

beliefs: presented as controlling behavior and psychological violence. Survivors of cyber dating violence tend to feel anger, hostility, and loneliness. Sextortion is image-based sexual abuse, which includes threats with intimate pictures or videos. Perpetrators of sextortion can be hackers, ex-partners, or admirers. Exposure to sextortion is related to shame, fear, and helplessness. Former partners may use revenge porn to control one's behavior. It is another kind of image-based sexual abuse. Perpetrators may use nonconsensual pornography to punish or humiliate their ex-partners. Cyber victimization is as traumatic as real-life victimization. That results in depression, anxiety, and posttraumatic stress. Moreover, the absence of time and space restrictions can make cyber violence even more debilitating. I aim to inform European psychiatrists about the current shapes of cyber psychological trauma in the context of online flirting and dating. So that psychiatrists can better understand its content and outcomes, especially while working with young people.

**Disclosure of Interest:** None Declared

## S0110

### An Internet-Based Multi-Approach Intervention Targeting University Students Suffering from Psychological Problems: MindBlooming

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**Abstract:** The young adult can experience psychological difficulties related to the delicate phase of life he/she is going through. Many of them show psychological difficulties but only a small portion receive the needed care. In this regard, internet-based interventions represent an important resource.

MindBlooming is a seven-week intervention delivered through a mobile application for university students with mild to moderate psychological difficulties. The application is the result of the interdisciplinary work between the Department of Psychology and the Department of Informatics, Systems and Communication of the University of Milan-Bicocca.

The intervention focused on symptoms of depression, anxiety, sleep problems, self-destructive thoughts, job- and study-related stress and burnout, and chronic pain. It is based on different approaches (multi-approach), primarily psychoeducation, Cognitive-Behavioral Treatment (CBT), and third-wave CBT. During the first pilot study, the intervention consisted of a 7-week treatment on two problematic areas according to each students' personal needs, identified through an initial assessment. The achieved results are promising especially in terms of interest shown by students. However, we encountered technical problems that hampered the pilot study. A second pilot will be performed to further test the application.

The MindBlooming project will be discussed in light of the need for further multidisciplinary research that confirms how biomarkers can be sensitive to non-pharmacological internet-based interventions.

**Keywords:** cognitive-behavioral treatment; internet-based intervention; university students.

**Disclosure of Interest:** None Declared

## S0111

### Mental health prevention program for Roma children and their families fleeing from Ukraine

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**Abstract:** The Childhood Mental Disorders Research Group of ELTE began helping displaced children and their families immediately after the outbreak of war in Ukraine in March 2022. This work is still being carried out on a voluntary basis. According to the current needs, they organize "playgroup" for children and their families several times a week both at a fixed location at the ELTE and at external locations in shelters where they work with many children and their families at the same time. The main focus of the groups is the prevention of mental illness.

In this presentation, the work of the Research group will be presented, which has been done in a shelter that accommodates mainly families with Roma ethnic backgrounds from the Transcarpathia region fleeing the Russian-Ukraine war.

**Disclosure of Interest:** None Declared

## S0112

### Psychological trauma and digital interventions: myth of reality?

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**Abstract:** The war in Ukraine caused many people to flee within Ukraine and across Europe. Trauma, separation from family and prolonged uncertainty increase the risk of posttraumatic stress disorder and depression among Ukrainians. The element of time is a critical aspect of intervention in stress-related disorders as an identical intervention may be beneficial or harmful if given at different times, focussing on primary, secondary or tertiary prevention. Recent studies showing the importance of timing of intervention in prevention of PTSD lend further support to the concept of the "golden hours" or "window of opportunity". Dr. Iryna Frankova will present lessons learned from implementation of this psychological first aid digital intervention of low intensity during the 'golden hours' following escalation of the war in Ukraine.