

E-mental Health

EPV0730

Digital Cognitive Behavioral Therapy (CBT) Apps for ADHD: A Systematic Review of Recent EvidenceA. Alalsultan Alghory¹¹Istanbul Medipol University, Istanbul, Türkiye

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Introduction: Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental condition characterized by persistent patterns of inattention, hyperactivity, and impulsivity. Cognitive Behavioral Therapy (CBT) is a well-established intervention for ADHD, helping individuals manage symptoms by targeting dysfunctional thought patterns and behaviors. In recent years, the accessibility of digital CBT apps has expanded, providing a potential alternative to traditional therapy. This systematic review aims to assess the efficacy of digital CBT apps for symptom management in individuals with ADHD.

Objectives: This review seeks to (1) evaluate the effectiveness of digital CBT apps in reducing ADHD-related symptoms such as inattention and impulsivity, (2) assess the adherence and usability of these apps, and (3) identify gaps in the literature to guide future research on digital interventions for ADHD.

Methods: A systematic search was conducted using PubMed and Google Scholar to identify peer-reviewed studies published within the last 5 years (2019–2024). The search terms used included “ADHD,” “digital CBT,” “mobile apps,” and “cognitive behavioral therapy.” Inclusion criteria were studies that focused on the use of digital CBT interventions specifically for ADHD symptom management in both children and adults. Studies that assessed the effectiveness of these interventions using standardized symptom rating scales were prioritized. Articles that involved non-CBT digital interventions, case reports, or review articles were excluded.

Results: Six studies met the inclusion criteria. The results showed promising outcomes for ADHD symptom reduction, particularly in reducing inattention and impulsivity. Lenhard et al. (2018) demonstrated significant improvement in ADHD symptoms in children using digital CBT programs. Nigg et al. (2020) found similar improvements in adults. Sibley et al. (2021) observed enhanced executive functioning with high adherence to app-based interventions. In Torous et al. (2020), digital CBT apps improved patient engagement and accessibility to care. Hirvikoski et al. (2017) reported moderate effectiveness in symptom control but emphasized the need for continued monitoring of user adherence. Russell et al. (2021) highlighted the potential for personalization in digital therapies, although further research is needed to optimize these interventions.

Conclusions: The review suggests that digital CBT apps offer a promising approach for ADHD symptom management, particularly in increasing accessibility and adherence to therapy. While these interventions show moderate to significant effectiveness in reducing core symptoms like inattention and impulsivity, further research is needed to address personalization and long-term efficacy. This highlights the growing potential for digital mental health interventions to complement traditional ADHD treatments.

Disclosure of Interest: None Declared

EPV0731

A promising future for tele-mental health in Oman: A qualitative exploration of clients and therapists' experiencesT. Al-Mahrouqi^{1*}, K. Al-Alawi¹, M. Al-Alawi², N. Al Balushi², A. Al Ghailani¹, H. Al Sabti¹ and H. Al Sinawi²¹Oman Medical Speciality Board and ²Sultan Qaboos University Hospital, Muscat, Oman

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Introduction: Objectives: Tele-mental health services can play an important role in overcoming barriers in mental health services in the Eastern Mediterranean Region. However, despite its potential, tele-mental health has not been widely adopted in Oman.

Objectives: This study is an exploratory investigation into the experiences of therapists and their clients in utilizing video-based tele-mental health care during the COVID-19 pandemic.

Methods: A total of 19 semistructured qualitative interviews were individually conducted, it included 13 adult clients with mental health conditions who received video-based tele-mental health care and six clinical psychologists who provided video-based tele-mental health care during the COVID-19 pandemic.

Results: The clients reported favorable experiences using tele-mental health, with the primary benefits being convenience, easy accessibility to subspecialized care, reduced absenteeism from work with commuting costs, and alleviated mental health stigma. The therapists also expressed experiencing benefits from tele-mental health, such as reduced risk of intrahospital infection, reduced healthcare costs, and the achievement of work-life balance. Primary concerns were related to the lack of public tele-mental health services, lack of specified tele-mental health guidelines, shortage of trained therapists, limited access to high-speed Internet, electronic devices, privacy, and concerns toward the security of tele-health systems in general.

Conclusions: Clients and therapists report that tele-mental health offers new opportunities to improve the quality of mental health-care services in Oman, and that the challenges could be resolved by establishing governmental tele-mental health services along with developing tele-mental health guidelines and implementing local postgraduate clinical psychology programs in universities in Oman.

Disclosure of Interest: None Declared

EPV0732

Suicide Prevention based on IA detection for Inpatients (SPIIN)S. Berrouguet¹, C. Apprederisse^{1*}, L. Carvalho-Fontes² and M. Irles²¹Adult Psychiatry, CHU Brest and ²Human Science department, ISEN, Brest, France

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Introduction: Hospital suicide rates vary according to study from 100 to 550 per 100,000 admissions. This is 10 to 30 times the rate of suicide rate in the general population. In prison, there is an average of one death every two or three days, Most of them by suicide.