

preventable death worldwide. The impact of suicide affects families, communities, and societies; hence its prevention is an emerging priority for public health systems.

**Objectives:** The current systematic review aims to investigate the efficacy of distance suicide prevention strategies implemented through synchronous technology-based interventions (i.e., any digital tool that allows interactive and immediate real-time communication conducted remotely).

**Methods:** The bibliographic search has been carried out in the electronic databases MEDLINE/PubMed, PsycInfo, Scopus, and Web of Science, with no restrictions on the publication period and limited to publications in English or Spanish. Two reviewers independently will conduct screenings, data extraction, risk of bias (RoB), and methodological quality assessment.

**Results:** The preliminary data searches seem to support the effectiveness of providing active contact to persons who have made a suicide attempt and indicate that receiving early specialized assistance decreases the relative risk of recurrence. The reduction would be attributable to improved detection of patients at increased risk and effective referral to emergency services.

**Conclusions:** Telematics suicide prevention has been an emergent field for years, facilitated by the notably increased in acceptance and availability. Considering that distance programmes can reach affected individuals regardless of their location, it stands to reason that these interventions will be part of future suicide prevention efforts. The results will be discussed regarding (a) the effect size of the intervention outcomes and (b) the main moderators of the effectiveness found.

**Disclosure:** No significant relationships.

**Keywords:** Suicide; Emergency Department; e-mental health; secondary prevention

## Child and Adolescent Psychiatry 06

### EPP0534

#### Problematic Internet Use and wellbeing during adolescence

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**Introduction:** PIU has not yet been recognized by diagnostic classification systems, but it has received increasing research and clinical attention. It is defined as a generalized and compulsive use of the Internet associated with a loss of control and negative consequences for the individual

**Objectives:** The main goal was to analyze the relation between problematic Internet Use and wellbeing in adolescents

**Methods:** The sample included a total of 1059 adolescents (47% were males). Age range was between 14 and 18 years old ( $M = 15,12$ ;  $SD = 1,03$ ). We used the Compulsive Internet Use Scale to assess Problematic Internet Use and the Strengths and Difficulties Questionnaire to screen for psychological difficulties and prosocial behaviour.

**Results:** The results found in the ANOVA revealed that problematic internet use was statistically significant associated with

psychological difficulties and prosocial capabilities ( $\lambda = 0.475$ ,  $F(3,83,000) = 25.569$ ,  $P \leq 0.001$ ,  $\eta^2 = 0.215$ ). Adolescents with higher levels of Problematic Internet Use revealed more emotional and behavioural difficulties. In addition, those adolescents with higher levels of prosocial abilities were at a lower risk for Problematic Internet Use.

**Conclusions:** Previous research have revealed that the use of Internet has almost doubled in the last decade among adolescents across different European countries. Results revealed statistically significant correlations between Problematic Internet Use and indicators of well-being such as emotional difficulties and behavioral problems, as well as prosocial behaviours. Prevention strategies should focus on detecting problematic internet use among adolescents, as it is a variable related with different psychological difficulties that are diminishing adolescents' well-being.

**Disclosure:** No significant relationships.

**Keywords:** mental health; Internet use; adolescence; wellbeing

### EPP0536

#### Implications of Covid-19 Pandemic on School-age children with Autism Spectrum Disorders

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**Introduction:** The Covid-19 pandemic has caused multilevel changes worldwide. Everyday life of all people has been altered drastically. Children with ASD seem to face difficulties due to their heightened sensitivity to unpredictable and complex changes in their lifestyle. Our presentation aims to reveal the effects of Covid-19 on school-age children with Autism Spectrum Disorders.

**Objectives:** The main thematic areas of this research, concerning the social workers' questionnaire, focused on the routine, psycho-emotional field, school performance, sociability and school environment of children with ASD.

**Methods:** Between June 22nd and August 16th, 2021, social workers ( $n=38$ ) and parents ( $n=25$ ) administrated a questionnaire -through google form platform- which investigated issues around routine, psycho-emotional field, school performance, sociability, school, and family. Descriptive statistics were used for statistical analysis of the data.

**Results:** The routine and psycho-emotional conditions of children with ASD were found to have a negative shift. Moreover, the degree of change on school performance was moderate, while sociability change was minimal. The significance of the school's contribution and the impact of the Covid-19 pandemic on the family functionality was highly observed. Another interesting finding was that children with ASD did not display discomfort for the mandatory social limitations or fear for the virus transmission.

**Conclusions:** Lastly, it is important to implement appropriate practices for the protection of children with ASD, through the mobilization of the responsible parties and thus, social policy transformations are vital for this vulnerable population.

**Disclosure:** No significant relationships.

**Keywords:** covid-19 pandemic; Family; Autism spectrum disorder (ASD); school- aged children

## Depressive Disorders 05

### EPP0539

#### The Relation of Environment to Unipolar Recurrent Depression

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**Introduction:** Recurrent Unipolar and Bipolar affective disorders are considered paradigms of biological entities in psychiatry. However recent theories have underlined the role that environment plays in the genesis of these disorders in interaction with genetic diatheses.

**Objectives:** This study examined the relationship between stressful life events (SLE) and recurrent major depressive disorders.

**Methods:** Three groups of 50 subjects were assessed: Patients with recurrent major depressive disorder with melancholic features; patients with borderline personality disorder; and healthy controls. Interviews for DSM-V Disorders were used for diagnosis. Beck Depression Inventory, The Israel Psychiatric Research Interview Life Event Scale and the Coddington Events Schedule were used to measure life events and depression and were confirmed with an interview.

**Results:** The proportions of loss-related events in childhood and in the year preceding the first episode was higher in the depressed group than in the control groups during the same time period. Proportions of SLE, uncontrolled and independent events were also more common in the depressed patients in the year preceding the first episode.

**Conclusions:** The study's conclusion is that SLE plays an important role in the onset of depressive disorders. There are specific kinds of SLE that occur in childhood and in the year preceding the first episode. SLE has a less significant role in the maintenance of this illness.

**Disclosure:** No significant relationships.

**Keywords:** life events; depression; recurrent mood disorder

### EPP0540

#### Prediction of Treatment Response in Patients with Major Depressive Disorder: A Meta-Analysis of Functional Magnetic Resonance Imaging Studies

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**Introduction:** Identifying the optimal treatment for individuals with major depressive disorder (MDD) is often a long and complicated process. Functional magnetic resonance imaging (fMRI)

studies have been used to help predict and explain differences in treatment response among individuals with MDD.

**Objectives:** We conducted a comprehensive meta-analysis of treatment prediction studies utilizing fMRI in patients with MDD to provide evidence that neural activity can be used to predict response to antidepressant treatment.

**Methods:** A multi-level kernel density analysis was applied to these primary fMRI studies, in which we analyzed brain activation patterns of depressed patients (N= 364) before receiving antidepressant treatment.

**Results:** The results of this analysis demonstrated that hyperactivity in six brain regions significantly predicted treatment response in patients with MDD: the right anterior cingulate, right cuneus, left fusiform gyrus, left middle frontal gyrus, right cingulate gyrus, and left superior frontal gyrus.

**Conclusions:** This study provides evidence that neural activity, as measured by standard fMRI paradigms, can be used to successfully predict response to antidepressant treatment. This may be used in the future clinically to improve decision-making processes and treatment outcomes for patients.

**Disclosure:** No significant relationships.

**Keywords:** treatment response; meta-analysis; Functional Magnetic Resonance Imaging; major depressive disorder

### EPP0541

#### Effects of a brief psychodynamic intervention on depressive patients. The “unfreezing” of psychic activity.

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**Introduction:** While psychotherapy is an essential aspect of the treatment of depression, there are few studies focusing on the effectiveness of psychoanalytic and psychodynamic group therapies for depressed patients.

**Objectives:** In this presentation, we will study the effects of a brief, 4-session psychodynamic intervention (BPI) led by a group of therapists, as inspired by the Lausanne model.

**Methods:** The patients were recruited in a therapeutic setting. A free consent form was completed and the ethics of research explained to each participant. Our sample consisted of 32 patients (average age = 43.81 years, sex ratio: 1M/ 4F). The therapists gathered data by completing several assessment scales after each therapy session: MADRS, ESM, EFP, HAQ-IT, EDICODE, Counter-Transfer Scale. The SPSS software (V21) was used to analyze the data.

**Results:** The patients' mean MADRS score dropped by more than 11 after the four sessions. This improvement matches a more positive and committed self-reported counter-transference of the therapists towards the patients. As their insight increases, patients show greater behavioral and psychic activity. We name this exit of the depressive inhibition the “unfreezing” process. It enables more satisfactory human interactions and a more focused and structured self-narrative.