switching. Think-aloud interviews with 4 psychiatrists and pharmacists have been conducted so far to refine iSWITCHED.
Conclusion: The iSWITCHED switching intervention combines lived experiences, clinical expertise and integrates seamlessly into existing MH record systems. Before wider-implementation, it will be refined using insights from think-aloud interviews and role-play activities and piloted in a larger feasibility study.

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Perinatal Factors Associated With Mental Health Problems Among Postnatal Women Referred to the University Psychiatry Unit, National Hospital of Sri Lanka

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Aims: The postpartum period exerts a profound influence on maternal mental health. This study aimed to describe mental health problems and identify associated perinatal factors in women referred to the University Psychiatry Unit, National Hospital of Sri Lanka (NHSL) during the postnatal period.
Methods: A retrospective descriptive cross-sectional study with analytical component was conducted. Data was collected from records of 201 postnatal women randomly selected between 2021–2023 referred from De Soysa Maternity Hospital (DMH) and Castle Street Hospital for Women (CSHW). Women who experienced a perinatal death in their most recent pregnancy were excluded.
Results: The mean age of the study population was 30 years. Most were unemployed (73.4%), completed Advanced Level education (39.3%), lived in Colombo district (71.6%), and were married (89.1%) and referred before 5 days postpartum (52%). Among referred patients, 7% had history of depression. Affective symptoms (33.7%) and anxiety (11.2%) were common reasons for referral. The proportion of patients referred for suicidal thoughts was 4.3% and for heroin use was 8%. During assessment 67.2% were diagnosed with a mental illness. Majority had maternal blues (30.4%), depression in 11.8% and postpartum psychosis in 7.4%. Outpatient treatment was offered to 98% of those diagnosed with 81.3% offered pharmaco-therapy. It was found that 34.6% defaulted and 21.6% were not sent for review during admission. Postpartum mental illness was significantly associated with gestational age at delivery (χ^2=8.347, p=0.004), whether baby was admitted to Neonatal Intensive Care Unit or High Dependency Unit (χ^2=5.424, p=0.02), and spousal support (χ^2=5.580, p=0.018). No association was found with age, education, past psychiatric history, parity, mode of delivery, or breastfeeding difficulty.
Conclusion: The high rate of treatment defaulting indicates a need for improved follow-up and support strategies for women with postpartum mental illness. The identified associated factors of gestational age, neonatal admission status and spousal support can be utilized to design targeted preventative interventions.

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A Study of the Relationship Between Mental Health and Online Platforms for Education

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Aims: 1. Providing practical solutions for richer and broader use of online platforms for education among students. 2. Finding factors related to online education that are involved in causing mental disorders in students and preventing and correcting them.
Methods: This cross-sectional study was conducted after obtaining approval from the Research Council and Ethics Committee of Tehran University of Medical Sciences. Medical students were selected through simple random sampling, and those who met the inclusion criteria completed an online questionnaire that included the PHQ-9 and PSS-10 questionnaires developed by the researcher. Informed consent was obtained from all participants, and the data was analysed using SPSS software.
Results: A total of 330 medical students participated in the study, of whom 137 (41.5%) were female and 193 (58.5%) were male. The results revealed that 73.5% of participants had mild depression, 17.3% had moderate depression, and 9.4% had severe depression. Additionally, 4.2% had mild stress, 91.5% had moderate stress, and 4.2% had severe stress.
Conclusion: The study findings revealed that virtual education quality during the Covid-19 era, accessibility to virtual learning resources, financial and health worries due to Covid-19, and communication level among students with their family and friends significantly influence their mental health. The study suggests that while designing virtual classrooms, it is essential to consider the availability of resources, facilitate peer-group communication, and provide financial support to enhance students' mental health.

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A Study on Online Gaming and Its Effect on Emotional Regulation – Online Survey

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Aims: The study aimed to study the prevalence of problematic online gaming and find out association between problematic gaming with domains of emotional regulation.