

EPV0679

Interventive psychodiagnosis of children through online orientation of parents in a University Clinical Practice in Brazil: an alternative for underserved populations during the COVID-19 pandemic

C. Varanda* and M. Campos

Universidade Paulista, Instituto De Ciências Humanas, Santos, Brazil

*Corresponding author.

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Introduction: A private university in Santos offers a free psychological service for assessing and intervening in childhood psychological problems through a internship program which had to be delivered online due to the COVID-19 pandemic. The interns were only allowed to attend their parents online, instead of their children. **Objectives:** Evaluating this new online service is the aim of this work.

Methods: 24 parents of 34 children aged 4-10 years were attended by pairs or trios of 52 interns. The were modules made up of assessment, intervention and feedback, using different instruments such as interviews, screening questionnaires and the observation of 5-minute free play in domestic environment and of a family collage through a video recorded by parents. Feedback and intervention happened in various moments. The interns created a storybook using metaphoric narrative as a feedback tool in which a synthesis of the psychodiagnostic process and orientation was presented to the children.

Results: There was progress and decrease or elimination of symptoms in 19 of the 34 children. Among the children who did not improve, one of them did not present any difficulties; 7 of them had many absences and the other 7 were referred to further assessment for reasons related to the complexity of their difficulties or a probable unsuitability of the online orientation.

Conclusions: The orientation was helpful for 55,89% of the children, showing to be a valid alternative for families who do not have financial resources for attending private clinics or fail to access public health services or even during social distance measures.

Disclosure: No significant relationships.

Keywords: psychodiagnosis add children add orientation to parents add online

EPV0678

National Mental Health Platform in Egypt, Revolution of Mental Health Services

S. Noby

General Secretariat of Mental Health and Addiction treatment, Ministry of Health, Research Unit, Cairo, Egypt

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Introduction: The General Secretariat of Mental Health and Addiction Treatment is a governmental body dedicated to the provision of mental health services in Ministry of Health in Egypt. Moreover, in response to the COVID-19 outbreak in Egypt, on line, advice tips, and counseling through the hotline services have become available through social media sites the past few months. Such digital remote MH services were very much welcomed by social media users. In the same time, for mental health

professionals, the opportunity to provide help in this time of crisis – without an in-person consultation – was very desirable. In addition to the prevailing stigma of MH condition in the Egyptian culture, which this remote approach overcome it. Effective innovations in the field of mental health have the potential to change the face of mental health care, not only during pandemics but also in routine daily life.

Objectives: 1. Develop a National strategy for E-Mental Health in Egypt. 2. Develop the National mental health platform as a universal implementation tool.

Methods: This project conducted in collaboration with WHO in Egypt, It run in 3 phases: Strategy, planning and infrastructure: include needs assessment and software development. Finalizing infrastructure, adaptation of the content Deployment: include training of the service providers on the usage of the adapted M.H platform, launching and advocacy.

Results: Development of E-Mental Health strategy, Development of National Mental Health Platform, Training of 50 therapists on digital mental health services.

Conclusions: National Mental Health Platform is the future road of mental health services in Egypt

Disclosure: No significant relationships.

Keywords: Egypt; health; digital; Mental

EPV0679

Mom2B: a study of perinatal health via smartphone application and machine learning methods.

A. Bilal¹, D. Bathula², E. Bränn³, E. Fransson³, J. Virk², F. Papadopoulos¹ and A. Skalkidou^{3*}

¹Uppsala University, Neuroscience, Psychiatry, Uppsala, Sweden;

²Indian Institute of Technology Ropar, Computer Science And Engineering, Punjab, India and ³Uppsala University, Women's And Children's Health, Uppsala, Sweden

*Corresponding author.

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Introduction: Peripartum depression (PPD) impacts around 12% of women globally and is a leading cause of maternal mortality. However, there are currently no accurate methods in use to identify women at high risk for depressive symptoms on an individual level. An initial study was done to assess the value of deep learning models to predict perinatal depression from women at six weeks postpartum. Clinical, demographic, and psychometric questionnaire data was obtained from the “Biology, Affect, Stress, Imaging and Cognition during Pregnancy and the Puerperium” (BASIC) cohort, collected from 2009-2018 in Uppsala, Sweden. An ensemble of artificial neural networks and decision trees-based classifiers with majority voting gave the best and balanced results, with nearly 75% accuracy. Predictive variables identified in this study were used to inform the development of the ongoing Swedish Mom2B study.

Objectives: The aim of the Mom2be study is to use digital phenotyping data collected via the Mom2B mobile app to evaluate predictive models of the risk of perinatal depression.

Methods: In the Mom2B app, clinical, sociodemographic and psychometric information is collected through questionnaires, including the Edinburgh Postnatal Depression Scale (EPDS). Audio recordings are recurrently obtained upon prompts, and passive data

from smartphone sensors and activity logs, reflecting social-media activity and mobility patterns. Subsequently, we will implement and evaluate advanced machine learning and deep learning models to predict the risk of PPD in the third pregnancy trimester, as well as during the early and late postpartum period, and identify variables with the strongest predictive value.

Results: Analyses are ongoing.

Conclusions: Pending results.

Disclosure: No significant relationships.

Keywords: peripartum depression; digital phenotyping data; deep learning models

EPV0680

Can the integration of Motivational Interviewing skills in a virtual self-conversation be effective in promoting lifestyle changes among healthy adults and patients with obesity? A usability study

D. Anastasiadou^{1*}, J. Vázquez-De Sebastián¹, B. Spanlang², M. Slater², J.A. Quiroga³, G. Parramón Puig³, A. Ciudin⁴, M. Comas⁴ and P. Lusilla-Palacios³

¹Vall d'Hebron Institute of Research, Department Of Psychiatry, Group Of Psychiatry, Mental Health And Addiction, Barcelona, Spain;

²Virtual Bodyworks S.L., Virtual Bodyworks S.L., Barcelona, Spain;

³Vall d'Hebron University Hospital-VHIR Autonomous University of Barcelona, Department Of Psychiatry, Barcelona, Spain and ⁴Vall d'Hebron University Hospital, Endocrinology And Nutrition

Department, Barcelona, Spain

*Corresponding author.

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Introduction: The integration of Motivational Interviewing (MI) with behavioural and psychological interventions for the treatment of obesity has the potential to improve health-related outcomes of patients in the long-term.

Objectives: Our objective is to examine the usability of a VR embodiment tool for treating obesity.

Methods: Fourteen participants (6 healthy and 8 with morbid obesity) with a desire to make lifestyle changes were randomly assigned to the experimental group (EG) and the control group (CG). Participants from the EG engaged in a virtual self-conversation aiming at understanding their own motivation to make lifestyle changes. Using the body swapping technique, participants were embodied alternately in their own virtual representation and in their counsellor's body. To better guide this virtual self-conversation, participants were previously trained on MI skills. Participants from the CG were embodied in their own virtual bodies and participated in a "scripted dialogue" with a virtual counsellor who gave them practical recommendations about how to achieve lifestyle changes. A mixed-methods design was used, involving a semi-structured interview examining users' satisfaction with the virtual experience, as well as self-report questionnaires, including readiness to change habits, body ownership, and system usability.

Results: Participants showed high usability of the platform with higher scores among participants from the EG compared to the CG. Levels of body ownership were satisfactory, with no differences between groups.

Conclusions: Through the integration of MI in the VR context with the patient being properly trained to carry out his/her own

motivational self-conversation, we will provide an important advance in the psychological treatments of obesity.

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Keywords: Motivational Interview; obesity; embodiment; virtual reality

EPV0681

PRESTOapp for health workers with mental health symptoms related to the COVID-19 pandemic

M. Primé Tous^{1*}, G. Anmella¹, X. Segú¹, M.D.R. Fernández Canseco², C. Carrino², M. Villegas², V. Vicens³, J. Blanch⁴, M. Cavero⁴, E. Vietà⁵ and D. Hidalgo-Mazzei¹

¹Hospital Clínic de Barcelona, Department Of Psychiatry And Psychology, Barcelona, Spain; ²Barcelona Supercomputing Center, Text Mining Unit, Barcelona, Spain; ³Abi Global Health, Chief Medical Officer And Co-founder, Barcelona, Spain; ⁴Hospital Clínic,,

1department Of Psychiatry And Psychology, Barcelona, Spain and ⁵Hospital Clínic de Barcelona, Bipolar And Depressive Disorders Unit,

Institute Of Neuroscience, Barcelona, Spain

*Corresponding author.

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Introduction: The COVID-19 pandemic has caused a significant impact on the mental health of health workers that has brought many hospitals to launch immediate preventive mental health programs.

Objectives: (1) To adapt and enhance a smartphone app (PRESTOapp) for health workers with mental health symptoms related to the COVID-19, and (2) to demonstrate its potential effectiveness in significantly reducing anxiety-depressive and PTSD symptoms in this population. We aim to incorporate Natural Language Processing (NLP)-based techniques in a chatbot user-interface that will enable a more personalized and accurate monitoring and intervention.

Methods: An 18-months study with a 6-months preliminary phase to adapt PRESTOapp to health workers, enhance it with NLP-based techniques and chatbot user-interface, and evaluate its feasibility, and effectiveness in 12-months.

Results: PRESTOapp has the potential to provide a prompt, personalized and integral response to the mental health demand due to the COVID-19. It will help by providing an innovative digital platform, that will allow remote monitoring of the symptoms course, provide brief psychotherapeutic interventions, and detect urgent situations. If the preliminary results of this study point to a potential effectiveness of the intervention, PRESTOapp may be easily adapted to the general population.

Conclusions: PRESTOapp may be one of the key digital platforms that may help preventing and treating potentially severe mental health consequences. Considering the unresolved problem of burn-out in health workers even before the COVID-19, this project will develop the necessary technology for implementing cost-effective mental health solutions, not only during the pandemic.

Disclosure: No significant relationships.

Keywords: Covid-19; Natural Language Processing (NLP); health workers; e-mental health