

## EW0123

### Remote cognitive behavior therapy for obsessive-compulsive disorder in Egypt: A randomized trial

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**Introduction** Recently, cognitive behavior therapy has gone from being a promising new treatment to the most well established psychological treatment. In several hundreds of randomized controlled trials, it has shown effectiveness in treating obsessive-compulsive disorder. In addition, CBT is thus a highly promising treatment from a societal cost-effectiveness perspective.

**Objectives** Several forms of CBT have been developed using remote communication methods, the general idea is that CBT delivered through the Internet or using telephone communication reflects the content of conventional CBT, but is administered as a form of therapist-guided treatment protocol.

**Aims** Estimation of applicability and efficacy of remote cognitive behavior therapy for treating patients suffering from obsessive-compulsive disorder in Egypt.

**Methods** A group of patients suffering from obsessive-compulsive disorder was randomized into two groups; one received CBT as usual and the intervention group received CBT using telephone and/or the Internet. Both groups were assessed pre- and post treatment using the Yale Brown Scale for OCD symptom severity and Beck depression inventory for symptoms of associated depression. The quality of life scale was also applied to all patients participating in the study.

**Results** Pre- and post-study measures indicated a statistical and clinically relevant change in patients of two groups.

**Conclusions** Delivering CBT for patients suffering from OCD in Egypt using remote communication methods appears to be effective in alleviating symptoms and improving the quality of life. Yet some adaptations to the standardized treatment protocol are mandated to render the protocol applicable through remote communication and enhancing cultural reception.

**Disclosure of interest** The author has not supplied his/her declaration of competing interest.

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## EW0124

### Developing a platform for online psychotherapy sessions

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**Introduction** Providing mental health services by real-time videoconferencing has been increasingly adopted as a method of reaching hard-to-serve populations since the early 1990s. There is a growing body of evidence investigating the efficacy of delivering online mental health care. Though studies vary in quality, they generally demonstrate that online mental health care is effective across multiple age groups. Online is generally well accepted by patients and specialists and its implementation is feasible. It is also convenient and cost effective.

**Objectives** Due to the fact that almost 75% of Romanian population have internet access and that mental health services are still stigmatized we perceived the opportunity to develop an online platform where patients can easily find and interact with mental health specialists using secured videoconference.

**Methods** During a timeframe of two years a multidisciplinary team managed to develop and test an online platform where patients can access psychotherapy sessions. Main design and devel-

opment targets were usability and confidentiality/security. The platform has an appointment tool, a secure videoconference solution and an integrated online payment service.

**Results** The platform can be accessed at <https://atlashelp.ro>. It was launched in mid July 2016 and it already gathers more than 50 mental health specialists. The feedback was excellent from both specialists and patients.

**Conclusions** The solution developed is compliant with most of international standards and offers easy to access and high quality psychotherapeutic services for Romanian patients.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW0125

### Automatic analysis of psychotherapy videos by using synchrony signal

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**Introduction** Some techniques of psychotherapy are now widely evidence-based and very cost effective, especially cognitive and behavioral therapies. Most of the studies are indirectly based on patient reported outcomes or problematic behaviors evaluated before and after the psychotherapy. Unfortunately, studies struggle to control for what is actually happening during psychotherapy, especially the non-specific aspects, like the interaction between the patient and the therapist, that is a known predictor of psychotherapeutic efficacy. Consequently, it is difficult to make precise links between theory and practice, control its application and understand which of its ingredients are the most important.

**Objectives** Here, we suggest a research framework to extract automatically social signals from psychotherapy videos. We focused on the extraction of synchrony of the motor signal since it was considered to be a predictor of psychotherapeutic outcome in an earlier study and a relevant signal for the study of mother-child interactions.

**Methods** We developed open source python and R scripts to compute this synchrony of motion history on a database of interaction between a parent and a child <http://bit.ly/syncpsy>

**Results** We confirmed that synchrony, was a relevant signal for studying social interactions since the scores are completely different from synchrony scores computed on shuffle motion history data. However, these scores alone are unable to distinguish the two periods of the videos (with and without disagreement).

**Conclusion** Synchrony of motion history is a promising marker of social interactions.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW0126

### Telemedicine – How does it work in practice?

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**Introduction** Today telemedicine is a very popular and rapidly growing area, which allows the treatment, regardless of the distance between the patient and doctor. We present the latest research, conducted amongst polish doctors about the usefulness of telemedicine as a therapeutic tool in different medical specialties.

**Objectives and aims** The aim of the study was to examine doctors' attitude to telemedicine and usefulness of Platform 'Moneo' in the therapy of the areas other than psychiatry.

**Methods** The first part was the polish telemedical project (grant no. POIG.01.04.00–04–219/12) conducted to assess medical Platform 'Moneo'. It was based on a questionnaire filled by participants in scale 1 to 5. The second study based on authors' anonymous questionnaires was distributed amongst 105 psychiatrists from Poland.

**Results** Everybody noticed advantages of medical platform. The Platform's functionalities, rated as the best by healthcare directors were: educational materials, appointment and therapy planning. Managers indicated parts, which could be improved in e-prescribing system, the process of collecting information about hospitalizations and operations. Functionalities indicated by doctors as desirable to increase the utility of the platform is e-prescribing system, reporting side effects, planning visits, educational materials. In study addressed to psychiatrists, only 15% of them claimed to have an extensive knowledge on telepsychiatry, but they had confirmed the potential of telemedicine in psychiatry.

**Conclusion** Telemedicine is a useful method, which can improve quality of healthcare services and make an access to it possible for some people. However, lots of improvements in telemedical services are needed to make it an efficient medical tool.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0127

### Smartphone for mental health patients: A double-edged weapon?

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**Introduction** The current development of new technologies dedicated to healthcare, such as smartphones, provides an interesting opportunity to improve both assessment and follow-up of different illnesses, particularly mental diseases.

**Aim** To investigate, the contributions and risks of smartphone use among mental health patients.

**Methods** We conducted a literature research of PubMed and Scencedirect using the key words "smartphone"; "bipolar disorder"; "schizophrenia"; "anxiety disorders"; "addiction"; "dementia".

**Results** Literature data provide several examples of the use of the smartphone's features for patient monitoring. One such example involved patients with Alzheimer disease. An attempt to deal with the risk of wandering was proposed with the use of the Android app iWander, which works by using the smartphone's GPS to track the patient at all times. As for bipolar disorder, several applications have been proposed both for diagnostic instruments... and interventional purposes (applications that offer subjects psychoeducation in the form of emotional self-awareness...). Several other applications can be used in the management of schizophrenia, social anxiety disorder and addictions. Along with its obvious benefits, however, the smartphone use has a dark side. Problematic smartphone use is one form of behavioral addiction recently identified. In addition, the access to Internet through the smartphone opens the door to Internet addiction and its sub-types (cybersexual addiction, cyber-relationship addiction...).

**Conclusion** The use of smartphone for medical purposes must be cautious among mental health patients, because of a field of vulnerability that promotes the appearance of other mental diseases, especially addictions, which may darken their prognosis.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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#### EW0128

### Online clinic, a new method of delivering psychotherapy

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**Introduction** Psychotherapy is one of the most widely investigated and practiced forms of treatment used in the treatment of different mental health problems. However, there are some barriers in delivering this treatment, including long waiting lists, therapist shortage and lack of access to therapists in remote areas. Therefore, using alternative methods to overcome these barriers seems necessary.

**Method** The division of psychiatry at Queen's university provides different psychotherapy groups for individuals suffering from different kinds of mental health problem. We gave the participants the opportunity to choose online psychotherapy through an online clinic or the live group sessions. All the patients were assessed by different questionnaires for evaluation of the efficacy of the treatment. The online clinic was designed to facilitate the communication between patients and clinicians and the material was delivered in PowerPoint format through the online platform. All user activities were logged for security purposes.

**Results** Statistical analysis showed that this method of delivering psychotherapy significantly reduced patients' symptoms and also decreased the number of people on the waiting list and increased the amount of compliance in patient's taking part in psychotherapy and number of people who were able to receive psychotherapy.

**Conclusion** Despite the proven short and long-term efficacy of psychotherapy, there are some barriers in delivering this treatment. It is an unequivocal public health needs to overcome these barriers through alternative methods of therapy. With Internet use ever rising, developing an online clinic could be a new way in delivering different kinds of psychotherapy.

**Disclosure of interest** I am a co-founder at the Canarmony Corp, which has developed an online psychotherapy platform named OPTT.

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#### EW0129

### New technologies in suicide prevention

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**Introduction** The use of new technologies is beginning to be embraced by volunteers and professionals, from crisis lines, suicide prevention centers, mental health centers, researchers and politicians.

**Objectives** New technologies have entered the field of suicide prevention with high expectations for the future, despite a relatively slow start. Internet, smartphones, apps, social networks and self-help computer programs have a strong potential to achieve, sustain and help people at risk of suicide, their families, teachers, health professionals and for the survivors.

**Aims** To provide comprehensive overview on the role of new technologies in suicide prevention.

**Methods** Given the relatively early and underdeveloped state of this area of inquiry, the author viewed his task as gathering and critically appraising the available research relevant to the topic, with the aim of formulating a hypothesis to be tested with further research.

**Results** New cheaper services will soon be available to effectively reach and assist the most vulnerable people and prevent suicides.