

## EPV0444

**Hindering and facilitating factors in the implementation of digital mental health interventions within community settings**K. Turmaine<sup>1\*</sup> and K. Chevreur<sup>1,2</sup><sup>1</sup>ECEVE1123, Inserm/Université de Paris Cité and <sup>2</sup>ECEVE1123, URC Robert Debré, Paris, France

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**Introduction:** The digitalisation of the society has made inevitable the development and use of digital health. In mental health care, the use of digital tools has been questioned, although their capacity to improve accessibility to evidence-based information and tackle stigma has been recognised. The paradox of these virtual tools is that they need to rely on local resources to get used and disseminated.

**Objectives:** To identify the factors from the context that could help or hinder the set-up of an effective intervention in digital mental health.

**Methods:** Between 2018 and 2020, a digital mental health intervention, based on the promotion of StopBlues, a digital tool targeting psychic distress and suicide in the adult general population, was conducted in 32 willing French localities. In each of the latter, a focal person was designated among the officials to organise the promotion locally and liaise with the research team. Employing interviews and observations, we identified the factors from the context that were favouring or hindering the intervention.

**Results:** The qualitative approach unveiled the existing dynamics between local stakeholders and difficulties faced by the focal persons. It appeared that the political context particularly influenced the outcome of the intervention. In parallel, the endorsement by local hospitals and psychiatrists was equally crucial confirming the key role they play when they champion a cause at the forefront.

**Conclusions:** Real-world evaluations using both qualitative and quantitative methods of digital mental health interventions have to be implemented in order to understand how they can help people. If these interventions are in line with the 1986 Ottawa Charter in terms of patient empowerment, they still need to be supported by local stakeholders, both at the political and medical levels.

**Disclosure of Interest:** None Declared

## EPV0445

**Workplace mental health resilience: usability and impact study of a mental health coping mobile app on a corporate setting**R. Maçorano<sup>1\*</sup>, F. Canais<sup>1</sup>, M. Ribas<sup>2</sup>, M. Parreira<sup>3</sup> and H. A. Ferreira<sup>1</sup><sup>1</sup>Neurosciences, Faculty of Sciences of the University of Lisbon, Lisbon;<sup>2</sup>Psychology and <sup>3</sup>Neuropsychology, NeuroGime, Braga, Portugal

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**Introduction:** Mental health resilience is crucial to professional wellbeing and productivity, being that 57% of company employees are reporting burnout. Additionally, early-stage preventive mental

health interventions are not common, and typically employees only have access to mid-stage professional care.

**Objectives:** The aim of this project is to provide employees with a preventive self-coping tool, enabling open and inclusive care. Specifically, the aim is to assess the receptivity, usability and impact of the usage of a mobile app that provides coping strategies based on positive psychology and a burnout-risk screening.

**Methods:** A mobile app was used with the purpose of being accessible to everyone, independently of their financial capacity. The app also promotes inclusiveness, by aggregating several approaches and methods for mental health coping, which are recommended given the needs of each user. The app was released to a large Portuguese company with 700 employees, in which employees could download it voluntarily.

**Results:** After 7 months, the results showed 37% receptivity rate, 24% improvement on anxiety levels, 36% improvement on workplace wellbeing, 23% increase on mental health self-coping skills, and 21% improvement on burnout-risk levels. These metrics were acquired via app's back-end, self-reporting, and our model for burnout-risk screening.

**Conclusions:** First results showcase the positive impact of adding such a mobile solution to the employees' mental healthcare. Next steps will be conducting a longer study, adding control groups and productivity assessment.

**Disclosure of Interest:** None Declared

## EPV0446

**investigating LSA - a 'legal high' analogue to LSD, frequently used in the digital realm with relatively unknown effects**

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**Introduction:** Psychedelics are substances consumed for recreational use, the majority of these psychoactive substances are illegal and hard to obtain. Therefore, there is a demand for psychedelics legal and easier to access, these types of drugs are called 'legal highs'. LSA (lysergic acid amide) is one of these new psychoactive substances, this drug is searched because it is known to have an effect similar to LSD. LSA has negative effects on body functioning not fully understood by the medical field.

**Objectives:** This project aims to conduct a systematic review of the scientific health literature on LSA.

**Methods:** The following information was included in this review: articles reporting original data on physical effects, neurobiological effects, various bodily symptoms, social and cultural aspects in humans related to LSA, published in English, Portuguese, Spanish, Italian, and French. Studies involving animals, in vitro research, botanical studies, and non-original research were excluded. The following keywords were searched in the PubMed, Google Scholar, and Web of Science databases: (ergine or d-lysergic acid amide or LSA or d-lysergamide or lysergic acid amide). This study followed the PRISMA statement for systematic reviews and PRISMA checklist. The resulting data were tabulated and analyzed according to relevance.