-forum over a period of one year, analyzed using qualitative methodology-grounded theory. The results showed that the majority of users use schizophrenia Internet forums to receive emotional support from others with the same diagnosis. Other important reasons were to exchange information about medications, symptoms and prognosis of the illness. It was noted that a large number of entries, with information about drugs and symptoms of the illness, contain inaccurate information. Posts about treatment and symptoms of schizophrenia provided by Internet forums often contain unverified information and can potentially harm users of such forums and also undermine doctor-patient relationship. Expert moderation of these forums and better education of patients by their physician, could help patients receive better medical care and to strengthen the confidence of patients in their physicians.

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### e-Poster walk: Emergency psychiatry and forensic psychiatry

#### EW0132

### Structured risk assessment: Aggression and safety in ambulatory emergency service

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**Introduction** Discussing the threat of aggression is not always at the forefront in ambulatory care providers. A structured risk analysis model for ambulatory emergency psychiatry is currently not available, while aggression does occur regularly.

**Objectives and aims** The aim of this study is to evaluate the added value of a risk analysis model and implement the best available model in emergency outpatient practice.

**Methods** The study design is a mixed method model. Semi-structured questionnaires were administered by nurses and psychiatrists. A benchmark study took place at an outpatient