

Lichtenstein MB. Effectiveness of internet-based guided self-help for binge-eating disorder and characteristics of completers versus noncompleters. *Int J Eat Disord*. 2020;1-6. <https://doi.org/10.1002/eat.23384>).

Objectives: This study aims to update the analyses on treatment effect with the patients who have completed treatment in the year following the last data extraction.

Methods: The iBED treatment project is a 10-session psychologist guided internet-based self-help program based on cognitive behavioural therapy. When applying for treatment and upon completion patients respond to a survey containing, among other scales, the eating disorder examination-questionnaire (EDE-Q), binge eating disorder-questionnaire (BED-Q) and various sociodemographic questions. Data will be extracted from the treatment project in anonymized form for analyses.

Results: The preliminary analyses were conducted on 36 completers. These showed large standardized effect sizes on both the EDE-Q subscales (Cohens *d* ranging from .88-1.65) and on the BED-Q (*d* = 1.38). The updated effectiveness analyses will be presented at the conference. We expect approximately 70-80 patients to have completed treatment at this time.

Conclusions: Results will be discussed and presented at the conference.

Keywords: binge eating disorder; eMental health; effectiveness; Internet-based treatment

EPP0573

Telecommuting and employees' mental health.

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Introduction: Telecommuting is defined as “a work practice that involves members of an organization substituting a portion of their typical work hours to work away from a central workplace, using technology to interact with others as needed to conduct work tasks”. The prevalence rate of telecommuting in Spain in 2019 was 5%, while this rate grew up to 34% during the COVID-19 pandemic.

Objectives: The purpose of this poster is to make a review about how telecommuting affects the employees' mental health.

Methods: A review of the available literature on employees' mental health.

Results: Most employers who offer telecommuting consider it a strategic decision for their businesses: it could reduce the expenses of physically accommodating the employees, and it might help employers to contact their subordinates anytime, if needed. Many articles in the popular press about telecommuting extol the benefits of this practice on employees' health (work-life balance, reduction of travel expenses). However, only a handful of empirical studies substantiate these claims (job satisfaction, quality of life, and role-related stress). Less discussed is the potential of telecommuting to have a negative impact on employees' health. It may increase both social and professional isolation, which in turn is associated with higher levels of emotional exhaustion, cynicism, cognitive stress complaints and lower levels of work engagement.

Conclusions: Finally, although it is not as effective as personal contact, organizations may stimulate qualitative virtual interaction with coworkers by providing robust online meeting tools and infrastructure, so users can seamlessly collaborate regardless of their physical location.

Keywords: TELECOMMUTING; mental health; Covid; pandemic

EPP0575

Online psychological intervention with LGBT clients in Portugal

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Introduction: This is a quasi-experimental and pioneering study in Portugal.

Objectives: (1) to provide assessment materials for symptoms of internalized homophobia, depression, and anxiety targeted at LGBT people; (2) offer support materials for psychotherapeutic work-oriented in the areas of internalized homonegativity, depression, and anxiety; and (3) offer monitoring measures throughout the program to demonstrate changes. It consists of three phases (pre-program evaluation, therapeutic activities and post-program evaluation).

Methods: 38 LGBT + individuals participated, average age was 34.15 years, 30 self-identified as male. Measures used for the pre and post-intervention assessment were the sociodemographic questionnaire, the LGBT identity questionnaire, the Rosenberg self-esteem scale, and the BSI-18. Participants were invited to join the program online, through a platform created for this purpose, where ethical aspects were clarified, namely: confidentiality and commitment to adherence. Therapeutic tasks were sent by email or WhatsApp depending on the preference of each participant.

Results: Relevant differences in internalized homophobia, depressive, and anxious symptoms between the pre and post-intervention moments were observed, indicating that the program is effective in changing these symptoms.

Conclusions: The importance of validating this type of program allows reaching “hidden” populations by offering online support that minimizes the effects of sexual stigma on LGBT + populations.

Keywords: Depression; Anxiety; LGBT; Online intervention

EPP0576

Therapeutic relationship and virtual setting during the COVID 19 emergency

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Introduction: During the COVID 19 epidemic, the isolation helped virtual psychotherapy sessions, not to break up therapeutic relationship in critical moments.