

S116

### E-Mental health interventions for the treatment of gambling

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Gambling Disorder (GD) is a complex psychopathological phenomenon, characterized by the interaction of multiple etiological factors and a very heterogeneous symptomatological expression. Currently many questions remain concerning the best way of treating GD. Indeed, the traditional used (cognitive) behavioral interventions have at best a modest effect size. In addition, there remains a large treatment gap, i.e. less than 10% of pathological gamblers ever seek help and enter treatment. E-health interventions could potentially help to close this gap. Cognitive bias modification (CBM) refers to a class of cognitive training paradigms that target specific automatic attentional, behavioral or evaluative biases triggered by addiction-related cues. These biases have repeatedly been shown to play an important role in addiction. Recently a number of studies have shown that modifying these biases has been effective in the treatment of different types of addictions, e.g. alcohol use disorders. An online Approach Bias Modification program, testing both Attention Bias Modification (ABM) and Approach Bias Modification (AppBM), is currently tested with Belgian and Dutch problem and disordered gamblers. Personalized motivational feedback has been added to the training program, to increase training adherence and prevent dropout. The same research group is also launching a second web-based study combining online AppBM with an online standard, protocolled, cognitive behavioral Therapy (CBT) program with guidance of a trained therapist. Participants receive nine CBT sessions through online chat with the therapist and, concurrently, nine sessions of AppBM. Preliminary results will be discussed.

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S117

### E-Mental health in health care systems—a global perspective

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eMental Health is the use of information technology (ICT) to support and improve mental health; it includes online resources, social media and smartphone applications, as well as videotelephony.

It used to be the new frontier, ungoverned but time has led to a maturity such that the novel is now commonplace and what was once Tomorrow's World is here today. From the experience of the networked Scandinavian countries, to the populations that novel techniques are reaching out to; QR codes in the UK, teens in Australia; from determining levels of Internet Addiction in Poland, to the use of that medium to treat anxiety disorders.

An innovation from Law Enforcement has massive implications for patients recording consultations. Other experiments with risk management led to the failure of 'Radar', but paved the way for social care providers to develop safer systems that can care for large populations with few therapists.

It is this use of Artificial Intelligence that may be the most challenging. Over 90 companies are developing the use of AI in diagnostics and related fields, with 14 US and Canadian hospitals involved

with IBM's Watson. Will Drs become unnecessary? However the most innovative aspect of ICT in medicine is in research whether to greatly accelerate the process, or to ensure that educational tools genuinely answer patients' questions.

eHealth is an expanding field, that holds new promise, and opens question about who we are, what is our role, who do we care for and how; that today, 'No man is an Island', everyone should be connected.

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### Symposium: European Perspective on Challenges and Opportunities of the Transition from Child & Adolescent to Adult Psychiatric Services

S118

#### Developing Joint Approaches to Transition Strategy Between Child and Adolescent Psychiatrists and Adult Psychiatrists in the UK

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Transition for young people from Child and Adolescent Mental Health Services (CAMHS) to Adult Mental Health Services often creates considerable disquiet for young people and their families in the United Kingdom. There are examples of good services. However, this is a longstanding problem. Professionals know what to do but solutions have been difficult to implement. There is no single solution because services differ across the country. The question becomes how to understand the difficulties of establishing good transition services. What needs to change to achieve this? This presentation will try to address some of these issues.

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### Symposium: Dissecting heterogeneity in psychiatric disorders using imaging and genetic markers

S119

#### Association of inter-individual differences in imaging markers with schizophrenia phenotypes

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*Introduction* Neuroimaging studies have identified several candidate biomarkers of schizophrenia. However, it is unclear whether