

treatment but also in the prevention of psychiatric diseases. In this context, the use of new technologies offers innovative ways to strengthen resilience, self-efficacy and stress coping skills and plays an important role in improving psychological wellbeing.

Objectives: Preliminary results from studies at the Clinical Department of Psychiatry and Psychotherapeutic Medicine in Graz, Austria, dealing with new technologies in psychiatry, show new options for psychiatric settings.

Methods: Project **AMIGA:** The aim of this study is to test the effectiveness of a cognitive training session, conducted with the SAR named Pepper. In this randomized controlled trial, the effectiveness of SAR on depressive symptoms and correlates is evaluated in a sample of 60 individuals with major depression. While the intervention group will receive cognitive training with the SAR Pepper, the control group will receive “treatment-as-usual” therapy with a common PC software. Participants will receive 30 minutes of training 2 times per week over a period of 3 weeks.

Project **XRes4HEALTH:** The aim of this study is to develop an XR resilience training to increase resilience and stress coping mechanisms in healthcare workers. A total of 40 people will be included. To test the effectiveness of the resilience training, 3 XR training sessions of 15 minutes each will be held. A pre-post measurement will test the effectiveness of the training on wellbeing and stress levels as well as the acceptance and satisfaction with the training.

Project **AI-REFIT:** The overall goal of this study is to explore key information to increase resilience in healthy individuals who are at increased risk for mental health problems. Through a usability study, the artificial intelligence-based prototype app of the resilience training will be tested for acceptance, usability, functionality, and efficiency. During the resilience training, participants are wearing a smartwatch which measures psychophysiological parameters. Conclusions about the success of the therapy can be drawn based on digital data acquisition.

Results: New technologies including XR and SAR support classical psychiatric treatment in the topics of resilience and cognitive training as an add-on therapy in times of reduced availability of healthcare workers.

Conclusions: The rapid development of new technologies holds a lot of potential in the treatment of psychiatric disorders, which is why it is important to scientifically evaluate those innovative tools.

Disclosure of Interest: None Declared

EPV0478

Closing the psychological treatment and mental health literacy gaps using ResilienceNhope, an evidence-based text and email messaging innovative program

B. Agyapong*, R. Shalaby, Y. Wei and V. I. Agyapong

Department of Psychiatry, University of Alberta, Edmonton, Canada

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1809

Introduction: There is a high prevalence of stress, anxiety, depression, and substance use disorders in college students globally. Financial stressors, course workload, peer pressure and other personal, family, and societal stressors contribute to the high incidence of mental disorders among college students. Despite the high prevalence of mental disorders in college students, barriers such as lack of mental health literacy, stigma of mental health,

inadequate numbers of mental health counsellors and clinical psychologists supporting students in colleges in both low- and high-income countries, financial and geographical barriers often hinder college students from accessing the needed mental supports.

Objectives: In this article, we provide a perspective on the ResilienceNHope program, an evidence-based text and email messaging innovation to close the psychological treatment gap and improve the mental health literacy of university and college students.

Methods: Review of literature. There is increasing evidence on the effectiveness and feasibility of mobile technology in health promotion and closing psychological treatment gaps. College students are well adapted to the use of mobile technology, particularly text and email messaging daily, which presents a unique opportunity for an innovative way to offer support for their mental health.

Results: There’s evidence to support the findings that ResilienceNHope program, which involves the use of text and email messaging is an innovative tool which can be adopted to close the psychological treatment gap and improve the mental health literacy of university and college students

Conclusions: Supportive text messaging can be adopted to help support and improve the mental health of university and college students.

Disclosure of Interest: None Declared

EPV0479

Effectiveness of tailored digital health interventions for mental health at the workplace: A systematic review of randomised controlled trials

C. M. Van Der Feltz-Cornelis^{1,2*}, T. M. Byrne¹, J. Shepherd¹, D. Merez-Kot³, M. Sinokki⁴, P. Naumanen⁴, L. Hakkaart-van Roijen⁵ and C. EMPOWER¹

¹Health Sciences; ²HYMS, University of York, York, United Kingdom;

³Institute of Psychology, University of Lodz, Lodz, Poland; ⁴Turku Centre for Occupational Health, University of Turku, Turku, Finland and ⁵Erasmus School of Health Policy and Management (ESHPM), Erasmus University Rotterdam, Rotterdam, Netherlands

*Corresponding author.

doi: 10.1192/j.eurpsy.2023.1810

Introduction: Mental health problems in the workplace are common and have a considerable impact on employee wellbeing and productivity. Mental ill-health costs employers between £33 billion and £42 billion a year. According to a 2020 HSE report, roughly 2,440 per 100,000 workers in the UK were affected by work-related stress, depression, or anxiety, resulting in an estimated 17.9 million working days lost.

This study is part of the EMPOWER study. The European Intervention to Promote Wellbeing and Health in the Workplace (EMPOWER) consortium’s aim is to create an individualised digital tool that promotes employee wellbeing, mental health, and work productivity. It has received funding from the European Union’s Horizon 2020 research <https://ec.europa.eu/programmes/horizon2020/en/home> and innovation program under grant agreement No 848180.

Objectives: We performed a systematic review of randomised controlled trials (RCTs) to assess the effect of tailored digital health