

beliefs: presented as controlling behavior and psychological violence. Survivors of cyber dating violence tend to feel anger, hostility, and loneliness. Sextortion is image-based sexual abuse, which includes threats with intimate pictures or videos. Perpetrators of sextortion can be hackers, ex-partners, or admirers. Exposure to sextortion is related to shame, fear, and helplessness. Former partners may use revenge porn to control one's behavior. It is another kind of image-based sexual abuse. Perpetrators may use nonconsensual pornography to punish or humiliate their ex-partners. Cyber victimization is as traumatic as real-life victimization. That results in depression, anxiety, and posttraumatic stress. Moreover, the absence of time and space restrictions can make cyber violence even more debilitating. I aim to inform European psychiatrists about the current shapes of cyber psychological trauma in the context of online flirting and dating. So that psychiatrists can better understand its content and outcomes, especially while working with young people.

Disclosure of Interest: None Declared

S0110

An Internet-Based Multi-Approach Intervention Targeting University Students Suffering from Psychological Problems: MindBlooming

Raffaella Calati^{1,2}, Ionut Daniel Fagadau³, Davide Ginelli³, Fabio Madeddu¹, Jorge Lopez-Castroman^{2,4,5}, Daniele Romano¹, Alessandro Gabbiadini¹, Emanuele Preti¹ and Daniela Micucci³

¹Department of Psychology, University of Milan-Bicocca, Milan, Italy;

²Department of Adult Psychiatry, Nîmes University Hospital, Nîmes, France;

³Department of Informatics, Systems and Communication (DISCO), University of Milano-Bicocca, Milan, Italy; ⁴IGF, CNRS-INSERM, Université Montpellier, Montpellier, France and

⁵CIBERSAM, Madrid, Spain

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Abstract: The young adult can experience psychological difficulties related to the delicate phase of life he/she is going through. Many of them show psychological difficulties but only a small portion receive the needed care. In this regard, internet-based interventions represent an important resource.

MindBlooming is a seven-week intervention delivered through a mobile application for university students with mild to moderate psychological difficulties. The application is the result of the interdisciplinary work between the Department of Psychology and the Department of Informatics, Systems and Communication of the University of Milan-Bicocca.

The intervention focused on symptoms of depression, anxiety, sleep problems, self-destructive thoughts, job- and study-related stress and burnout, and chronic pain. It is based on different approaches (multi-approach), primarily psychoeducation, Cognitive-Behavioral Treatment (CBT), and third-wave CBT. During the first pilot study, the intervention consisted of a 7-week treatment on two problematic areas according to each students' personal needs, identified through an initial assessment. The achieved results are promising especially in terms of interest shown by students. However, we encountered technical problems that hampered the pilot study. A second pilot will be performed to further test the application.

The MindBlooming project will be discussed in light of the need for further multidisciplinary research that confirms how biomarkers can be sensitive to non-pharmacological internet-based interventions.

Keywords: cognitive-behavioral treatment; internet-based intervention; university students.

Disclosure of Interest: None Declared

S0111

Mental health prevention program for Roma children and their families fleeing from Ukraine

J. Balazs on behalf of Anna Brandão, Nóra Kollárovcics, Bernadett Frida Farkas, Xénia Roszik-Volovik, Eszter Frank-Bozóni

Institute of Psychology, Eotvos Lorand University, Budapest, Hungary
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Abstract: The Childhood Mental Disorders Research Group of ELTE began helping displaced children and their families immediately after the outbreak of war in Ukraine in March 2022. This work is still being carried out on a voluntary basis. According to the current needs, they organize "playgroup" for children and their families several times a week both at a fixed location at the ELTE and at external locations in shelters where they work with many children and their families at the same time. The main focus of the groups is the prevention of mental illness.

In this presentation, the work of the Research group will be presented, which has been done in a shelter that accommodates mainly families with Roma ethnic backgrounds from the Transcarpathia region fleeing the Russian-Ukraine war.

Disclosure of Interest: None Declared

S0112

Psychological trauma and digital interventions: myth of reality?

I. Frankova

Clinical, Neuro- and Developmental Psychology, Vrije Universiteit Amsterdam, Amsterdam, Netherlands

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Abstract: The war in Ukraine caused many people to flee within Ukraine and across Europe. Trauma, separation from family and prolonged uncertainty increase the risk of posttraumatic stress disorder and depression among Ukrainians. The element of time is a critical aspect of intervention in stress-related disorders as an identical intervention may be beneficial or harmful if given at different times, focussing on primary, secondary or tertiary prevention. Recent studies showing the importance of timing of intervention in prevention of PTSD lend further support to the concept of the "golden hours" or "window of opportunity". Dr. Iryna Frankova will present lessons learned from implementation of this psychological first aid digital intervention of low intensity during the 'golden hours' following escalation of the war in Ukraine.

During the talk she will provide guidance on what should and should not be done for the end users, as well as strengths and limitations of the chatbot intervention.

Disclosure of Interest: None Declared

S0113

Treatment Options for Problematic Internet Use

B. Dell'osso^{1,2,3}

¹Department of Mental Health, Department of Biomedical and Clinical Sciences Luigi Sacco; ²"Aldo Ravelli" Center for Neurotechnology and Brain Therapeutic, University of Milan, Milan, Italy and ³Department of Psychiatry and Behavioral Sciences, Bipolar Disorders Clinic, Stanford University, California, United States
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Abstract: Research investigating interventions for problematic usage of the Internet (PUI) remains at an early stage but is steadily developing. In terms of therapies assessed through randomized clinical trials, literature suggests that cognitive behavioral therapy may be the most effective intervention but definitive statements as to its benefits need more testing. In relation to pharmacological treatments for PUI, studies have largely examined the efficacy of agents such as antidepressants and stimulants with a potential therapeutic effect of escitalopram, bupropion, methylphenidate, and atomoxetine. Another emerging form of potentially useful treatment involves non-invasive neurostimulation techniques such as transcranial magnetic stimulation and transcranial direct current stimulation. These interventions are thought to mediate their effect in PUI via stimulation of cortical brain cells and modification of their related functions. In summary, although the limited available treatment evidence includes some promising findings, there is a need for higher-quality research to develop best practice guidelines and determine cost-effective options in PUI treatment. The presentation will provide a state-of the-art overview in the field of therapeutics for PUI.

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S0114

Circulating immune cell composition and activation status associate with brain white matter microstructure in bipolar depression

F. Benedetti^{1,2}

¹University Vita-Salute San Raffaele and ²Division of Neuroscience, Scientific Institute Ospedale San Raffaele, Milano, Italy
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Abstract: Bipolar disorder (BD) has been consistently associated with alterations in the immune system. Evidence suggests a condition of systemic low-grade inflammation due to decreased adaptive, increased innate immunity, with higher levels of circulating cytokines, higher macrophage/monocyte inflammatory activation patterns, and higher neutrophils to lymphocyte counts; and with a dynamic pattern of premature immunosenescence and partial T

cell defect starting early in adolescence, involving a reduction of naïve T cells and an expansion of memory and senescent T cells. Quantitative analysis of circulating inflammatory markers suggested persistent low-grade inflammation.

A growing literature suggests that the immune system plays a core role in maintaining brain homeostasis, with both adaptive and innate immune support, ensured by cell trafficking across the blood brain barrier, being essential for brain maintenance and repair in healthy conditions, and disrupted in brain disorders including BD. Measured in peripheral blood, these markers of altered immuno-inflammatory setpoints parallel activation of microglia and disruption of white matter (WM) integrity in the brain.

Studies in the field are in its infancy, but findings by our group showed that: circulating Th17 cells correlated with higher FA, while regulatory FOXP3⁺ cells correlated with higher RD and MD, and with lower fMRI neural responses in the right dorsolateral pre-frontal cortex; higher circulating cytokine-producing NK cells were fostered by ongoing lithium treatment and directly correlated with better FA, and inversely with RD and MD, also partially mediating the known benefits from lithium on WM; and activation status and expression of killer proteins by cytotoxic CD8⁺ T cells negatively associated with WM microstructure, thus suggesting that CD8⁺ T cells can leave the blood stream to migrate into the brain and induce an immune-related WM damage in BD.

Implications of these findings for neuroprogression, clinical outcomes, and new treatment strategies of the disorder will be discussed.

Disclosure of Interest: None Declared

S0115

Proactive psychiatry of addiction: toward the normalization of early prevention

V. Hendriks

LUMC Curium Dept. Child and Adolescent Psychiatry, Parnassia Group; Leiden University Medical Centre (LUMC), Leiden University, The Hague, Netherlands
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Abstract: Most substance use disorders (SUDs) emerge in adolescence and young adulthood. Early interventions in young people may reduce the risk and severity of SUD and other mental disorders. However, we are not able to reach our young people early enough for prevention and treatment, and when we do, they often already show a high concentration of comorbid mental disorders and signs of a chronic intermittent course of SUD. Hence, we must reach our addicted young patients at an earlier stage, when symptoms are still mild or transient, or perhaps even before that – when they only show precursors of possible dysfunction.

One of the most prominent precursors of dysfunction is our ability – or lack thereof – to control or "self-regulate" our behaviors, cognitions, and emotions. Many scientists argue that poor self-regulation is perhaps the core determinant of the development of mental health disorders, including addiction. Several prospective general population studies have shown that poor childhood self-control early in life is a strong predictor of many negative outcomes later in life, up to 20 to 30 years later in adulthood. Although correlational in nature, these findings suggest that early childhood interventions that are deliberately aimed at improving self-