

EPV0271

“How many likes?”: The use of social media, body image dissatisfaction and disordered eating

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Introduction: Social media use has grown exponentially over the past few years, having a key role in communication among our youngsters. The impact of social media in mental health is still unclear. While some studies advocate that it increases social support and general satisfaction, others associate social media with the development of mental health issues. Social media can also perform some pressure regarding body image and eating behavior, caused by the idealistic appearance shown there in a very visual way.

Objectives: This review intends to identify the existing evidence regarding social media use, its impact on body image and eating behavior.

Methods: Search performed on May 11, 2020, including articles published since January 1st, 2006, written in Portuguese, English, Spanish and French. We used the MeSH terms ‘Body dissatisfaction’, ‘Body image’, ‘Feeding and eating disorders’, ‘Eating behaviors’ and ‘Social media’. The quality and strength of recommendation of the articles were evaluated using the Strength of Recommendation Taxonomy (SORT) scale from the American Academy of Family Physicians.

Results: 716 articles were initially found. Eight were selected: two systematic reviews, three cohort studies, two cross-sectional studies and one observational study.

Conclusions: This review presents studies that establish a correlation between social media use, body image dissatisfaction and disordered eating. However, methodological and population heterogeneity can compromise the conclusions observed. With the current evidence, we can conclude that there is a relationship between the use of social media and changes in body image and/or eating behaviors in adolescents and young adults (SORT B).

Disclosure: No significant relationships.

Keywords: social media; disordered eating; body image dissatisfaction

EPV0272

Mental health attendances in Australia during the COVID-19 pandemic: A telehealth success story?

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Introduction: The COVID-19 pandemic has significantly impacted the delivery of mental health services globally. Within Australia, the COVID-19 pandemic and subsequent containment

measures have led to reduced face-to-face attendances. To maintain access to mental health consultations, new telehealth services were introduced by the Australian Government in late March 2020.

Objectives: We aimed to quantify the impact of the COVID-19 pandemic on patterns of mental health attendances in Australia using an interrupted time series model.

Methods: To characterise patterns of mental health service utilisation, monthly mental health attendances between January 2016 and June 2020 were extracted from the Medicare database, stratified by clinician type: general practitioner (GP), psychiatrist, and allied health. We used triple exponential smoothing to model attendances between January 2017 and December 2019. Observed and predicted attendances between January and June 2020 were compared with 95% confidence ($p < 0.05$).

Results: Our models showed decreased mental health attendances in March and April, consistent with all healthcare services during this time. While uptake of telehealth was significant, it only partially covered the reduction in mental health attendances.

Conclusions: Our modelling highlights the significant impacts of the COVID-19 pandemic on mental health services in Australia, with telehealth only partially compensating for the reduction in face-to-face attendances. These results suggest that telehealth services may not be suitable for all individuals (e.g. those without reliable internet access). Given that telehealth will likely remain a feature of mental health service provision, outreach and face-to-face services should be considered for vulnerable groups

Disclosure: No significant relationships.

Keywords: COVID-19; telehealth; mental health

EPV0273

A virtual reality tool for the treatment of obesity: Study protocol of a randomized controlled trial

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Introduction: Available evidence demonstrates that it is feasible to integrate Motivational Interviewing (MI) techniques with Enhanced Cognitive Behavioural Therapy (CBT) for the treatment of obesity and that this combined intervention has the potential to improve health-related outcomes of patients and to maintain behavioural changes over time. In addition, the use of Virtual Reality (VR) using embodiment techniques in the treatment of behavioural disorders has proved its preliminary effectiveness.

Objectives: 1) to adapt the embodiment tool for treating obesity in a clinical setting, and 2) to compare its preliminary effectiveness to usual care.

Methods: A randomized control trial (SOCRATES project, funded by the European Union’s H2020 program under grant agreement No 951930) will be carried out with 66 participants with a Body Mass Index (BMI) >30, who will be split into two groups (control and intervention). The participants will be recruited from the

external consultations of the Vall d'Hebron University Hospital. Readiness to change, BMI, dietetic habits and physical activity, self-perception of the body size, satisfaction with self-image and quality of life in relation to body image will be assessed before and after the intervention and at 4-week follow-up. Finally, variables related to the adoption of the VR tool in terms of perceived usability, user's satisfaction and technology acceptance will be also evaluated.

Results: Not yet available

Conclusions: The study will provide an important advance in the treatment of obesity, first, by improving the effectiveness of available psychological treatments integrating embodiment, MI and CBT techniques, and second, reducing treatment duration and costs compared to conventional therapies.

Disclosure: No significant relationships.

Keywords: obesity; virtual reality; motivational interviewing; cognitive behavioural therapy

EPV0274

The impact of confinement on anxiety rates of the entourage of patients in the psychiatric hospital of Tunis

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Introduction: The confinement did begot a recrudescence in the rate of stress within populations. Meanwhile, research targeting the mental health of the psychiatric patients' accompanying are scarce.

Objectives: Detect and evaluate anxiety levels of patients' entourage during confinement.

Methods: It is a retrospective, descriptive and analytical study based on a random sample of People accompanying psychiatric patients from externals consultations service in the only Psychiatric Hospital in Tunisia. Data were been collected during the month of June 2020 via a 20 items questionnaire and a score HAD issued in Arabic.

Results: One hundred thirty five accompanying were surveyed. The age group was predominantly between 51 and 60 with a sex ratio of 0.31. Near half was the parents. eighty seven were unemployed, 38 stopped working due to confinement and 10 have been worked normally. A pathological anxiety HAD score (>7) was found in 36 accompanying (26, 67 %). Amongst them, 19 had manifested symptoms. Anxiety levels are significantly much higher in accompanying of patients with personality disorders ($p=0.053$). Otherwise, 52, 6% of accompanying who stopped working felt more under pressure than before lockdown. In contrary to those who did not worked before at all (29.9 %) and those who continued working (10%).

Conclusions: It seems that the entourage of mentally ill patients experience a continuous psychological distress, which was uncovered and marked in confinement period. Thus, it is necessary to establish screening programs, psychological education and early care to ensure their well-being.

Disclosure: No significant relationships.

Keywords: psychiatric patients' accompanying; confinement; Anxiety

Eating disorders

EPV0275

The role of travel for people with an eating disorder, an optimal leisure experience

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Introduction: Project-based leisure would be conducive to enabling people to project themselves into the future and to move away from the eating disorder, which involves a constant preoccupation with food and one's body. According to this, travel could be a leisure opportunity that invites to challenge oneself by going out of one's comfort zone. Coping is a real dilemma for people living with eating disorders and the motivations of a tourism experience could refer to motivation to leave one's current environment. Consequently, travel would be helpful in reducing the individual's focus on the illness in a different environment.

Objectives: The aim of this study is to investigate the use of travel to help people living with eating disorders to live in the present moment and to "let go". Then, to understand what are the components of travel that are essential for an optimal leisure experience.

Methods: This multiple case study uses mixed data from a sample of five participants with an ED and living in France. They were invited to live a tourism experience in Québec for one week. This data collection was before, during and after the trip, using the Experience Sampling Method with a mobile app pocket and guided interviews to assess sensations and emotions in the ecological context of patients.

Results: The trip allowed a letting go and developed a greater ability to live in the present moment. It was a significantly positive moment in the lives of the participants.

Conclusions: Travel associate with digital diary are an innovative approach for ED.

Disclosure: No significant relationships.

Keywords: eating disorder; travel; digital tools; optimal experience

EPV0276

Diagnostic challenges presented by women with anorexia nervosa and elevated rates of autistic traits

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Introduction: The link between autism spectrum disorder (ASD) and anorexia nervosa (AN) firstly emerged in the 80's. Given the overlap in behavioural and cognitive features between these two seemingly different disorders, AN has been hypothesized to be a female phenotype of ASD.