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Exploring Digital Solutions: A Pilot Study on the Intersection of Autistic Traits and Mental Health

D. Sönmez^{1*}, E. B. Yıldız² and T. R. Jordan¹¹Psychology, İbn Haldun University and ²Psychology, İstanbul Bilgi University, İstanbul, Türkiye

*Corresponding author.

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Introduction: Digital interventions are increasingly popular in addressing various issues, including mental health problems, executive functions, and social cognitive skills in clinical and non-clinical populations. Previous studies have revealed that neurotypical individuals with elevated autistic traits may be more susceptible to other mental health conditions such as anxiety disorders, mood disorders, internet addiction, substance abuse, and suicidal risk. While there is no definitive explanation for this susceptibility, social and cognitive impairments may be contributing factors, including problems with executive functions and social cognitive skills.

Objectives: The main goal of this research is to develop an online social cognitive training program and conduct a pilot study to assess its feasibility within the current sample.

Methods: 36 participants (randomly assigned to 16 for the experimental group and 20 for the control group) were recruited for the pilot study and the experimental group completed 6 weeks of an online intervention program, while the control group was assigned to the waiting list. Autism Quotient, Depression Anxiety Stress -21, Patient Health Questionnaire -9, and Generalized Anxiety Questionnaire-7 were used to assess mental health symptoms. Executive functions were evaluated using the Wisconsin Card Sorting Task, N-back Task, and Go/No-Go task. At the same time, social cognition was assessed through the Interpersonal Reactivity Index, The Eyes test, and the Self-Assessment Manikin.

Results: 2 x 2 mixed repeated measure ANOVA was conducted. The main effect of time and group was significant for mental health symptoms and working memory ($p < 0.5$). However, the interaction of time and group was not significant ($p > .05$). Communication and attention switching (two components of autistic traits) have significant impacts on the scores ($p < 0.5$).

Conclusions: This pilot study demonstrated significant improvements in mental health scores, laying a solid foundation for further development and efficacy testing of the digital intervention program. This suggests that the intervention holds promise, particularly in targeting mental health improvements. Attention switching and communication contribute to the overall main effects highlighting the program's potential in addressing key aspects of mental health.

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Epidemiology and Social Psychiatry

EPP566

Substance use and adolescents' activities in digital space

L. Csémy^{1*}, L. Kázmér¹ and P. Baďura²¹National Institute of Mental Health, Klecany and ²Palacký University, Olomouc, Czech Republic

*Corresponding author.

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Introduction: Representative surveys have shown a decline in alcohol and tobacco use among adolescents over the last years. The rapid spread of adolescents' activities in digital space may have contributed to these changes. However, there is still considerable scope for examining the relationship between activities in digital space and substance use behaviour of adolescents.

Objectives: The study aims to assess the association between adolescents' alcohol use, cigarette smoking and their activities in digital space. The respective associations are controlled for adolescents' subjective well-being as a putative confounder related to both substance use and digital activities.

Methods: Data from the 2022 Czech part of the *Health Behaviour in School-aged Children* study were used. Only 15-year-old respondents were analysed ($N=4263$, 50.7% boys). To measure substance use, data on the frequency of alcohol use and cigarette smoking in the past 30 days were used. Digital activities were measured by data on typical daily free time spent on social media and computer gaming. To control for subjective well-being the WHO-5 scale was used. Pairwise associations between substance use, social media use, and computer gaming were examined using Spearman rank correlation coefficients (ρ). Ordinal logistic regression models were used to adjust the respective associations for gender and psychological well-being.

Results: Significant pairwise associations were found between time spent on social media and both frequency of alcohol use ($\rho = 0.181$, $P < 0.05$) and cigarette smoking ($\rho = 0.191$, $P < 0.05$). In contrast, computer gaming was not significantly correlated with either alcohol use or cigarette smoking ($\rho = -0.015$ and $\rho = -0.014$, respectively; $P > 0.30$). Poor subjective well-being was a significant risk factor for substance use and time spent on social media. Controlling for adolescents' well-being did not significantly attenuate the former relationship between the substance use and social media use.

Conclusions: The results suggest that among adolescents, different forms of digital activity have markedly different associations with substance use. While increased time spent on social media was significantly associated with higher frequency of substance use, no such association was found for computer gaming. Future research will focus on whether the relationship between specific digital activities and substance use can be explained by other factors related to mental health.

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EPP567

Analysis of adolescent psychiatry hospitalization in integral beds in a city in northeast Brazil

J. L. Da Silva^{1*}, F. F. D. C. Passos², J. E. D. L. Sobrinho¹ and M. D. D. S. Leal¹¹HEBIATRIA, UPE, RECIFE and ²FURG, Rio Grande do Sul, Brazil

*Corresponding author.

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Introduction: Psychiatric hospitalization of adolescents can have biological, psychological and social impacts on these patients with psychiatric illness if not managed correctly. To achieve this, the aim is to keep the hospitalization time as short as possible and to have a clear goal of the intervention (i.e., to diagnose, monitor risks, and stabilize comorbidities). This care is important because the effectiveness of the hospitalization process and its articulations after discharge are related to the chances of these patients being readmitted.

Objectives: To describe the general aspects related to the hospitalization of adolescents with psychiatric illnesses who require hospitalization in a general hospital in northeastern Brazil.

Methods: This is a longitudinal study carried out in a general hospital in the state of Pernambuco, in the northeastern region of Brazil. Medical records of hospitalizations that occurred between January 2018 and January 2023 were analyzed. The medical records of patients aged 12 to 17 years and 11 months were included in the study. Sociodemographic and clinical data were collected from the medical records to be submitted to statistical analysis. This study was approved by the local ethics committee (number 6.880.316).

Results: Five hundred and nineteen adolescents were admitted to the general hospital under study for mental reasons throughout that time. After evaluating the data for consistency, 484 medical records were included in this study. It was observed that approximately 53.7% of hospitalized patients were male. The median age was 16 years (IQR 14-17 years). Regarding the clinical profile of hospitalizations, 39 different diagnoses of psychiatric illnesses were listed throughout the period. Following the ICD-10 classification, the three main reasons for hospitalization are: F23 - acute and transient psychotic disorders (13%); F19 - mental and behavioral disorders due to multiple drug use and use of other psychoactive substances (12.4%), and F32 - depressive episodes (11.4%). Notably, during the study period, 63 individuals were hospitalized more than one time.

Conclusions: The primary mental health diagnoses of teenagers who were hospitalized to a northern Brazilian general hospital were described. From the standpoint of public health, the existence of patient readmissions highlights the deficiency of proper care provided to the adolescents after being discharged from the facility. Nevertheless, the examination of the variables associated with the hospitalization of adolescents was made difficult by the lack of uniformity and precision in medical records.

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EPP569

Population models for the main indicators of mental health of the Russian population in the period 1992-2022

V. Mitikhin^{1*}, T. Solokhina¹ and D. Oshevsky¹

¹Mental Health Research Centre, Moscow, Russian Federation

*Corresponding author.

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Introduction: The mental health of the population at the level of the psychiatric service has a number of main indicators: the levels of general morbidity (prevalence) and primary morbidity (incidence) of mental disorders. Population models allow you to demonstrate the scale of problems and assess the resources to solve them.

Objectives: Building population-based epidemiological models of mental health of the Russian population to analyze the relationship between indicators of mental disorders and the human resource of psychiatric care, as well as demographic, socio-economic factors in the period 1992-2022.

Methods: The work uses data from Russian socio-economic statistics, materials from medical and research institutions and results published in scientific periodicals (see, [1] and references). In the formation of population models, the methods of systematic data analysis presented in the work [1] and statistical analysis in the framework of MS Excel were used.

Results: At the first stage, correlation analysis was used to select demographic, socio-economic factors and the factor of the personnel resource of psychiatric care, which significantly affect the indicators of general and primary morbidity of mental disorders. It turned out that the most significant factors are: population size, life expectancy at birth, unemployment rate, number of psychiatrists and psychotherapists. The correlation coefficients between these factors and the indicators of general and primary morbidity of mental disorders are (in absolute value) in the range of 0.65-0.93 with a reliability level of 95%. At the second stage, linear regression (one-factor, two-factor) and nonlinear (logistic) models were obtained, linking the incidence of mental disorders with the selected factors. The obtained regression models are characterized by high reliability with a coefficient of determination R^2 in the range 0.81-0.92 for single-factor and, respectively, 0.90-0.98 for two-factor models. The obtained nonlinear logistic model for the indicator of general morbidity allowed us to obtain a maximum morbidity value for the Russian population equal to 34.4% of the population. This result practically coincides with the result obtained in the well-known work [2]. In this epidemiological study on the European continent, it was found that 38.2% of European residents suffer from mental disorders.

Conclusions: The obtained models make it possible to quickly monitor the impact of medical, demographic, socio-economic factors and changes in the personnel resource of psychiatric care on the morbidity rates of the Russian population. 1. Mitikhin V., Yastrebov V. et al. *Neuroscience and Behavioral Physiology*. 2019; 49(2): 233-239. doi: 10.1007/s11055-019-00720-4. 2. Wittchen, H. U., Jacobi, F., Rehm, J., et al. *European Neuropsychopharmacology*. 2011; 21: 655-679. doi:10.1016/j.euroneuro.2011.07.018

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EPP570

Is Long-term mental health care in Portugal ensuring psychosocial rehabilitation? – analysis of the discharge destinations

F. Santos Martins^{1,2,3*}, R. Malta¹ and J. V. Santos^{2,4,5}

¹Psychiatry, 'S. João' Local Health Unit (ULS S. João); ²CINTESIS; ³Neurosciences and Mental Health; ⁴MEDCIDS, Faculty of Medicine, University of Porto (FMUP) and ⁵Public Health Unit, 'Santo António' Local Health Unit, Porto, Portugal

*Corresponding author.

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Introduction: Since 2017, the reform of mental health services implemented in Portugal has included the establishment of a national network of long-term mental health care (MH-LTC) to promote the psychosocial rehabilitation of people with mental