

under research, perils are minor. Mental health care urgently needs disruptive innovation to improve access and quality.

Disclosure of Interest: None Declared

EPP143

The Anxiety of the 21st Century: The Paradox of Nomophobia. A Critical Examination of the Phenomenon in a Population with Eating Disorders

F. Marcolini^{1*}, G. Buffa¹, B. Ferrari¹, D. De Ronchi¹ and A. R. Atti¹

¹Department of Biomedical and Neuromotor Sciences, University of Bologna, Bologna, Italy

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.478

Introduction: In the present era, technology and medicine have become deeply intertwined, forming inseparable scientific disciplines. The mobile phone has become an omnipresent device, serving functions such as financial management, job organization, social networking, and internet access. While its benefits are undeniable, there is growing evidence of its potential pathological effects. One of the most recently identified issues is nomophobia—a term combining “no mobile,” “phone,” and “phobia,” which refers to the fear or anxiety of being without one’s mobile phone.

Nomophobia is considered a situational phobia of the contemporary era. Its symptoms include excessive reliance on mobile phones and pervasive anxiety about losing internet connectivity. Related conditions include “Ringxiety” and “phantom vibration syndrome,” where individuals perceive false notifications from their devices.

Objectives: This study aims to assess the relationship between eating disorders (ED) and nomophobia. Additionally, it seeks to analyze the psychopathological components of nomophobia and evaluate the characteristics of the Nomophobia Questionnaire (NMP-Q), currently used for its assessment.

Methods: A questionnaire was administered at the Study and Care Unit for ED in Bologna, Italy, between January 2023 and May 2024. Alongside tests evaluating the social and psychopathological characteristics of the outpatients (including the STAI-Y for anxiety assessment), the Italian version of the NMP-Q was employed.

Results: The study included 104 patients (97 females and 7 males) with an average age of 21.8 years (range 18-44). The results showed that 100% of the subjects exhibited symptoms of nomophobia, with 21.3% displaying severe nomophobia. Among these, 94.4% tested positive for state anxiety, and 100% for clinically significant trait anxiety. This suggests that nomophobia may reflect not only current anxiety symptoms but also an anxious trait, indicating a predisposition to heightened reactivity and anxiety in response to environmental stimuli.

Conclusions: The data highlight the alarming pervasiveness of internet addiction in contemporary society, with nomophobia being a significant manifestation. Given its substantial consequences, it is crucial to deepen our understanding of this condition and its underlying psychosocial determinants. This will enhance our knowledge and aid in developing more effective prevention

strategies. However, a paradox arises: if nearly everyone is affected by nomophobia, it challenges the traditional definition of a disease. Further research into the NMP-Q test’s structure and specificity is necessary, as high prevalence rates may question its current measurement validity.

Disclosure of Interest: None Declared

EPP144

Assessing demographic and clinical determinants of resilience, personal recovery, and quality of life for psychiatric in-patients before hospital discharge

E. Owusu^{1*}, W. Mao¹, R. Shalaby¹, H. Elgendy¹, B. Agyapong¹, E. Eboime², M. A. Lawal¹, N. Nkire¹, C. T. Hilario³, P. Silverstone¹, P. Chue¹, X.-M. Lin¹, Y. Wei¹, W. Vuong⁴, A. Ohinmaa⁵, V. Taylor⁶, A. J. Greenshaw¹ and V. I. Agyapong^{1,2}

¹Psychiatry, University of Alberta, Edmonton; ²Psychiatry, Dalhousie University, Halifax; ³Nursing, University of British Columbia, Okanagan; ⁴Addiction and Mental Health, Alberta Health Services; ⁵School of Public Health, University of Alberta, Edmonton and ⁶Psychiatry, University of Calgary, Calgary, Canada

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.479

Introduction: Many patients with mental health and emotional problems often see the transition period in the community after hospital discharge as a test of their resilience and a threat to their recovery. Most often, some doubt their ability to cope with the everyday challenges that may confront them in the community.

Objectives: This paper assesses how demographic and clinical characteristics predicted resilience, personal recovery and quality of life.

Methods: Data were collected from psychiatric inpatients prior to their discharge into the community using the REDCap, an online survey platform. Resilience, personal recovery, and quality of life were assessed using the Brief Resilience Scale (BRS), Recovery Assessment Scale (RAS), and EQ-Visual Analogue Scale (EQ-VAS), respectively. One-way analysis of covariance between groups (ANCOVA) was conducted to compare the relationships between groups. The dependent variables comprised mean scores of BRS, RAS and EQ-VAS. Demographic and clinical variables such as age, gender, ethnicity, and mental health diagnosis groups were independent variables, and covariates comprised demographic/clinical factors such as gender, ethnicity, and mental health diagnosis

Results: The survey results indicate that males had significantly higher resilience scores compared to females (Mdiff = 0.270, CI = 0.144–0.397, $p < .001$) and others (Mdiff = 0.470, 0.093–0.846, $p < .001$); Black people indicated significantly higher quality of life than Caucasians (Mdiff = 8.79, 2.73–14.85, $P < .001$), and Indigenous people (Mdiff = 14.50, 6.45–22.51, $p < .001$), respectively. In terms of relative recovery, participants with depression had significantly lower recovery compared to those with bipolar disorder (Mdiff = -10.25, -14.40–-6.10, $p < .001$), schizophrenia (Mdiff = -8.60, -13.20–-3.99, $p < .001$), and substance use disorder (Mdiff = -8.30, -15.50–-1.42, $p < .005$).

Conclusions: The present results indicate that women, younger adults, and Indigenous peoples may be more challenged in adapting to the challenges of post-discharge life in the community. Our data may be helpful in communicating to policymakers and providers of funds the need to implement and evaluate outcomes of inpatient and community programs focusing on supporting resilience to improve recovery outcomes after discharge from the patient setting.

Disclosure of Interest: None Declared

EPP145

Redefining virtual mental health services: youths' perspectives and ideal features

E. Samari^{1*}, J. A. Vaingankar¹, S. Chang¹, A. S¹, Y. C. Chua², C. Tang³, Y. P. Lee³, M. Subramaniam^{1,4} and S. Verma^{5,6}

¹Research Division; ²Department of Psychosis; ³CHAT, Centre of Excellence for Youth Mental Health, Institute of Mental Health; ⁴Saw Swee Hock School of Public Health, National University of Singapore; ⁵Institute of Mental Health and ⁶Duke-NUS Medical School, Singapore, Singapore

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.480

Introduction: The COVID-19 pandemic prompted a significant shift in our approach to healthcare, leading to the widespread adoption of virtual healthcare services, including mental healthcare. In this context, understanding and incorporating the unique perspectives of youths is crucial for improving virtual mental health services for this population.

Objectives: This qualitative study explores the ideal features of virtual mental health services among youths.

Methods: Nine focus group discussions and eight semi-structured interviews were conducted with 65 individuals aged 15-35 in Singapore. To ensure the comprehensive representation of youths' perspectives, participants from diverse ethnicities (mainly Chinese, Malay, and Indian), ages, and genders were included using purposive sampling. The data was analysed using content analysis through both inductive and deductive approaches.

Results: Four main themes were identified from the data. First, technology and platform: youths stressed the importance of a credible and government-endorsed service provider to deliver a comprehensive and trustworthy experience facilitated by qualified professionals. Second, functionality: they wanted credible affiliations to be displayed prominently on the home page and various tools such as calls, chats, moderated forums, profiles of healthcare professionals, and educational resources. Confidentiality, anonymity, and privacy were also highlighted as necessary. Third, user interface: youths preferred an intuitive and age-tailored interface to ensure a seamless and user-friendly experience, with organised content, appealing aesthetics, and engaging elements on video call sessions. Fourth, usability: they emphasised the need for an affordable and widely compatible operating system to promote accessibility of services.

Conclusions: Virtual mental health services, with their great potential, can expand and effectively meet the needs of youths. By prioritizing credible platforms, comprehensive functionality, confidentiality, an intuitive interface, and broad accessibility, we can enhance help-seeking among youths and create a more effective support system.

Disclosure of Interest: None Declared

Mental Health Care

EPP148

The Level of Community Integration in Adults with Psychiatric Disorders

E. D. Cindik-Herbrueggen

Psychiatry, Neuro-Psychiatric Center, München, Germany

doi: 10.1192/j.eurpsy.2025.481

Introduction: In the post-migration period, individuals from diverse religious, linguistic, cultural, and traditional backgrounds strive to coexist in a shared social space. However, numerous adaptation challenges arise during this process. Additionally, individual personality traits significantly influence experiences during this time. For those suffering from psychiatric disorders, the integration process becomes even more complex, as these conditions can diminish an individual's ability to cope with stress, making societal integration more difficult. This study aims to examine the level of integration among individuals with psychiatric disorders who have faced challenges after migration, with the goal of contributing to initiatives that facilitate their adaptation process.

Objectives: This study aims to assess the integration levels of individuals with psychiatric disorders into society. In addition to examining psychiatric conditions, sociodemographic data will also be collected from participants to explore how additional factors influence the integration process. By doing so, the study seeks to provide insights that can inform efforts to facilitate the integration of these individuals into society.

Methods: Data were collected from 91 participants, primarily first- and second-generation Turkish immigrants with at least one psychiatric disorder, at the Neuro Psychiatric Center Riem (NPZR) clinic. The study employed the "Community Integration Scale for Adults with Psychiatric Disorders" along with a sociodemographic questionnaire, with informed consent obtained from all participants. SPSS analysis software was utilized to examine the relationship between integration levels and other relevant variables.

Results: Statistical analyses indicate that variables such as age, education level, smoking, and drug use significantly affect the total score.

Conclusions: These findings reveal that individuals' demographic and behavioral characteristics play a significant role in overall performance and achievement measures.

Disclosure of Interest: None Declared