

**Objectives and aims** The aim of the study was to examine doctors' attitude to telemedicine and usefulness of Platform 'Moneo' in the therapy of the areas other than psychiatry.

**Methods** The first part was the polish telemedical project (grant no. POIG.01.04.00–04–219/12) conducted to assess medical Platform 'Moneo'. It was based on a questionnaire filled by participants in scale 1 to 5. The second study based on authors' anonymous questionnaires was distributed amongst 105 psychiatrists from Poland.

**Results** Everybody noticed advantages of medical platform. The Platform's functionalities, rated as the best by healthcare directors were: educational materials, appointment and therapy planning. Managers indicated parts, which could be improved in e-prescribing system, the process of collecting information about hospitalizations and operations. Functionalities indicated by doctors as desirable to increase the utility of the platform is e-prescribing system, reporting side effects, planning visits, educational materials. In study addressed to psychiatrists, only 15% of them claimed to have an extensive knowledge on telepsychiatry, but they had confirmed the potential of telemedicine in psychiatry.

**Conclusion** Telemedicine is a useful method, which can improve quality of healthcare services and make an access to it possible for some people. However, lots of improvements in telemedical services are needed to make it an efficient medical tool.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0127

### Smartphone for mental health patients: A double-edged weapon?

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**Introduction** The current development of new technologies dedicated to healthcare, such as smartphones, provides an interesting opportunity to improve both assessment and follow-up of different illnesses, particularly mental diseases.

**Aim** To investigate, the contributions and risks of smartphone use among mental health patients.

**Methods** We conducted a literature research of PubMed and Scencedirect using the key words "smartphone"; "bipolar disorder"; "schizophrenia"; "anxiety disorders"; "addiction"; "dementia".

**Results** Literature data provide several examples of the use of the smartphone's features for patient monitoring. One such example involved patients with Alzheimer disease. An attempt to deal with the risk of wandering was proposed with the use of the Android app iWander, which works by using the smartphone's GPS to track the patient at all times. As for bipolar disorder, several applications have been proposed both for diagnostic instruments... and interventional purposes (applications that offer subjects psychoeducation in the form of emotional self-awareness...). Several other applications can be used in the management of schizophrenia, social anxiety disorder and addictions. Along with its obvious benefits, however, the smartphone use has a dark side. Problematic smartphone use is one form of behavioral addiction recently identified. In addition, the access to Internet through the smartphone opens the door to Internet addiction and its sub-types (cybersexual addiction, cyber-relationship addiction...).

**Conclusion** The use of smartphone for medical purposes must be cautious among mental health patients, because of a field of vulnerability that promotes the appearance of other mental diseases, especially addictions, which may darken their prognosis.

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#### EW0128

### Online clinic, a new method of delivering psychotherapy

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**Introduction** Psychotherapy is one of the most widely investigated and practiced forms of treatment used in the treatment of different mental health problems. However, there are some barriers in delivering this treatment, including long waiting lists, therapist shortage and lack of access to therapists in remote areas. Therefore, using alternative methods to overcome these barriers seems necessary.

**Method** The division of psychiatry at Queen's university provides different psychotherapy groups for individuals suffering from different kinds of mental health problem. We gave the participants the opportunity to choose online psychotherapy through an online clinic or the live group sessions. All the patients were assessed by different questionnaires for evaluation of the efficacy of the treatment. The online clinic was designed to facilitate the communication between patients and clinicians and the material was delivered in PowerPoint format through the online platform. All user activities were logged for security purposes.

**Results** Statistical analysis showed that this method of delivering psychotherapy significantly reduced patients' symptoms and also decreased the number of people on the waiting list and increased the amount of compliance in patient's taking part in psychotherapy and number of people who were able to receive psychotherapy.

**Conclusion** Despite the proven short and long-term efficacy of psychotherapy, there are some barriers in delivering this treatment. It is an unequivocal public health needs to overcome these barriers through alternative methods of therapy. With Internet use ever rising, developing an online clinic could be a new way in delivering different kinds of psychotherapy.

**Disclosure of interest** I am a co-founder at the Canarmony Corp, which has developed an online psychotherapy platform named OPTT.

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#### EW0129

### New technologies in suicide prevention

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**Introduction** The use of new technologies is beginning to be embraced by volunteers and professionals, from crisis lines, suicide prevention centers, mental health centers, researchers and politicians.

**Objectives** New technologies have entered the field of suicide prevention with high expectations for the future, despite a relatively slow start. Internet, smartphones, apps, social networks and self-help computer programs have a strong potential to achieve, sustain and help people at risk of suicide, their families, teachers, health professionals and for the survivors.

**Aims** To provide comprehensive overview on the role of new technologies in suicide prevention.

**Methods** Given the relatively early and underdeveloped state of this area of inquiry, the author viewed his task as gathering and critically appraising the available research relevant to the topic, with the aim of formulating a hypothesis to be tested with further research.

**Results** New cheaper services will soon be available to effectively reach and assist the most vulnerable people and prevent suicides.

The potential to help vulnerable people who do not use conventional mental health services and people in regions with inadequate psychiatric facilities represents an attractive target with favourable perspectives for suicide prevention. Smartphone, apps, websites, avatar coach, and virtual suicidal subjects are important for both delivering help as well as to educate mental health professionals as in the case of role playing.

**Conclusions** Shadows and lights are emerging through the use of new technologies. If more people can be reached there are however concern for improper use of social network and pro-suicide websites.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

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#### EW0130

### Ecological momentary assessment of bipolar disorder episodes with a smartphone application: Study protocol

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**Introduction** Subclinical symptoms of depression or mania, present prior to clinical manic or depressive episodes in individuals with bipolar disease. Mobile applications that measure habitual behavioral patterns such as mobility, physical activity level and social engagement present an opportunity to identify state transitions preceding relapse. This could lead to earlier intervention and improved treatment outcome.

**Aims** To identify associations between changes in habitual behavioral patterns measured with smartphone usage and psychiatric emergency room visits or admissions for bipolar patients.

**Methods** In a case-crossover study, around 70 patients at a specialized outpatient clinic for bipolar disorder will be offered to install MoodMapper<sup>®</sup>, an application that registers text message and calls (but not communication content or recipients), mobility (but not location), number of steps taken, screen-time, and battery level. A baseline level for each individual will be established. Deviations from baseline habitual behavioral patterns in the time preceding a psychiatric emergency room visits or admissions will be analyzed in order to establish predictor variables. The patients will be followed up to 18 months.

**Results** Preliminary results will be presented.

**Discussion** Smartphone-collected behavioral data can be used to predict worsening or improvement of a patient's condition. As smartphone ownership becomes more commonplace, mobile apps present a unique opportunity to detect digital real-time signatures of mental illness in a way that is minimally invasive to individual's daily life and privacy.

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#### EW0131

### Reasons for using schizophrenia Internet forums in Croatia

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Searching the Internet is one of the main sources for obtaining health and medical information. When searching the Internet, users can find information published by various organizations, companies, agencies or institutions and also information posted by users on the user-oriented Internet platforms, such as forums, blogs, and various social networks. There are no single, standardized mechanisms to ensure the truthfulness, objectivity, credibility and comprehensibility of health information available on the Internet. Moreover, a very small proportion of medical content on the Internet is revised or moderated by health experts. The aim of this study was to examine the motives for using schizophrenia Internet forums in Croatia. The study sample consists of user-generated posts on the largest Croatian schizophrenia Internet sub-forum over a period of one year, analyzed using qualitative methodology-grounded theory. The results showed that the majority of users use schizophrenia Internet forums to receive emotional support from others with the same diagnosis. Other important reasons were to exchange information about medications, symptoms and prognosis of the illness. It was noted that a large number of entries, with information about drugs and symptoms of the illness, contain inaccurate information. Posts about treatment and symptoms of schizophrenia provided by Internet forums often contain unverified information and can potentially harm users of such forums and also undermine doctor-patient relationship. Expert moderation of these forums and better education of patients by their physician, could help patients receive better medical care and to strengthen the confidence of patients in their physicians.

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## e-Poster walk: Emergency psychiatry and forensic psychiatry

#### EW0132

### Structured risk assessment: Aggression and safety in ambulatory emergency service

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**Introduction** Discussing the threat of aggression is not always at the forefront in ambulatory care providers. A structured risk analysis model for ambulatory emergency psychiatry is currently not available, while aggression does occur regularly.

**Objectives and aims** The aim of this study is to evaluate the added value of a risk analysis model and implement the best available model in emergency outpatient practice.

**Methods** The study design is a mixed method model. Semi-structured questionnaires were administered by nurses and psychiatrists. A benchmark study took place at an outpatient