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Introduction: Social media is now known as a vital aspect of the younger generation’s existence, significantly impacting their emotional and psychological growth. In contrast to prior generations, Generation Z has been raised in an environment of continuous digital connectivity, which poses distinct issues with body image, emotional health, and sleep quality. Platforms such as Instagram, TikTok, and Snapchat have been increasingly associated with mental health conditions, including eating disorders, anxiety, depression, and insomnia. Considering the ubiquity of these platforms, it is imperative for psychiatrists, public health practitioners, and educators to comprehend the mental health ramifications associated with social media participation.

Objectives: This study attempts to examine the relationship between social media exposure and mental health disorders in Generation Z, specifically emphasizing eating disorders, anxiety, depression, and sleep disturbances.

Methods: Relevant studies and existing research on social media usage patterns and their effects on mental health in Gen Z were reviewed. Attention was given to how different platforms contribute to the development of body dissatisfaction, social comparison, and sleep difficulties. The analysis included an exploration of platform-specific features and user behavior, focusing on Instagram’s image-centric nature, TikTok’s short-form, high-stimulation content, and Snapchat’s emphasis on transient communication.

Results: The analysis indicated that Instagram, being predominantly a visual medium, exacerbates body dissatisfaction and increases the likelihood of eating disorders by consistently advocating unattainable beauty ideals and trends such as “thinspiration” and “fitspiration.” TikTok, although promoting mental health awareness, may also induce anxiety and attention deficits because to its intensely stimulating, rapid content. Snapchat’s design, that encourages continuous monitoring of temporary content, seems to exacerbate anxiety stemming from the fear of missing out (FOMO). Cyberbullying has surfaced as a substantial factor exacerbating mental health conditions across all platforms, particularly with anxiety and desperation, along with severe instances associated with suicidal ideation.

Conclusions: Social media has a complex influence on the mental health of Generation Z, with each platform uniquely affecting conditions such as eating disorders, anxiety, depression, and insomnia. Instagram’s emphasis on aesthetics, TikTok’s rapid content consumption, and Snapchat’s addictive interaction present unique mental health issues. These findings underscore the necessity for medical professionals to integrate social media practices into their evaluations and therapies for Generation Z, while public health professionals and educators are encouraged to work together to promote better online habits.

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Transforming Mental Health Care in Moldova through Telemedicine

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Introduction: In Moldova, telemedicine has emerged as a pivotal intervention in addressing the persistent disparities in mental health care. Geographic isolation, coupled with socio-economic constraints, severely limits access to essential mental health services. The prevalence of mental health disorders is alarming, with approximately 17.34% of the population affected, particularly by anxiety and depression among vulnerable populations. This underscores the urgent need for innovative, scalable solutions. Telemedicine harnesses advanced technology to enhance the availability and continuity of mental health support, particularly in rural areas where traditional services are often inaccessible.

Objectives: This study investigates the transformative potential of telemedicine in tackling the unique mental health challenges faced by the Moldovan population. It specifically examines how high rates of anxiety and depression, exacerbated by socio-political factors and historical trauma, can be addressed through telemedicine strategies tailored to the local context.

Methods: A comprehensive literature review was conducted utilizing PubMed, focusing on studies and systematic reviews published since 2020. This analysis aimed to identify global best practices in telemedicine and evaluate their applicability within Moldova’s socio-cultural and economic landscape. The synthesis of these findings will inform future telemedicine initiatives aimed at improving mental health outcomes.

Results: The findings indicate that telemedicine has significantly enhanced access to mental health services, facilitating timely interventions while reducing the stigma often associated with seeking help. The implementation of remote consultations during the COVID-19 pandemic has been particularly illuminating, demonstrating the effectiveness of telemedicine in maintaining continuity of care for individuals in remote areas who struggle to access traditional mental health services. Furthermore, telemedicine has led to significant reductions in treatment costs, thereby making mental health support more accessible to at-risk populations.

Conclusions: As telemedicine solidifies its role within Moldova’s mental health framework, it promises to enhance public health outcomes and promote a more equitable healthcare environment. Future policy initiatives must prioritize the integration of telemedicine into routine mental health practices. This includes fostering partnerships between healthcare providers, policy-makers, and community organizations to ensure that telemedicine solutions are both sustainable and tailored to meet the diverse needs of all patients, particularly those in underserved regions.

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