Objectives: This study aims to co-design evidence-based online content for offering psychological support in the early stages after perinatal loss and to integrate this content into the e-Perinatal app (mHealth application for the prevention of Perinatal Mental Health Disorders). It involves collaboration with local stakeholders, including bereaved women, non-birthing partners, and health professionals, to ensure that the intervention meets the population's needs and aligns with the local sociocultural context. This is a secondary study of the ERC Starting Grant ePerinatal project (101042139), funded by Banco Sabadell Foundation.
Methods: This study employed a qualitative design to conduct a multi-stage co-design and development process (pre-design, generative and evaluative phases). Two online focus groups were conducted: 1) bereaved women and non-birthing partners (n = 9), and 2) healthcare professionals with experience in perinatal loss care (n = 12). Following the presentation of the app prototype, participants were asked to provide feedback on both the evidence-based content (micro-intervention contents and information provided) and the app design features. The qualitative data were analysed using thematic analysis with NVivo software, while sociodemographic data were analysed through descriptive analysis. All data were coded by two researchers.
Results: The analysis process is ongoing, and the emerging themes and subthemes are being categorized into: 1) user-related (e.g., health status, previous experience with the public health system, social support), 2) program-related (e.g., intervention content, formal and informal social connectedness), 3) user experience (e.g., information architecture [length], content strategy [wording]), and 4) professional-related (e.g., factors influencing healthcare professionals' recommendations of the app).
Conclusions: The content developed for perinatal loss will be designed to align with local stakeholders' expectations and be integrated into the e-Perinatal app. By offering accessible support for women and their partners, the app will aim to help manage the psychological reactions often experienced during this vulnerable period, including grief, stigma, and an increased risk to mental health, as it is implemented in routine maternal care.

Disclosure of Interest: None Declared

EPV0738

Internet Addiction among Nursing Students and its impact on their academic performance: Case study at the Higher Institute of Nursing Professions and Health Techniques of Oujda

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Introduction: Nowadays, the use of the Internet has become a very popular practice. However, excessive use can lead to serious problems such as cyberaddiction. This phenomenon has repercussions on several levels, including academic performance.
Objectives: This study aimed to explore the prevalence of cyberaddiction and its associated factors among nursing students at the Higher Institute of Nursing Professions and Health Techniques of Oujda in Morocco.
Methods: A cross-sectional study was carried out among undergraduate nursing students in the city of Oujda, Morocco. The data were collected through a self-administered questionnaire that was directly distributed to all of the targeted students, exploring their demographic and academic profiles. Young scale was used to identify the levels of cyberaddiction among participants.
Results: The average student's daily connection time was 5.3+/-3.2 hours. 26.3% of the participants were identified as cyber-dependent, and 1.4% were suffering serious issues linked to cyber-addiction. Internet addiction was significantly associated with academic failure.
Conclusions: These results should lead to preventive measures in order to protect nursing students from the potential harmful effects of internet excessive use.

Disclosure of Interest: None Declared

EPV0739

Reconnected project in Kosovo: first steps in co-creation process

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Introduction: Current global societal challenges pose significant threats to the mental well-being of European citizens. The 'RECONNECTED' project, supported by the EU/Horizon Europe program, aims to tackle mental health issues experienced by vulnerable populations in Europe, including those in Kosovo, particularly individuals with low socioeconomic status.
Objectives: The objective is to present key pillars of project and outline some key findings that will inform the consortium toward finalizing the conceptual framework of RECONNECTED which draws inspiration from the Urban Mental Health (UMH) framework, with a focus on particular aspects related to Kosovo.
Methods: It's a mixed-methods study design. We have reviewed the literature related to three key pillars of project: social prescribing, mental health literacy and personalized micro-interventions in Kosovo, and analysed preliminary some recent cross-sectional samples focusing on sociodemographic and psychosocial variables. Data processing was done with SPSS 27.0 and Microsoft Excel 2019.
Results: The literature review in internet does not find information about the implementation of social prescription and personalized micro-interventions in Kosovo so far. However, we can see that similar fragmented activities of social prescription have been implemented in Kosovo in various unstructured and informal designs. There is also information about the individual use of various applications by young people. Furthermore, no study is found regarding mental health literacy in Kosovo, and we have found that there are no mental health promotion programs. Recent cross-sectional samples analysis highlights the association between gender, dysfunctional coping style, social support and low socio-economic status with mental health indicators like anxiety, depression and suicidal ideation among young individuals.

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Conclusions: These findings highlight how key mental health challenges could impact the implementation and use of a digital support system like RECONNECTED within a community care model. Addressing these factors during the co-creation process between researchers, stakeholders and end-users is crucial for ensuring the success of this innovative scientific approach in Kosovo, a low-middle-income country.

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EPV0740

Efficacy of Teletherapy vs. Conventional Therapy in Improving Depressive Symptoms: A Meta-Analysis of PHQ-9 Scores Outcomes

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Introduction: Tele-rehabilitation (Tele-TR) has emerged as a promising alternative to traditional, in-person cardiac rehabilitation (Conventional-CR), offering accessible and convenient rehabilitation options for patients who may face logistical or health-related barriers to attending conventional programs. Advances in digital health technologies, coupled with the increasing demand for remote healthcare solutions, have led to the widespread adoption of Tele-TR, particularly for patients recovering from cardiac events or undergoing surgery. However, there is a need for a comprehensive evaluation of the comparative effectiveness of Tele-TR versus Conventional-CR, especially in terms of clinical outcomes. Given the rise in mental health concerns among patients undergoing cardiac rehabilitation, the impact of these rehabilitation modalities on psychological well-being, particularly depressive symptoms, has become an important area of focus.

Objectives: This meta-analysis aims to evaluate the efficacy of Tele-TR in comparison to Conventional-CR, specifically assessing their effects on depressive symptoms. The primary objective is to determine the mean differences in health assessment scores, such as the PHQ-9, across studies that compare Tele-TR and Conventional-CR. By synthesizing the findings from multiple randomized controlled trials (RCTs), this analysis will provide insights into the relative effectiveness of these two rehabilitation approaches, with a particular emphasis on mental health outcomes and their implications for patient recovery and quality of life.

Methods: Three studies were included, comparing Tele-TR with Conventional-CR. Outcomes were assessed based on mean differences (MDs) and 95% confidence intervals (CIs) for continuous data. Heterogeneity among studies was quantified using Tau^2 and I^2 statistics, and a random-effects model was employed to account for variability across studies.

Results: The analysis of post-treatment improvement in PHQ-9 scores across included studies demonstrated an overall mean difference of -1.94 (95% CI [-4.02; 0.15]), suggesting a trend favoring Tele-TR over Conventional-CR. However, this improvement did not reach statistical significance (Z = -1.82, P = 0.07). High heterogeneity was noted (Tau^2 = 3.36, I^2 = 100%, P < 0.01), indicating substantial variability in treatment effects among studies.

Image:

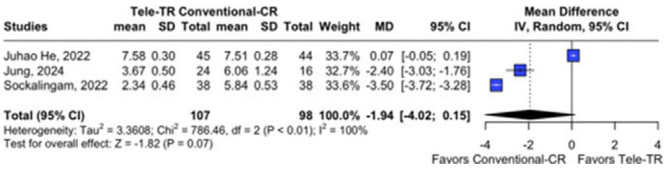


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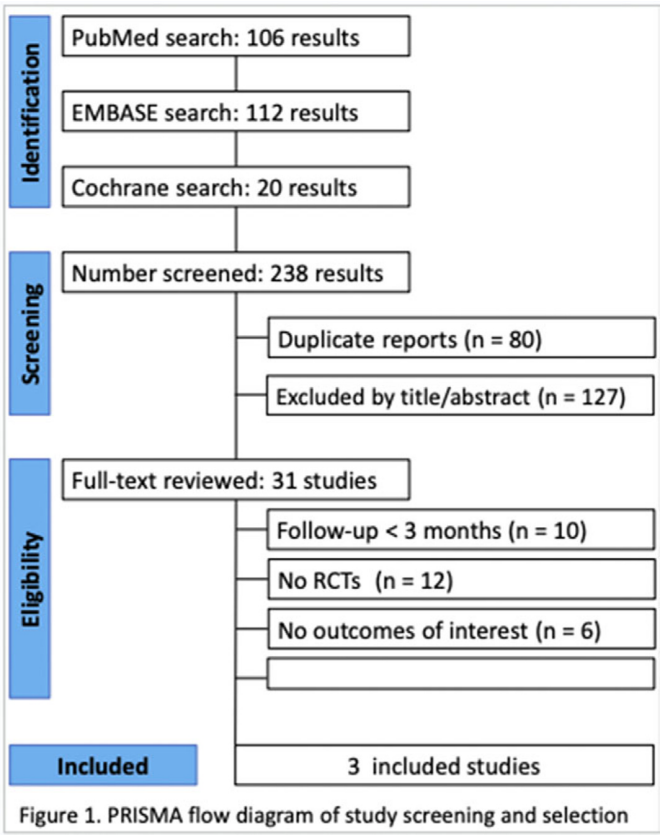


Figure 1. PRISMA flow diagram of study screening and selection

Conclusions: While Tele-TR showed a trend toward improvement over Conventional-CR, the findings did not achieve statistical significance. High heterogeneity suggests differences in study design and patient populations, warranting further research to clarify the potential benefits of Tele-TR and identify the contexts where it may offer the most significant advantages.

Disclosure of Interest: None Declared