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Cognitive Adaptation Training for healthcare professionals & relatives: The development of a web-application through User Centered Design

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Introduction: Cognitive impairments often hinder daily functioning in people with severe mental illness (SMI). Cognitive Adaptation Training (CAT) is an effective psychosocial intervention that reduces this impact. However, barriers such as the two-day training and lack of neuropsychological expertise in some professionals hinder CAT implementation.
Objectives: To make CAT more accessible to healthcare professionals and relatives of people with SMI by developing a web application (House-CAT) that guides users through the intervention.
Methods: For the development, User Centered Design (UCD) is used: a design process where close cooperation with future users (healthcare professionals, relatives, service users) is important to make sure that their needs are met. Although UCD is circular and iterative, three phases can be distinguished: analysis, design, and evaluation. In the analysis phase, users' needs are identified and translated into design criteria. A testable prototype of House-CAT is created (design phase), followed by implementation and evaluation on efficiency, acceptability, and user-friendliness (evaluation phase).
Results: Three focus groups were conducted in the analysis phase: CAT-experienced professionals (n=5); professionals unfamiliar with CAT (n=4); and relatives (n=5). Further, individual meetings with family members (n=8), and professionals (n=6) were conducted. Design criteria included the app's ability to (1) support with setting up individual goals; (2) find personalized strategies or tools; (3) improve communication between professionals; (4) encourage cooperation between professionals, relatives, and service users; (5) be available in hybrid form; (6) use simple language. The design- and evaluation phase are currently in process: the web app and results from the evaluation phase will be presented at the conference.
Conclusions: House-CAT should support users in creating individual goals and personalized strategies, stimulate contact between professionals, relatives and service users, and be simple to use.

Disclosure of Interest: None Declared

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Implementation of a Remote Primary Care and Psychiatry Model for Early Detection and Treatment of Depressive Symptoms in Adolescents

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Introduction: Psychopathology in adolescents is influenced by genetic factors, hormonal changes, individual vulnerabilities, and coping skills. Telepsychiatry has proven effective in improving access to mental health services.
Objectives: To implement a Remote Primary Care and Psychiatry Model (MAP/PSI) to facilitate early diagnosis and timely treatment of depressive symptoms in youths from the Municipality of Ciudad Fernández, San Luis Potosí, Mexico, using an implementation science approach
Methods: A prospective study was conducted with 38 patients evaluated in child psychiatry, using the PHQ-9 (Patient Health Questionnaire) and GAD-7 (Generalized Anxiety Disorder) scales. Non-parametric statistical tests were applied
Results: The sample included patients aged 15 to 25. Diagnoses included 8 (20%) with generalized anxiety, 8 (20%) with mild depression, 15 (35%) with moderate depression, and 9 (25%) with severe depression, who were referred to the general hospital due to suicidal ideation. 60% of patients were female and 40% male. The mean age was 20 years ±3, with mean scores on the PHQ-9 of 16 ±7 and on the GAD-7 of 13 ±6, reduced in the final consultation to 8 ±6 and 7 ±6, respectively. Increased symptom frequency was observed in females ($p < 0.044$) and older age correlated with higher initial PHQ-9 scores ($p < 0.034$), with no correlation to generalized anxiety ($p < 0.021$). No relationship was found between the duration of symptoms and improvement
Conclusions: The MAP-PSI model facilitated early detection and treatment of depressive and anxiety symptoms in youths, preventing progression to severe depression and its complications.

Disclosure of Interest: None Declared

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Ecological Momentary Assessments: A Real-World Solution for Understanding Functional Challenges

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Introduction: Major Depressive Disorder (MDD) is the leading cause of disability worldwide, affecting individuals' functioning in various life areas. Prolonged residual functional impairment is one of the risk factors for recurrence. Moreover, symptoms severity and accompanying functional disabilities negatively impact quality of life (QoL) and personal well-being, affecting the recovery process of

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