

**Introduction:** The Nordic countries have similar health care and welfare systems, and rather homogenous populations. Therefore, it is reasonable to expect similar use of psychotropic drugs. However, recent studies show marked differences in a range of psychotropic drug classes among children and adolescents in Sweden, Norway, and Denmark.

**Objectives:** To review the literature regarding psychotropic drug use among children and adolescents in the Nordic countries.

**Methods:** We performed a critical systematic literature review according to PRISMA guidelines and registered the study protocol at PROSPERO. Three scientific databases were used: PsycINFO, EMBASE and PubMed. Inclusion criteria were: 1) Age: 3-19 years, 2) Country: Denmark, including Faroe Islands and Greenland, Sweden, Norway, Finland, including Aland, and Iceland, 3) Drug of interest: Psychotropics, including Antidepressants, ADHD medication, antipsychotics, hypnotics, anxiolytics, 4) Population based study sample, 5) Observational study design, 6) Original data, 7) English language, 8) Publication date: 2010-2021. The review process was performed by four reviewers in three steps: 1) title/abstract screening, 2) full text screening, and 3) data extraction, including risk of bias assessment. Before study initiation, acceptable interrater reliability was ensured by pilot tests.

**Results:** The literature search was conducted October 6<sup>th</sup>, 2021. The PsycINFO database gave 285 hits, EMBASE 1190 hits and PubMed 2185 hits. In total, the literature search gave 3660 hits, of which 294 were duplicates, leaving us with 3366 references. The first screening phase is in process and results will be presented at the EPA conference.

**Conclusions:** The results of the systematic review will be interpreted and discussed.

**Disclosure:** No significant relationships.

**Keywords:** Nordic countries; systematic review; children and adolescents; psychotropics drug use

## EPV0141

### Emotional Well-Being of Parents Undergoing Family Therapy in a Children's Psychiatric Clinic

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**Introduction:** Parents today can be important members of a multi-professional team, helping children with mental illness. The well-being of the parents is an important factor in successfully helping the child and willingness to cooperate with specialists.

**Objectives:** To investigate the experiences of parents undergoing family psychotherapy on an outpatient basis and during a child's hospitalization.

**Methods:** 86 parents who applied for family therapy on an outpatient basis and 80 parents (main group) of hospitalized children took part in the study. Participants were offered the following questionnaires: Beck Hopelessness Scale, modified scales of the Dembo-Rubinstein,

GAD-7, PHQ-9, Quality of Life Enjoyment and Satisfaction Questionnaire. The study was conducted from 04/01/2021 to 04/14/2021.

**Results:** The main group significantly differs from the outpatient group in the following parameters (according to the t-test): the level of depression (M=18,34 and M=11,61 respectively) and anxiety (M=12,07 and M=7,96 respectively), the quality of life in the sphere of emotional well-being, social sphere, activity and free time, as well as the happiness self-assessment scales. The results on the scales of depression and hopelessness are inversely significantly associated with the willingness of parents to participate in family psychotherapy ( $r=-0,74$ ,  $p=0,01$ ) visit the child ( $r=-0,58$ ,  $p=0,05$ ), and regularly contact a doctor ( $r=-0,61$ ,  $p=0,05$ ).

**Conclusions:** Depending on the well-being of family members and the tasks facing the family, family assistance may differ depending on the stage of treatment of the child.

**Disclosure:** No significant relationships.

**Keywords:** family therapy

## EPV0142

### Videoconference Anxiety: Conceptualization, Scale Development and Preliminary Validation

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**Introduction:** With measures of COVID-19, activities that cover a large part of life have started to be carried out via videoconferencing. Videoconferencing can be disadvantageous for individuals with social anxiety due to increased social presence, decreased mutual understanding and consequently causing awkward communication.

**Objectives:** This study aims to develop a scale to explore the difficulties experienced by individuals with social anxiety during videoconferencing.

**Methods:** 598 children and adolescents between the ages of 11-18 participated in the study. The data were collected with Sociodemographic Information Form, Videoconference Anxiety Scale and Liebowitz Social Anxiety Scale.

**Results:** According to correlation analysis, all correlations between Videoconference Anxiety Scale and Liebowitz Social Anxiety Scale total score and subscale scores are above 0.50. According to EFA, the scale consisted of 25 items and a single factor. Factor loads were between 0.62 and 0.81, the single factor explained 52.95% of the variance. Model fit indices after CFA were as follows: X2/df:3.360, GFI:0.850, IFI:0.900, TLI:0.890, CFI:0.900, RMSEA:0.078, SRMR:0.0475. Convergent and discriminative validity of the scale was tested. Standardized factor loads of all items were higher than 0.50. AVE value was 0.47, while CR value was 0.96. Cronbach's alpha coefficient of 25-item VAS is 0.96.

**Conclusions:** This study showed that Videoconference Anxiety is a phenomenon which is highly correlated with social anxiety and Videoconference Anxiety Scale is a valid and reliable instrument for Turkish children and adolescents.

**Disclosure:** No significant relationships.

**Keywords:** Children; adolescent; videoconference anxiety; social anxiety disorder