

to shift computationally-derived measures of their proposed psychological substrates. Findings from both strands will be discussed with respect to challenges in developing brief, reliable, engaging, and user-acceptable measures of cognition. Overall, this outlines some early new results in using computational methods to understand therapeutic processes in the psychotherapy for depression.

Disclosure of Interest: Q. Huys Grant / Research support from: Koa Health, Consultant of: Aya Technologies and Alto Neuroscience

W0029

Mental Health in the digital area: what every doctor should know

R. M. Molina-Ruiz* and EPA2023WP-1169: Social media & psychiatry: effects of social media on users, research, advocacy, networking and intervention opportunities.

Psychiatry, Hospital Clinic San Carlos, Madrid, Spain

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.184

Abstract: The use of social networks is an integral part of our daily life as a means of communication. Patients manage information mostly from the internet, that strongly influence their beliefs and behaviors toward illness. Scientific dissemination through these kinds of platforms has expanded enormously in recent years, varying between them in style, contents and type of interaction with the users, that make necessary an individualized analysis. The use of Instagram goes beyond sharing photos and free comments, and it has been used extensively in different fields of medicine, such as mental health. This tool has enormous potential as a means of more effective communication and prevention and it is very valuable as a tool for psychoeducation and prevention in mental health. However, in the era where “information is easy to get but knowledge is difficult to find”, professionals of mental health should get involved and adapt to new scenarios of communication.

Disclosure of Interest: None Declared

W0030

Clinical interview - how to establish a therapeutic relationship and effectively listen to the patient.

R. L. Medinas

Psychiatry, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2023.185

Abstract: In this first session of our motivational interviewing workshop, we address the basic principles of how every therapeutic relationship should be established and the main differences for the right environment in which we can develop motivational interviewing tactics that can be used to precipitate enduring change.

Disclosure of Interest: None Declared

W0031

Social media & psychiatry: Research opportunities.

M. A. Alvarez-Mon^{1,2}

¹Hospital Universitario Infanta Leonor, Madrid and ²University of Alcalá, Alcalá de Henares, Spain

doi: 10.1192/j.eurpsy.2023.186

Abstract: In the field of health, social networks are increasingly used for research since they have demonstrated multiple uses. Proof of this is that more and more projects financed by public entities use this methodology, as well as scientific publications.

In the symposium, how to do this type of research will be explained in a practical and useful way for the listener. It will be explained with practical examples, and based on successful publications, how this type of work is designed, what type of people should integrate this research team, how to carry out the project, interpret the results and publish them.

We will also address the difficulties encountered and how to overcome them. Attendees will be able to ask all the questions they deem appropriate.

Disclosure of Interest: None Declared

W0032

Introduction to motivational interviewing and its principles.

F. Azevedo

Psychiatry, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal
doi: 10.1192/j.eurpsy.2023.187

Abstract: In this second session of our motivational interviewing workshop, we introduce motivational interviewing with its principles. Furthermore, we discuss the pyramid of change and Prochaska's change model, address the differences between pre-contemplative versus change-resistant patients, and approach different techniques we can use throughout the clinical interview.

Disclosure of Interest: None Declared

W0033

Using Twitter for research in psychiatry

M. Pinto Da Costa^{1,2}

¹Institute of Psychiatry, Psychology & Neuroscience, King's College London, London, United Kingdom and ²Institute of Biomedical Sciences Abel Salazar, University of Porto, Porto, Portugal
doi: 10.1192/j.eurpsy.2023.188

Abstract: Social media offers a unique opportunity to examine behaviors based on real-time objective data. For example, all public tweets that include the selected keywords can be collated. These offer vast opportunities to research attitudes towards mental health and mental illness in the general population, based on the tweets content. The tweet text, the date, the geolocation and international