

Objectives: This study aims to co-design evidence-based online content for offering psychological support in the early stages after perinatal loss and to integrate this content into the e-Perinatal app (mHealth application for the prevention of Perinatal Mental Health Disorders). It involves collaboration with local stakeholders, including bereaved women, non-birthing partners, and health professionals, to ensure that the intervention meets the population's needs and aligns with the local sociocultural context. This is a secondary study of the ERC Starting Grant ePerinatal project (101042139), funded by Banco Sabadell Foundation.

Methods: This study employed a qualitative design to conduct a multi-stage co-design and development process (pre-design, generative and evaluative phases). Two online focus groups were conducted: 1) bereaved women and non-birthing partners (n = 9), and 2) healthcare professionals with experience in perinatal loss care (n = 12). Following the presentation of the app prototype, participants were asked to provide feedback on both the evidence-based content (micro-intervention contents and information provided) and the app design features. The qualitative data were analysed using thematic analysis with NVivo software, while sociodemographic data were analysed through descriptive analysis. All data were coded by two researchers.

Results: The analysis process is ongoing, and the emerging themes and subthemes are being categorized into: 1) user-related (e.g., health status, previous experience with the public health system, social support), 2) program-related (e.g., intervention content, formal and informal social connectedness), 3) user experience (e.g., information architecture [length], content strategy [wording]), and 4) professional-related (e.g., factors influencing healthcare professionals' recommendations of the app).

Conclusions: The content developed for perinatal loss will be designed to align with local stakeholders' expectations and be integrated into the e-Perinatal app. By offering accessible support for women and their partners, the app will aim to help manage the psychological reactions often experienced during this vulnerable period, including grief, stigma, and an increased risk to mental health, as it is implemented in routine maternal care.

Disclosure of Interest: None Declared

EPV0738

Internet Addiction among Nursing Students and its impact on their academic performance: Case study at the Higher Institute of Nursing Professions and Health Techniques of Oujda

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Introduction: Nowadays, the use of the Internet has become a very popular practice. However, excessive use can lead to serious problems such as cyberaddiction. This phenomenon has repercussions on several levels, including academic performance.

Objectives: This study aimed to explore the prevalence of cyberaddiction and its associated factors among nursing students at the Higher Institute of Nursing

Professions and Health Techniques of Oujda in Morocco.

Methods: A cross-sectional study was carried out among undergraduate nursing students in the city of Oujda, Morocco. The data were collected through a self-administered questionnaire that was directly distributed to all of the targeted students, exploring their demographic and academic profiles. Young scale was used to identify the levels of cyberaddiction among participants.

Results: The average student's daily connection time was 5.3+/-3.2 hours. 26.3% of the participants were identified as cyber-dependent, and 1.4% were suffering serious issues linked to cyberaddiction. Internet addiction was significantly associated with academic failure.

Conclusions: These results should lead to preventive measures in order to protect nursing students from the potential harmful effects of internet excessive use.

Disclosure of Interest: None Declared

EPV0739

Reconnected project in Kosovo: first steps in co-creation process

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Introduction: Current global societal challenges pose significant threats to the mental well-being of European citizens. The 'RECONNECTED' project, supported by the EU/Horizon Europe program, aims to tackle mental health issues experienced by vulnerable populations in Europe, including those in Kosovo, particularly individuals with low socioeconomic status.

Objectives: The objective is to present key pillars of project and outline some key findings that will inform the consortium toward finalizing the conceptual framework of RECONNECTED which draws inspiration from the Urban Mental Health (UMH) framework, with a focus on particular aspects related to Kosovo.

Methods: It's a mixed-methods study design. We have reviewed the literature related to three key pillars of project: social prescribing, mental health literacy and personalized micro-interventions in Kosovo, and analysed preliminary some recent cross-sectional samples focusing on sociodemographic and psychosocial variables. Data processing was done with SPSS 27.0 and Microsoft Excel 2019.

Results: The literature review in internet does not find information about the implementation of social prescription and personalized micro-interventions in Kosovo so far. However, we can see that similar fragmented activities of social prescription have been implemented in Kosovo in various unstructured and informal designs. There is also information about the individual use of various applications by young people. Furthermore, no study is found regarding mental health literacy in Kosovo, and we have found that there are no mental health promotion programs. Recent cross-sectional samples analysis highlights the association between gender, dysfunctional coping style, social support and low socio-economic status with mental health indicators like anxiety, depression and suicidal ideation among young individuals.