to shift computationally-derived measures of their proposed psychological substrates. Findings from both strands will be discussed with respect to challenges in developing brief, reliable, engaging, and user-acceptable measures of cognition. Overall, this outlines some early new results in using computational methods to understand therapeutic processes in the psychotherapy for depression.

Disclosure of Interest: Q. Huys Grant / Research support from: Koa Health, Consultant of: Aya Technologies and Alto Neuroscience

W0029

Mental Health in the digital area: what every doctor should know

R. M. Molina-Ruiz* and EPA2023WP-1169: Social media & psychiatry: effects of social media on users, research, advocacy, networking and intervention opportunities.

Psychiatry, Hospital Clinic San Carlos, Madrid, Spain
*Corresponding author.
doi: 10.1192/j.eurpsy.2023.184

Abstract: The use of social networks is an integral part of our daily life as a means of communication. Patients manage information mostly from the internet, that strongly influence their beliefs and behaviors toward illness. Scientific dissemination through these kinds of platforms has expanded enormously in recent years, varying between them in style, contents and type of interaction with the users, that make necessary an individualized analysis. The use of Instagram goes beyond sharing photos and free comments, and it has been used extensively in different fields of medicine, such as mental health. This tool has enormous potential as a means of more effective communication and prevention and it is very valuable as a tool for psychoeducation and prevention in mental health. However, in the era where "information is easy to get but knowledge is difficult to find", professionals of mental health should get involved and adapt to new scenarios of communication.

Disclosure of Interest: None Declared

W0030

Clinical interview - how to establish a therapeutic relationship and effectively listen to the patient.

R. L. Medinas

Psychiatry, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2023.185

Abstract: In this first session of our motivational interviewing workshop, we address the basic principles of how every therapeutic relationship should be established and the main differences for the right environment in which we can develop motivational interviewing tactics that can be used to precipitate enduring change.

Disclosure of Interest: None Declared

W0031

Social media & psychiatry: Research opportunities.

M. A. Alvarez-Mon[1,2]

[1]Hospital Universitario Infanta Leonor, Madrid and [2]University of Alcalá, Alcala de Henares, Spain
doi: 10.1192/j.eurpsy.2023.186

Abstract: In the field of health, social networks are increasingly used for research since they have demonstrated multiple uses. Proof of this is that more and more projects financed by public entities use this methodology, as well as scientific publications.
In the symposium, how to do this type of research will be explained in a practical and useful way for the listener. It will be explained with practical examples, and based on successful publications, how this type of work is designed, what type of people should integrate this research team, how to carry out the project, interpret the results and publish them.
We will also address the difficulties encountered and how to overcome them. Attendees will be able to ask all the questions they deem appropriate.

Disclosure of Interest: None Declared

W0032

Introduction to motivational interviewing and its principles.

F. Azevedo

Psychiatry, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2023.187

Abstract: In this second session of our motivational interviewing workshop, we introduce motivational interviewing with its principles. Furthermore, we discuss the pyramid of change and Prochaska's change model, address the differences between precontemplative versus change-resistant patients, and approach different techniques we can use throughout the clinical interview.

Disclosure of Interest: None Declared

W0033

Using Twitter for research in psychiatry

M. Pinto da Costa[1,2]

[1]Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, United Kingdom and [2]Institute of Biomedical Sciences Abel Salazar, University of Porto, Porto, Portugal
doi: 10.1192/j.eurpsy.2023.188

Abstract: Social media offers a unique opportunity to examine behaviors based on real-time objective data. For example, all public tweets that include the selected keywords can be collated. These offer vast opportunities to research attitudes towards mental health and mental illness in the general population, based on the tweets content. The tweet text, the date, the geolocation and international

https://doi.org/10.1192/j.eurpsy.2023.188 Published online by Cambridge University Press

timestamp of when they were published, and the number of retweets and likes generated are informative data that can be extracted. Content analysis can be conducted using manual or machine learning approaches. Different examples of the use of Twitter for research in psychiatry will be presented and discussed in this session.

Disclosure of Interest: None Declared

W0034

The art of persuasion - is it ethical to influence patients?

F. Prates

Psychiatry, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2023.189

Abstract: In this third session of our motivational interviewing workshop, we address the art of persuasion and what to do and not do in the clinical setting. The change process in a motivational interviewing setting is based on collaborative principles between the patient and the therapist and is not imposed. We show examples of what to do and not to do with the previously learned techniques.

Disclosure of Interest: None Declared

W0035

International collaboration and networking in academic medicine through social media

V. Pereira-Sanchez

Child and Adolescent Psychiatry, New York University Grossman School of Medicine, New York, United States
doi: 10.1192/j.eurpsy.2023.190

Abstract: Dr. Pereira-Sanchez will draw upon his experience of use of various major social media platforms for professional networking and collaboration in international psychiatry and global mental health. These platforms offer opportunities to connect with colleagues worldwide individually and in groups and open avenues for peer support, research and advocacy. Specific examples the speaker will bring from his own experience include the World Network of Psychiatric Trainees and the Global Mental Health Think Tank, both of which gather hundreds of colleagues across continents.

Disclosure of Interest: None Declared

W0036

Motivational interviewing - from theory to practice.

A. R. Moura

he Max Planck UCL Centre for Computational Psychiatry and Ageing Research, London, United Kingdom
doi: 10.1192/j.eurpsy.2023.191

Abstract: In this fourth session of our motivational interviewing workshop, we will go from theory to practice through simple and direct examples from clinical practice. The participants will be able to watch previously filmed clinical cases and participate in role plays, where they can practice using different motivational interviewing techniques that they had learned before.

Disclosure of Interest: None Declared

W0037

Towards Social Media as DTx in Psychiatry? Current opportunities and pitfalls

L. Orsolini

Department of Neurosciences/DIMSC, Polytechnic University of Marche, Ancona, Italy
doi: 10.1192/j.eurpsy.2023.192

Abstract: Software-driven therapeutic interventions aiming at preventing, managing or treating medical or chronic diseases are referred to as Digital Therapeutics (DTx). DTx are developed to target a specific disorder or disease, including mental disorders. DTx are regarded as an emerging class of medicines and, hence, have obtained the approval of the relevant regulatory authorities, based on clinical evidence for the effectiveness similar to conventional medicine supplies and medicines. Social media-based DTx can represent both a means to quantify mental health as well as a source of both positive and negative interactions, including a source of social support for many who have been socially isolated and lonely. Recent researches using monitored social networks as interventions has shown promise in youth with several mental health issues, despite it is noteworthy that social media are not without risks.

Disclosure of Interest: None Declared

https://doi.org/10.1192/j.eurpsy.2023.188 Published online by Cambridge University Press