

Conclusions: The development of virtual reality systems for social skills training in individuals with autism spectrum disorders represents an innovative and promising approach to assisting in the development of these skills in both children and adults with autism. Virtual reality offers a more engaging and effective training experience, allowing users to practice social skills in a controlled environment tailored to their individual needs. Despite the promising results, there are still challenges to be faced, such as methodological issues and the need for awareness and training of health and education professionals.

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EPV0754

Nomophobia and mental health: are cell phones taking our sleep away?

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Introduction: The widespread use of mobile devices, particularly among young people, extends beyond entertainment to education and professional purposes. However, excessive smartphone use has led to health issues such as headaches, poor concentration, sleep problems, and anxiety. A condition called nomophobia, or the fear of being without a mobile phone, has emerged, though it's not officially recognized as a psychiatric disorder. In adults, 20% experience mild nomophobia, 50% moderate, and 20% severe symptoms, which can be measured using the Nomophobia Questionnaire (NMP-Q). Smartphone overuse is also linked to psychopathological issues like insomnia and anxiety.

Objectives: The aim of this study is to evaluate the impact of nomophobia in insomnia and anxiety.

Methods: Non-systematic review of the literature regarding nomophobia and anxiety and insomnia. The research was carried out through the PubMed® database, using the terms “nomophobia”, “nomophobia and anxiety” and “nomophobia and insomnia”.

Results: The included studies highlight that nomophobia is associated with higher anxiety levels in most individuals as well as a substantial correlation between nomophobia symptoms and insomnia.

Conclusions: Nomophobia is increasing due to technological advancements and widespread access. Overuse of mobile phones is linked to psychopathologic symptoms, like anxiety and insomnia. Raising awareness and helping young adults manage their phone use is essential for promoting health and well-being as digital technologies become an integral part of daily life.

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EPV0755

Contextual analysis for the implementation of a digital psychosocial intervention to enhance mental health outcomes in North Macedonia

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Introduction: This study represents the first effort in North Macedonia to examine the contextual attributes that may influence the effectiveness and acceptability of a novel digital intervention, DIALOG+, within the mental health care system. The intervention aims to enhance mental health outcomes through a structured approach, but its success depends on understanding the specific characteristics of the local health context.

Objectives: The primary objective of this research is to identify the key contextual attributes within the mental health care system of North Macedonia that are relevant to the successful implementation of DIALOG+. This includes examining factors that could impact both the effectiveness of the intervention and its acceptance by various stakeholders, including patients, clinicians, carers, and policymakers.

Methods: Data for this study were drawn from a variety of sources, including the National Mental Health Strategy 2018-2025, relevant documents from the World Health Organization, and other action plans. In addition, interviews were conducted with key stakeholders—patients, carers, clinicians, and policymakers—to gather perspectives on the anticipated introduction of DIALOG+ and assess the readiness of the mental health centers for its implementation. The data were subsequently mapped to a framework developed by the Ottawa Implementation Group, which outlines 14 key contextual attributes influencing health interventions.

Results: The findings were categorized into two subgroups, identifying both facilitators and barriers to the implementation of DIALOG+ in North Macedonia's mental health system. The intervention's characteristics as a broadly applicable psychosocial tool align well with modern approaches to psychosocial rehabilitation, particularly for individuals diagnosed with psychosis.

Conclusions: DIALOG+ presents a valuable tool for mental health professionals in North Macedonia, offering structured support for monitoring patient progress and achieving institutional objectives. The intervention has the potential to facilitate patients' reintegration into society, enhance their independence, and enable them to reach their full potential in the pursuit of a healthy and functional life.

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EPV0756

Evaluating the Clinical Reasoning Capabilities of AI Language Models in Diagnosing and Treating Depression

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Introduction: Artificial intelligence (AI) language models are increasingly accessible tools that offer potential support in mental health care. Despite their promise in revolutionizing mental health care through symptom assessment and treatment suggestions, concerns about their validity, accuracy, ethical considerations, and risk management persist. This study evaluates the clinical reasoning capabilities of two leading AI language models in assessing a clinical case vignette of Major Depressive Disorder (MDD).