contemplate each message (75 out of 100 responses, 75%), and revisited the messages more than once (76 out of 100 responses, 76%).
Conclusions: PSP participating in the 6-month Text4PTSI intervention expressed significant satisfaction and gratitude in the follow-up surveys. Their positive feedback indicates a promising path towards increased service utilization, potentially enhancing its effectiveness and impact on end users.

Disclosure of Interest: None Declared

EPV0428

Characterize and Address Mental health Problems in University Students (CAMPUS Study): preliminary results

M. Nosè*, G. Muriago, F. Tedeschi, G. Turrini and C. Barbui

Department of Neuroscience, Biomedicine and Movement Sciences, Section of Psychiatry, University of Verona, Verona, Italy
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1133

Introduction: The transition phase from late adolescence to early adulthood, which corresponds with the period of university life, is a time that offers important opportunities for personal growth. However, this developmental phase also concurs with the peak period of risk for the onset of mental health disorders. For this reason, the literature clearly identifies university students as a vulnerable population group for psychogical distress and mental problems. Digital psychological interventions and e-mental health solutions are emerging as a promising solution for university students, particularly appealing due to their anonymity, portability and ease of access. Hence, the World Health Organisation has developed several psychosocial e-mental health tools including Doing What Matters in Times of Stress (DWM), which has been consistently shown effective in various vulnerable populations. These data provide the framework for the CAMPUS study that is intended for students attending the University of Verona.
Objectives: The main objective of this project is to adapt the WHO psychological intervention called "Doing What Matters in Times of Stress" (DWM) to this target population and to evaluate the effectiveness, feasibility, and acceptability of WHO's DWM as a psychological strategy for effective mental health prevention and promotion, and for reducing psychological symptoms and distress in university students. Secondary objectives of the project include to evaluate the fidelity of DWM, to assess factors associated with its implementation and effectiveness and to co-create the necessary local conditions for implementation and up-scaling of DWM.
Methods: The CAMPUS study is a prospective non-randomized follow-up study. The target population is composed by university students of University of Verona, Italy. The online assessments, which are collected pre and post intervention, consist of an ad-hoc sociodemographic information page, and four self-administered questionnaires assessing psychological distress, depression and anxiety symptoms, and psychological well-being. In addition, implementation checklists will be administered to assess the acceptability, appropriateness and feasibility of the intervention.
Results: Preliminary results on a sample of 300 students attending University of Verona show that the adapted DWM intervention promote students' psychological well-being and reduce the level of psychological distress as well as the risk for the later development of a psychopathology. Moreover we expect that future results would include data on the effectiveness, feasibility, and acceptability of the adapted DWM intervention among university students
Conclusions: These results provide valuable information for mental health promotion and support programs for university students, as well as insights into factors influencing its implementation and suggestions for future scaling of the intervention.

Disclosure of Interest: None Declared

EPV0429

The population-based Tromsø 8 study and e-mental health

R. Wynn[1,2]*, G. Bellika[1], L. G. Fernandez[3] and V. T. Salcedo[4]

[1]Clinical Medicine, UiT The Arctic University of Norway, Tromsø; [2]Department of Education, ICT and Learning, Østfold University College, Halden, Norway; [3]Clinical Medicine, University Miguel Hernandez, Alicante and [4]ITACA, UPV, Valencia, Spain
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1134

Introduction: Ageing populations with increased needs, rising costs of traditional services, and new technologies are some factors driving the use of e-health services. A Norwegian study with data from 2015-2016 found that 13.5% had used apps, 7.3% had used social media, and 5% had used video services for health purposes. Little is known about the effects of many online health services, but in general they seem to increase knowledge and make most people feel reassured, although some users feel more anxious or confused after using such tools. Recent technological developments have resulted in new online health services, including AI-based technologies. More updated knowledge regarding the population's use of e-health services in general and e-mental health services in particular, is needed.
Objectives: The objective here is to provide information about an upcoming large population-based epidemiological study and how it addresses e-health and e-mental health.
Methods: We introduce the upcoming 8th version of the epidemiological Tromsø Study and discuss its importance to the field of e-mental health.
Results: The Tromsø epidemiological study has since 1974 taken place in the Norwegian municipality of Tromsø. It contains information on a range of topics within health and illness, including topics from many medical specialities, psychiatry and substance use. In the upcoming 8th version of the study (2025-2026), more than 33,000 people aged above 40 will be invited to participate. The main questionnaire will include questions relating to a wide variety of topics, including on e-health use. We suspect the importance of e-health and e-mental health have increased lately, and we will examine how the use of e-health may impact mental health.
Conclusions: Community-based studies, such as the Tromsø Study, allow researchers to study associations between many different variables, including mental health and e-health. The upcoming Tromsø 8 study will enable us to study e-health use and its

https://doi.org/10.1192/j.eurpsy.2024.1134 Published online by Cambridge University Press

relationship to mental health in a large sample representative of the Norwegian population.

Disclosure of Interest: None Declared

EPV0430

E-Learning challenges and trainee teacher engagement: Lessons from the COVID-19 pandemic

Z. Boumaaize[1], A. Bouhaba[1]*, H. Guider[1], M. A. Lafraxo[1], Y. El Madhi[2] and H. Hami[1]

[1]Laboratory of Biology and Health, Faculty of Sciences, Ibn Tofail University, Kenitra and [2]Regional Center for Education and Training Professions, Rabat, Morocco
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1135

Introduction: The sudden emergence of the COVID-19 pandemic resulted in a compulsory shift to distance learning due to school closures. Consequently, all educational courses were delivered virtually. To facilitate this transition for students and educators, the Ministry of Education implemented digital learning platforms, such as Taalim.ma and TelmidTice. Furthermore, the Broadcasting and Television National Company reorganized its television channels to maintain continuity throughout the academic year. As a result, trainee teachers have effectively shifted to distance learning, using resources such as e-Takwine, MOOC classes, and digital classrooms.
Objectives: This study examines the factors that cause discomfort among trainee teachers and evaluates their influence on satisfaction with distance learning during the COVID-19 pandemic.
Methods: We conducted a descriptive study with 370 Moroccan trainee teachers, with a mean age of 28.30 ± 5.99 years. We collected data using a self-administered questionnaire that was divided into three sections. The initial section examined sociodemographic and professional factors, including gender, age, marital status, academic level, and training cycle. The subsequent section focuses on discomfort-inducing factors, including living arrangements during lockdown, digital skills, material availability, network connectivity, and training schedules. Finally, the concluding section analyzes the trainees' satisfaction and perceptions within their learning community.
Results: The study indicated that 75% of trainee teachers lived in homes with four to seven residents, leading to confined living arrangements. Furthermore, 55% of the participants did not have a designated workspace for studying, focusing, or engaging with instructors. Participants identified various obstacles to online learning, including 80% lacking digital skills, 60% having insufficient equipment, 73.33% experiencing connection and network issues, 78.33% being unfamiliar with online learning, and 68.33% facing an unsuitable training schedule. The study indicates a positive correlation between trainee satisfaction and engagement ($r = 0.422$, $p < 0.001$).
Conclusions: The COVID-19 pandemic has necessitated online education as a crucial resource for ensuring the continuity of education. This study highlights the paramount significance of developing effective e-training policies to direct novice teachers toward successful online learning by alleviating their discomfort factors.

Disclosure of Interest: None Declared

EPV0431

Navigating Mental Health Support in Tunisia's Digital Age: Preferences, Challenges, and Paradoxes-An online survey

O. Chhaider[1], M. Lagha[1], A. Adouni[2]*, I. Ben Romdhane[1], W. Homri[1] and R. Labbane[1]

[1]Psychiatry C and [2]Razi hospital, Manouba, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2024.1136

Introduction: The digital age has transformed mental health support in Tunisia. This study explores how individuals seek assistance for mental health concerns online, considering their comfort levels, preferences, and decision-making factors.
Objectives: This study aims to: Investigate the comfort levels of Tunisians when discussing mental health concerns online Identify preferred online sources for mental health support Explore factors influencing the choice between online sources and mental health professionals
Methods: To unearth these insights, an exhaustive online survey was meticulously conducted. This survey was posted online on different social media platforms and cast a wide net, drawing responses from an eclectic cross-section of Tunisian society. The survey methodically gathered data on participants' demographics, their inclinations towards online avenues for seeking assistance, and the multifaceted factors that sway their choices in this digital age.
Results: Intriguingly, the results of this study illuminate several key findings:
Comfort Levels: A striking 47% of respondents expressed their unease about discussing their mental health concerns online. This statistic vividly underscores the intricate interplay between digital platforms and the persistent social stigma surrounding mental health issues.
Preferences for Online Sources: The study notably revealed that mental health apps and online counseling websites are emerging as the favored choices among those seeking support. This underscores the surging significance of digital mental health solutions tailored to individual needs.
Factors Influencing Preferences: An array of factors sways the preference for online sources. Among them, the allure of anonymity, the appeal of convenience, and the perception of limited access to in-person mental health professionals were prevalent. Additionally, financial constraints emerged as a notable consideration in the decision-making process.
Trust in Online Information: In contrast, individuals who leaned toward seeking assistance from mental health professionals stressed the pivotal importance of professional expertise, personalized guidance, and a comprehensive understanding of their concerns. Importantly, 38% expressed reservations about the reliability of online mental health information, underscoring the critical role of trust in the process.
Conclusions: This study sheds light on the nuanced process of seeking mental health assistance in the digital age. It emphasizes the need to address mental health stigma and improve online resource credibility. The findings highlight the importance of comprehensive mental health strategies that integrate digital solutions and traditional professional care, catering to diverse preferences and needs in Tunisia.

Disclosure of Interest: None Declared