Introduction: Many with mental illness do not seek treatment, often due to stigma; be it public, self, or institutional type. To improve outcomes, stigma needs addressing.

Objectives: Understand the opportunity for e-mental health to help overcome stigma and, to provide an expert opinion to foster its adoption.

Methods: We conducted literature searches using the terms ((mental health) AND ((stigma) OR (discrimination))) AND (((((digital tools) OR (digital services)) OR (healthcare apps)) OR (digital solutions)) OR (digital technology)), limited to 2007 – 2023, identifying 223 citations, 9 of which were relevant for this evaluation, including 4 systematic reviews (**Table 1**).

Results: Literature reports suggest that e-mental health may be useful for addressing stigma and reducing the treatment gap. While it was not consistently as good as face-to-face services, e-mental health tools were frequently shown to be effective in reducing stigma, improving mental health literacy, and increasing help-seeking behaviors. Tools included web-based breathing, meditation, and CBT; suicide prevention apps; and online videos and games. Experts from a 2022 global Think Tank session convened by eMHIC, opined and emphasised that embracing e-mental health must not leave people behind nor reinforce inequality and that structural barriers must first be acknowledged and overcome. Creating a shared understanding of the challenge and of terminology is essential, as is codesigning any solution together with people with lived experience.

Conclusions: Published data suggest that e-mental health is promising to reduce stigma and discrimination, with the potential to foster help-seeking and treatment engagement. Adoption requires attention to derailers and must foster inclusivity. There is an imperative to adopt e-mental health, especially evidence-based solutions.

Table 1. Systematic literature reviews

Study	Interventions	Findings
SLR + meta-analysis, 9 studies, n=1916 (Goh et al. Int J Ment Health Nu 2021;30:1040–1056)	- Web-based program - MIDonline - AboutFace - BluePages - MoodGYM - MHFA eLearning - Beyond Silence	Online vs offline: similarly effective for reducing public stigma
SLR, healthcare setting (Pospos,et al. Acad Psychiatry 2018;42:109–120)	- Breath2Relax - Headspace - Meditation Audios - MoodGYM - Stress Gym - Virtual Hope Box - Stay Alive	Identified tools provide a starting point to mitigate burnout, depression, and suicidality
SLR, 13 interventions for stigma (Johnson, et al. Indian J Psychol Med 2021;44:332–340)	- Web-based, psychoeducation interventions - Online games - Mobile app	Most interventions increased help-seeking
SLR + meta-analysis, 9 RCTs, n=1832 (Rodriguez-Rivas, et al. JMIR Serious Games. 2022; 10: e35099)	- Video games - Virtual reality - Videoconferencing and online chat	Interventions had a consistent effect on reducing public stigma

EPV0437

Randomized controlled trail of work-map: telehealth metacognitive intervention for work performance enhancement of adults with attention-deficit/hyperactivity disorder

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Introduction: The literature has emphasized the importance of implementing evidence-based occupational therapy teleinterventions to enhance work participation in adults with attention-deficit/hyperactivity disorder (ADHD).

Objectives: This study aimed to evaluate the efficacy of an innovative metacognitive self-tailored teleintervention for adults with ADHD performance at work enhancement (Work-MAP). The outcome measures were efficacy of and satisfaction with the performance of self-selected work goals (Canadian Occupational Performance Measure), executive functions (Behavior Rating Inventory of Executive Function-Adult), and quality of life (Adult ADHD Quality of Life Questionnaire).

Methods: In this randomized controlled trial, participants were 46 adults with ADHD. Group A ($n = 31$) received the synchronous, hybrid-telehealth intervention in 11 weekly 1-hour individual sessions, while Group B ($n = 15$) completed the same intervention after a waiting phase.

Results: Following the intervention, participants demonstrated and maintained significant improvements in all outcome measures (strong-to-moderate significant effects) to the 3-month follow-up.

Conclusions: Work-MAP seems to be effective intervention for enhancing work participation (i.e., performance at work), executive functions, and quality of life of adults with ADHD. Future studies with larger samples and additional objective measures are needed to further validate these findings.

EPV0438

Chatbots for Well-Being: Exploring the Impact of Artificial Intelligence on Mood Enhancement and Mental Health

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