

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.

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EPP145

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

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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.

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Mental Health Care

EPP148

The Level of Community Integration in Adults with Psychiatric Disorders

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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.

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