

According to the social brain hypothesis, the human brain includes a network designed for the processing of social information. This network includes several brain regions that elaborate social cues, interactions and contexts, i.e. prefrontal paracingulate and parietal cortices, amygdala, temporal lobes and the posterior superior temporal sulcus. We will explore neuroimaging studies that investigated social isolation in healthy subjects.

**Disclosure:** No significant relationships.

**Keywords:** social isolation; brain networks; Brain; Neuroimaging

## S0051

### “Pre-Existing and New-Onset Cognitive Impairment in Patients with COVID-19”

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Recently, many reports have been available related to neuropsychiatric complications in the course of COVID-19 infection, and its long-term consequences. Many of them are related to psychological factors, such as: isolation, change of existing habits, fear of getting sick and dying, fear of losing a job and fears related to the financial situation, which resulted in an increase in the occurrence of diseases and mental disorders such as adaptation and anxiety disorders, depression. It has been also reported that treatment in conditions of intensive care unit lead to high prevalence of psychiatric disorders like PTSD in discharged patients. In our own studies we observed that patients with new appearing psychiatric symptoms were mostly those, who were professionally active, but did not work remotely. The time the patients spent at home had a negative impact on their well-being, they generally felt worse, their family life suffered more frequently. The most common cognitive symptoms, which are reported embrace: problems with short- and long-term memory, lack of mental clarity, feeling eclipsed, lightheaded, poor concentration, mental fatigue. We also present here a series of post-acute COVID cases from the examined population and provide a concise comparison of observed symptomatology with previous reports.

**Disclosure:** No significant relationships.

**Keywords:** Neuropsychiatric symptoms; cognitive functions; Covid-19

## E-Mental Health for Anxiety Disorders

## S0052

### Interreg and WHO-CC : a Fruitful Collaboration in the Service of E-Mental Health

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Within the IT4Anxiety project, the World Health Organisation Collaborating Centre (WHOCC) for research and training in

mental health of Lille, is the leader of the work package “identification of needs among the different actors in the mental health field”. The complexity of our object of study - the use of new technologies for people’s mental health - requires undertaking a multi-disciplinary approach, considering both the clinical and the socio-anthropological aspects. A mixed-methods research conducted with people experiencing anxiety, carers and professionals, aims to describe the use, acceptability and needs of the different categories of actors concerned by the use of new technologies. The quantitative part is a cross-sectional, descriptive, observational study. A anonymous self-administered questionnaire is distributed online and in hard copy in the 5 partner countries (Belgium, France, Germany, the Netherlands and the UK) to the three study populations. It consists of access to digital tools or technological solutions, experience related to these and the contribution and perceived effect of users to e-mental health related projects. The qualitative approach includes a detailed understanding of the potential therapeutic and socio-anthropological changes that these tools can bring. It explores : description of used technologies, the representations and emerging needs in relation to the management of anxiety and the improvement of mental health ; the clinical impact perceived by all stakeholders and the implementation of new ways of living with the tools. This international research will enable a comparative study to be carried out on the dynamics of appropriation of these e-(mental) health devices in different countries of the North-Western European region.

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**Keywords:** mental health;; innovative technology;; digital psychiatry;; Anxiety,

## S0053

### The IT4 anxiety project : Improving Anxiety Prevention and Management with Innovative Digital Solutions

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Technological innovations give new perspectives in many fields, including health. It was in this context that the IT4Anxiety project was born in 2019 bringing together mental health professionals and start-ups, but also universities, research centres, higher education establishments and public authorities from the North-West Region of Europe. The project is challenging our ability, as partners, to gather stakeholders from different background, medical and non-medical field, in order to support the implementation and co-conception of innovative solutions with the objective of reducing the anxiety of mental health service users. During the four years of project implementation (2019-2023), the stakeholders will have opportunities to work with the end-users, expecting to address the needs of around 3,000 mental health service users suffering from anxiety. The fifteen start-up involved in the project activities will be recruited through hackathons and calls based on identified needs. They will join the project in order to test and improve their solutions. This will create opportunities to connect the start-ups with the medical world, research codes and procedures and to give them a new perspective in the understanding of their targeted market segment. Furthermore, almost a thousand mental health professionals will be trained in e-mental health, benefiting from our

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

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

## S0054

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

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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

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

## S0055

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

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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

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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