

Conclusions: Among Instagram users, the prevalence of an increased risk of ADHD was higher than according to epidemiology data. This indicator could be influenced by a sample of patients, mainly consisting of subscribers of a professional blog of a psychiatrist, as well as the prevalence of women among the participants. In any case, these data speak in favor of the importance of diagnosing this condition in the Russian population, as well as including information about adult ADHD in training programs for mental health professionals.

Disclosure: No significant relationships.

Keywords: Adult ADHD Self-Report Scale; adult population; Instagram; adhd

EPV0662

Patients' online access to psychiatric records: Providers' experiences

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Introduction: Patients attending psychiatric specialist health services in Northern Norway have since 2015 had the opportunity to access their medical records online. Prior to implementation, there were some concerns in the professional field that patient accessible electronic health records might introduce some challenges.

Objectives: In this study, we asked psychiatric providers in outpatient psychiatric care about the impact of patients' online access to documentation practices and whether they felt the access impacted the provider-patient relationship. We also examined whether the providers sought to deny patients' access to any information.

Methods: 16 qualitative in-depth interviews were performed with mental health providers working in the specialist services in North Norway. Participants had different professional backgrounds, and included doctors, nurses, psychologists and others. The interviews were audio recorded and transcribed verbatim. The data were qualitatively analyzed by means of the framework method.

Results: The providers varied in their encouragement of patients' online access, but few expressed concerns. There had been little specific training on how to optimize the writing of notes to accommodate patients' online access, but several pointed out that there had been an increased focus on the importance of adapting the notes to promote understanding. Increased transparency was in general seen positively, but the service might not fit all patient categories. Very few patients were denied access. In most cases, the service could improve the patients' understanding of the treatment and the provider-patient relationship.

Conclusions: While some voiced caveats, patients' online access was in general seen as beneficial to the treatment and the provider-patient relationship.

Disclosure: No significant relationships.

Keywords: digital health; e-health; Electronic Health Records

EPV0663

Is TikTok increasing the number of self-diagnoses of ADHD in young people?

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Introduction: TikTok is a free mobile application, that enables users to create short videos. TikTok has an estimated one billion monthly active users, comprised of a mostly younger audience. There has been a noticed rise in content discussing ADHD – hashtag ADHD on TikTok has 6.3 billion views. The discussions continue on Twitter, where users are reporting watching TikTok content explaining ADHD symptomatology, subsequently relating to the condition and requesting referrals to specialist psychiatry services. This study aims to identify key themes in discussions around TikTok and ADHD, and its ramifications.

Objectives: This study's objective is to discuss the relationship between viewing ADHD content of TikTok and self-diagnoses of ADHD in young people.

Methods: In our study, Twitter posts were identified with the words 'ADHD' and 'TikTok' and established key themes relating to self-diagnosis of ADHD.

Results: Numerous tweets were found discussing individual's experiences of self-diagnosis of ADHD after watching TikTok videos and relating with the symptomology. Furthermore, many users discussed their efforts to seek diagnosis from psychiatrists. These posts highlighted positive discussion of mental health, and the improvement in quality of life since diagnosis.

Conclusions: Many young people are self-diagnosing ADHD after viewing TikTok videos. This may improve mental health stigma, however the expertise of the video creators should be scrutinised. Furthermore, the impact on already stretched waiting lists should be considered, with individuals who's perceived ADHD traits are not impacting on their quality of life.

Disclosure: No significant relationships.

Keywords: TikTok; e-mental health; adhd; Child and adolescent psychiatry

EPV0664

Compare in-person and online outpatient visits based on changes in patients' treatment

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Introduction: The COVID epidemic has forced psychiatrists to introduce changes in outpatient clinics. A significant proportion of visits began without the patient's face-to-face contact with the doctor. Are these visits stigmatized with a worse assessment of mental state? We know that much of the information flow takes place outside of verbal contact. In telephone contact, psychiatrists are limited to listening to the patient's response and we know that non-verbal speech does not always go hand in hand with words.

Objectives: The aim of the study is to compare face-to-face visits with a psychiatrist with outpatient visits by telephone in terms of changes in the treatment applied by psychiatrists.

Methods: The frequency of introducing changes in the current pharmacological treatment of patients was compared. Face-to-face visits to the outpatient clinic and visits where psychiatrists contacted patients via telephone were analyzed. Treatment change was defined as a reduction or increase in drug dose, drug discontinuation or the initiation of a new drug by a psychiatrist.

Results: We assumed that visits without non-verbal contact do not provide as much information as direct visits. Consequently, patients who are often negative about the need to take medications over the phone will present themselves better to psychiatrists, thus the change in treatment will be used less frequently in this group. The results will be presented at the conference.

Conclusions: Currently, various forms of psychiatric care are evolving to adapt to new needs. We should also be aware of the consequences of these changes.

Disclosure: No significant relationships.

Keywords: e-mental health; telepsychiatry

EPV0667

Digital universal parent training program to promote positive parenting skills – A randomized waiting-list study

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Introduction: Parent training programs have high potential to promote positive parent-child relationships as well as reach and engage parents to participate. Digitally delivered programs may overcome the barriers associated with face-to-face interventions, such as stigma, logistic challenges and limited resources.

Objectives: To assess the effectiveness and feasibility of digital universal parent training program for families with 3 years-old children, focusing on parenting skills and child's behavior.

Methods: A non-blinded randomized controlled trial (RCT) with two groups: (I) the intervention group, in which participants receive the parent training and (II) the waiting list group, in which participants are placed on a waiting list to receive the parent training intervention after the first follow-up measurement have been completed. Participants must meet the following inclusion criteria: a) guardians having a child age 3 years, b) participating to annual health checkup in child health clinic, c) at least one of the guardian is able to understand the languages that intervention is provided.

Results: Pilot study with feasibility assessment finished at early 2021. Recruitment of the wider RCT study is currently ongoing. The results from the pilot study and more detailed description about the intervention will be presented.

Conclusions: This study with good national geographical coverage is a unique possibility to evaluate universal parenting program on promoting parenting behaviors associated with the promotion of optimal child emotional development. This study also provides population level information about parenting skills and child's behavior.

Disclosure: No significant relationships.

Keywords: RCT; Child mental health; Digital intervention; Parent training

EPV0668

Mental health and life satisfaction among nurses: a cross-sectional study

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Introduction: Nursing is highly demanding and stressful profession. Therefore, maintaining and improving psychological well-being among nurses seems essential to have a better life satisfaction and a better productivity.

Objectives: The aim of this study was to assess the relationship between mental health and life satisfaction among nurses.

Methods: The study was conducted in a group of active nurses from Hedi Chacker hospital in Sfax- Tunisia. Standardized questionnaires were used, including the general health questionnaire (GHQ-28) and the satisfaction with life scale (SWLS).

Results: A total of 100 (males = 40; females = 60) nurses participated in this study. The mean age was 50.20 ± 7.20 years. The average of job tenure was 25.25 ± 9.70 years. The majority of participants (66.7%) reported having chronic diseases. Rotating shifts work was noted in 72.50% of cases. Average scores for the GHQ-28 and the SWLS were respectively 30.66 ± 11.07 and 21.61 ± 6.23 . The presence of chronic conditions was associated with psychological distress (higher GHQ-28 scores) ($p = 0.01$). Life satisfaction score was positively correlated with age ($r = 0.29$, $p = 0.023$), whereas it was negatively correlated with GHQ-28 scores ($r = -0.36$, $p = 0.01$). Low life satisfaction (SWLS scores between 5 and 14) was significantly associated with three domains of the GHQ-28: somatic symptoms ($p = 0.008$), anxiety ($p = 0.001$) and social dysfunction ($p = 0.01$).

Conclusions: According to our study, low life satisfaction was associated with psychological disorder. Hence, nurses need support and subsequent interventions in order to improve psychological wellbeing and life-satisfaction.

Disclosure: No significant relationships.

Keywords: Nurses; general health; life satisfaction; mental health

EPV0670

Digital Psychiatry in the COVID-19 Era: the First Italian Cross-National Survey

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