behavioural therapy for depression. Sociodemographic data is collected upon application, and symptoms of depression and anxiety are measured at the start of treatment. Further, symptoms of depression are measured between each session of the online treatment program. Early response to treatment will be conceptualized as the individual regression slope of depression scores for each patient, during the first four weeks of treatment. Program usage data will be collected from the online treatment platform (e.g. number of words per message to therapists, time spent on each session during the first four weeks, number of logins during the first four weeks).
Predictors for adherence will be examined in a hierarchical logistic regression. Models will be compared using ANOVA. The most parsimonious model will be determined using the Aikake Information Criterion. Receiver operating characteristic curve analyses will be used to classify the accuracy of the model.
Results: Analyses have not yet been conducted. Results will be available for presentation at the conference.
Conclusions: Determining more accurate predictors for adherence in internet based treatments is the first step towards improving adherence. Research findings need to be translated into clinically useful guidelines that may inform clinical decision making. Findings from this study could potentially be implemented as a system that monitors patients' program usage and symptom development and signals therapists if a patient is at risk for dropout.

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EPV0483

Robot assisted treatment in psychiatry - fiction or reality?

E. Z. Reininghaus*, A. Häussl, I. Zwigl, S. Guggemos, F. T. Fellendorf and N. Dalkner

Department of Psychiatry and Psychotherapeutic Medicine, Medical University of Graz, Graz, Austria
*Corresponding author.
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Introduction: The evolution of technologies like artificial intelligence and robotics has already begun to shape the future of health care delivery and will have an undeniable impact on patient experiences over the next decades. In times of shortened human resources, especially in the field of health care settings, we should also consider robots as assistance for existing treatment settings. The use of robotic assisted surgery has already found its way into clinical practice and allows doctors to perform many types of complex procedures with more precision, flexibility and control. Nevertheless, to date, the use of robotics in the field of psychiatry is sparse, at least in European countries.
Socially assistive robots (SARs) are robotic technology platforms with audio, visual, and movement capabilities that are being developed to interact with individuals while also assisting them with their management of their well-being. Robots could support classic psychiatric treatment by training cognition and motivation as well as educating patients.
Objectives: The robot "Pepper" has found its home at the Medical University of Graz, Department of Psychiatry & Psychotherapeutic Medicine in Austria in summer 2022. It is friendly and positive, around 1,30m tall, can make conversations, learn people's tastes, preferences, and habits to help personalize responses and better address needs. He can also offer games, make music and dance.
Methods: In our ongoing studies we use the robot "Pepper" in the context of psychoeducational settings on different mental diseases, training of cognitive functions as well as motivational aspects in inpatients with psychiatric disorders. It can also react and suggest a break during the sessions if he has the impression that participants are stressed or overstrained with content. We collect personal feedback of the patients and associated employees in the hospital through the ongoing usability study, as well as perform a randomized controlled trial to test effects of cognitive and motivational training aspects in comparison to standardized treatment settings.
Results: It is time to apply new technologies in healthcare, especially in times when the staff is decreasing. Better integrating and expanding on the mental health implications of social robots will complement the ongoing drive in the field of psychology and psychiatry to better assist clients with supportive exercises and education, cognitive training, and an asynchronous care option.
Conclusions: Although the use of SARs in mental health research is not yet widespread, new robots and programming are constantly changing, adapting and expanding. There is an abundance of opportunity for growth, expansion, and exploration to triangulate SARs usability and efficacy as the next step in advancing this field. We should not be afraid of this new and expanding technology but come to use it as soon as possible as a support in psychiatric treatment. Let's make fiction become reality!

Disclosure of Interest: None Declared

EPV0484

Digitalized Clinical Data, Evidence and Transparency - Digitalization in Depression Treatment in the DECIDE Project

H. F. Wiegand[1]*, N. Momtahen[1], E. Frenschkowski[1], V. Pantle[1], D. Riedinger[1], M. Pilz[1], T. Panholzer[2], A. Scherrer[3] and K. Lieb[1]

[1]Department of Psychiatry and Psychotherapy; [2]IMBEI, University Medicine of the Johannes Gutenberg University Mainz, Mainz and [3]Fraunhofer Institute for Industrial Mathematics ITWM, Kaiserslautern, Germany
*Corresponding author.
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Introduction: Routine psychiatric treatment in Germany suffers from a lack of information exchange in a sectored care system, long and complex treatment courses, insufficient evidence orientation with increasingly complex clinical knowledge, a lack of qualified personnel, and lack of patient involvement. How can a digital solution counteract these problems?
Objectives: First, discussion of problems in the care system and second, presentation of the concept and challenges of the DECIDE project, a Decentralized digital Environement for Consultation, data Integration, Decision making and patient Empowerment
Methods: The project plan and first results will be presented of

1. surveys of patients and mental health professionals needs and concerns about digital solutions
2. focus groups
3. the software solution for mental health professionals and the connected app soltion for patients

Results: Improtant functions of the DECIDE solution for mental health professionals should include:

- digitize clinical data to represent longitudinal treatment trajectories and plans and, in the face of increasingly complex knowledge, implement a transparent decision support system based on current guidelines for depression and important comorbidities in a disinterested way secure and transparent data exchange and access in practitioner networks involve patients in this exchange via app/web solution based on patient guidelines for transparency, empowerment and collaborative decision making review improved treatment algorithms in the long term using artificial intelligence based on digitized data lean data collection and compatibility with billing, appointment management, findings management and medication plan solutions.

Conclusions: In psychiatry and psychotherapy digitization of clinical data for transparent exchange between practitioners and patients, presentation of progressions and treatment plans, and evidence-based decision support have a great potential. However, standardization, compatibility and collection of complex data remain a challenge.

Disclosure of Interest: None Declared

EPV0485

An Internet-Based Cognitive Behavioral Intervention for Adolescents With Anxiety Disorders: a Study Protocol for a Randomized Controlled Trial

H. Skaarnes[1]*, N. M. Sørensen[2], J. J. Lomholt[2], M. Thastum[2] and K. Mathiasen[1]

[1]Center for Digital Psychiatry, Odense and [2]Center for Psychological Treatment of Children and Adolescents, Aarhus University, Aarhus, Denmark

*Corresponding author.

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Introduction: Anxiety disorders are the most prevalent mental health conditions among children and adolescents. However, it is estimated that less than 25% of all children and adolescents with an anxiety disorder receive professional help. Thus, it is of utmost importance to develop novel interventions that aim to increase treatment accessibility.

Objectives: The aim of this study is threefold, to determine the effectiveness of CoolMinds, an iCBT intervention for adolescents with anxiety disorders. In addition to investigate predictive factors and the networks between symptoms, severity and change from pre- to post- treatment.

Methods: The study is designed as a three-armed randomized controlled trial comparing iCBT with planned feedback, iCBT with on-demand help and a waitlist control, with 56 patients in each group. The participants in the two treatment conditions will receive 12 weeks of iCBT, while participants in the waitlist control wait for 12 weeks, before receiving iCBT with planned feedback. The participants in the two iCBT conditions will be randomized to get a booster session or not, 12 weeks after finishing treatment. The participants are adolescents between the age of 12 and 17 years and their parents. The families must live in the Region of Southern Denmark, and the adolescents must have a principal anxiety diagnosis according to DSM-5 criteria. The primary outcome measure are the Youth Online Diagnostic Assessment - child and parent versions. Outcomes will be evaluated at baseline, post-treatment and at the 3-, 6- and 12-month follow-ups. Symptoms of anxiety and depression are also measured between each session with PHQ-9 and S-SCAS.

Results: The results from this study will be submitted to high-status international and peer-reviewed journals, as well as be presented at national and international conferences.

Conclusions: This study will allow us to determine the efficacy of iCBT in adolescents with anxiety, where parent involvement is emphasized as part of the treatment. The results from this study intends to enhance accessibility of evidence-based treatment for adolescents with anxiety.

Disclosure of Interest: None Declared

EPV0486

TELEPSICHOLOGYY AND OTHER CUTTING-EDGE TECHNOLOGIES IN COVID-19 PANDEMIC: BRIDGING THE DISTANCE IN MENTAL HEALTH ASSISTANCE

I. S. Lancia[1]*, G. M. Festa[1,2] and M. Mancini[1]

[1]Interdisciplinary Institute of Higher Clinical Education (IAFeC) and [2]Pontifical Faculty of Educational Sciences «AUXILIUM», Rome, Italy

*Corresponding author.

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Introduction: Background: At the end of 2019, a novel coronavirus (COVID-19) was identified in China. The high potential of human-to-human transmission led to subsequent COVID-19 global pandemic. Public health strategies, including reduced social contact and lockdown have been adopted in many countries. Nonetheless, social distancing and isolation could also represent risk factors for mental disorders, resulting in loneliness, reduced social support and under-detection of mental health needs. Along with this, social distancing determines a relevant obstacle for direct access to psychiatric care services. The pandemic generates the urgent need for integrating technology into innovative models of mental healthcare.

Objectives: In this paper, we discuss the potential role of Telepsichologyy (TP) and other cutting-edge technologies in the management of mental health assistance.

Methods: We narratively review the literature to examine the advantages and risks related to the extensive application of these new therapeutic settings, along with the possible limitations and ethical concerns.

Results: Telemental health services may be particularly flexible and appropriate for the support of patients, family members and healthcare providers during this COVID-19 pandemic. The integration of TP with other technological innovations (eg, mobile apps, virtual reality, big data and artificial intelligence (AI)) opens up interesting future perspectives for the improvement of mental health assistance.

Conclusions: Telepsichologyy is a promising and growing way to deliver mental health services; but it is still underused. The COVID-19 pandemic may serve as an opportunity to introduce and promote, among numerous mental health professionals, the knowledge of the possibilities offered by the digital era.

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