

training modules and an e-mental health job profile will be designed and implemented in our partner hospitals in Belgium and in Germany.

**Disclosure:** No significant relationships.

**Keywords:** technology; e-mental health; Anxiety; Europe

## S0054

### The Power of Technology Addressing Anxiety for a Better Mental Health

J.-C. Minier

Group GAC, Group Gac, St Brieuc, France  
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As the manager of a business incubator, I'm involved in the European project IT4Anxiety. It focuses on the creation and implementation of innovative solutions designed to reduce the anxiety of patients experiencing neurological disorders or PTSD. The IT4Anxiety project is a collaboration between mental health professionals, users and start-ups, but also universities, research centres and higher education establishments. There is growing evidence that technological solutions can expand and complement conventional medical protocols. Such "blended therapies" are central to the approach being developed through several work packages. In the framework of the IT4Anxiety project, I carry out actions to develop interactions between startups and mental health professionals. In this context, my speech will focus on 3 specific points: - Feedback on the process of testing and validation of innovative tools in hospitals, care homes... We developed a framework for testing and validating tools with patients and start-ups in order to guarantee the effective implementation of these innovative solutions, especially from an ethical point of view. Going before the ethics committee is often a new experience for start-up managers who have to answer complex questions - Feedback on co-creation processes, in particular through the organisation of hackathons bringing together startups, users and health professionals. The objective of the hackathons is to bring together stakeholders in the co-creation of innovative solutions and their integration thereafter into the mental health care sector - Examples of innovative tools in mental health developed by startups which have joined the IT4Anxiety project. These tools complement conventional medical protocols

**Disclosure:** No significant relationships.

**Keywords:** Mental health technological innovations; blended therapies within the mental health sector

## S0055

### Training Issue about Digital Tools : from Users & Carers to Professionals

M. Dulière

Haute Ecole de la Province de Namur, Département Des Sciences De La Santé Publique Et De La Motricité, Namur, Belgium  
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The Interreg IT4Anxiety Project gives birth to training modules in digital health. The European Interreg IT4Anxiety project, led by the CNP St-Martin, is launching a new range of training modules in digital health awareness at the Haute Ecole de la Province de

Namur, the University of Applied Sciences (HEPN). Electronic medical records, teleconsultation, mobile applications, virtual reality... Digital tools are already part of the daily life of workers in the health sector. However, until now, no curriculum has included appropriate training to enable caregivers to acquire the fundamental knowledge needed to use digital tools effectively in their professional practice. Thanks to the expertise and support of its various partners in the IT4Anxiety project, the Haute Ecole de la Province de Namur will provide digital health awareness training starting in 2022. These training modules will be provided as part of the in-situ training of caregivers and are already being tested in the academic training of future nurses. In addition to discovering the potential of new technologies in the health field, health professionals and future professionals will learn to identify the appropriate use of these tools, to deploy them and to use them in their profession, in a respectful and caring relationship with a critical eye. The structure of the courses, the assessment and the feedback from the HEPN will form the basis for an international deployment of this training by the German, French, Dutch and English partners of the IT4Anxiety project.

**Disclosure:** No significant relationships.

**Keywords:** caregivers; training; future healthcare professional; e-health

## Educational

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### Suicide Rates in the COVID-19 Pandemic

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## S0056

### Cultural Factors of Suicidality

L. Küey

Istanbul Bilgi University, Department For Psychology, Istanbul, Turkey  
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Suicidal behavior is a complex human behavior expressed in a spectrum of various acts. From a suicidal gesture to a completed suicide, all reflect a cry for help and need clinical and scientific attention. The process ending up with suicidal act is shaped by multi-factors, including the socio-cultural ones. Suicide is indeed related to a deep feeling of hopelessness; not to have any control over their lives and circumstances except than deciding to stay alive or dead, and so related to serious psychopathologies, as depressive and substance use disorders. Hence, it is frequently seen as a personal act or as a question of individual decision. But since Durkheim's ground breaking work, which still inspires suicide researchers, the cultural factors behind this socially determined phenomenon have been widely discussed. Suicide is totally a personal act and a fully socio-cultural phenomenon. The cultural factors of suicidality are among the social determinants of health/ill health. Epidemiological evidence and cross-cultural comparisons show huge differences in suicide rates across countries and even between regions of same countries, and these are constant differences. Furthermore, even the definition of suicide is effected by the social circumstances. Certain socio-cultural patterns shape how and when people commit suicide; i.e., these patterns have decreasing or increasing effect on suicide rates, which provides basis for suicide prevention. Likewise, social solidarity, high group integration and