

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

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**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

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**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

interventions provided in the workplace aiming to improve mental health, presenteeism and absenteeism of employees.

**Methods:** We searched several databases for RCTs published from 2000 onwards. Data were extracted into a standardised data extraction form. The quality of the included studies was assessed using the Cochrane Risk of Bias tool. Due to the heterogeneity of outcome measures, narrative synthesis was used to summarise the findings.

**Results:** Seven RCTs (eight publications) were included that evaluated tailored digital interventions versus waiting list control or usual care to improve physical and mental health outcomes and work productivity.

The results are promising to the advantage of tailored digital interventions regarding presenteeism, sleep, stress levels, and physical symptoms related to somatisation.

There is less evidence for addressing depression, anxiety, and absenteeism in the general working population, but they significantly reduced depression and anxiety in employees with higher levels of psychological distress.

**Conclusions:** Tailored digital interventions seem more effective in employees with higher levels of distress, presenteeism or absenteeism than in the general working population. However, so far, there are not many studies in this domain. Given the promising results, tailoring of digital interventions based upon employee input should be a focus in future research.

**Disclosure of Interest:** None Declared

## EPV0481

### Youth Responses to Social Media Influencers Discussing Mental Health Online

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**Introduction:** Social media “influencers” are popular online users with large audience bases they are paid to advertise products or services to. Influencers have enormous reach and sway with young people, combining the relatability of peers and the prestige of celebrities. Many researchers have investigated the role of influencers in marketing to youth, and there is a growing interest in public health. However, despite young people’s interest and poor outcomes in mental health, very little research has examined the role of influencers in this field. While a very small number of ethnographic observations about influencers discussing mental health have generated some initial insights on the topic, they contain neither the breadth nor depth to consider the potential impacts of these influencers on young people. To understand the phenomenon of influencers discussing mental health, we need a broad description of what is occurring, how the parties involved feel about it, and what possible effects it may be having on young people.

**Objectives:** The aim of this research was therefore to explore the role of social media influencers in young people’s knowledge, perspectives and behaviours relating to mental health.

**Methods:** Researchers conducted digital interviews (text, phone or video-chat) with 21 young people (aged 16-24) and 7 local influencers (18 years plus). Influencers had over 5,000 followers,

engaged in sponsored content within 6 months and posted at least once a week. Young people had an interest in mental health and followed at least one of the described influencer accounts.

**Results:** The preliminary findings reveal four key tensions in how participants view the role of influencers in discussing mental health online. Firstly, participants felt it was important for influencers to be neither overly negative or overly positive in representing mental health, by remaining realistic yet recovery-focused. Second, it was suggested influencers should treat the topic of mental health with appropriate reverence, by taking it seriously but still presenting it in a friendly, youth accessible way. Thirdly, participants suggested influencers should consider how often and openly they discuss mental health, finding a balance between repression and over-expression. Finally, participants valued hearing from both personal and professional perspectives on mental health, and suggested the ideal influencer would share both personal experience and scientific evidence.

**Conclusions:** This exploratory research is the first step in investigating the possible use of social media influencers in mental health promotion and may be of interest to service providers and health promotion agencies considering this marketing strategy. The research also offers recommendations for popular social media users currently engaging in discussions of mental health online for how to discuss mental health in a way that is most likely to be positively received by young people.

**Disclosure of Interest:** None Declared

## EPV0482

### Predicting adherence in routine internet based cognitive behavioural therapy for depression: Retrospective cohort study

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**Introduction:** On average, thirty percent of patients in internet based treatments do not complete the treatment program. The majority of studies predicting adherence have focused on baseline variables. While some consistent predictors have emerged (e.g. gender, education), they are insufficient for guiding clinicians in identifying patients at risk for dropout. More precise predictors are needed. More recently, studies on prediction have started to explore process variables such as early response to treatment or program usage.

**Objectives:** To investigate:

- i) How much variance in adherence is explained by baseline symptoms and sociodemographic variables?
- ii) Can we improve the model by including early response and program usage as predictors?
- iii) What is the predictive accuracy of the most parsimonious regression model?

**Methods:** Data will be extracted from the Danish ‘Internetpsychiatry’ clinic, which delivers guided internet based cognitive