

and personal experience about/with telepsychiatry) was built by adapting the 42-item questionnaire by Schubert (2019) and CAMH's Client Experience Survey from the psychiatrist's perspective.

**Results:** 90 questionnaires were collected from a sample of 54 women (60%) with an average age of 43 (SD=11.4). Mostly were psychiatrists (85.6%) working in NHS (66.7%) with an average working years of 13.7 (SD=11.5) and a previous experience in telepsychiatry (71.1%). Overall, participants do not believe that telepsychiatry is comparable with face-to-face modality. A significant positive opinion was reported among younger psychiatrists compared to those more experienced, regarding efficacy, feasibility and mental health access ( $p < 0.05$ ). No significant differences were reported in psychiatrists' opinion, according to the level of telepsychiatry use in their clinical practice.

**Conclusions:** Overall, sufficient digital skills and knowledge of technological tools are evident among younger psychiatrists who also appeared to be more prone to implement telepsychiatry in their clinical practice.

**Disclosure:** No significant relationships.

**Keywords:** telepsychiatry; Covid-19; digitalization; digital psychiatry

## EPP0128

### Development process of artificial intelligence based chatbot to support and promote mental wellbeing in sparsely populated areas of five European countries

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**Introduction:** In many countries, people face problems regarding access to care, 24/7 support and evidence-based support. Digital interventions and services, such as chatbots, can be one option to tackle these challenges. There is a lack knowledge regarding how mental health chatbots are developed and how to ensure that there is collaboration between mental health and digital technology experts and users.

**Objectives:** This presentation describes the phases of the development for the ChatPal mental health and wellbeing chatbot.

**Methods:** Development process was conducted in five and with four different languages. First, using an electronic survey for mental health professionals (n=190) we screened how familiar they are with chatbots and how they evaluated their potential. Second, university students and staff, mental health professionals and service users (n=78) participated in workshops to design the chatbot content. Finally, the content and scripts of chatbot were written in multi-professional and multi-national collaboration.

**Results:** ChatPal is based on the PERMAH model of positive psychology and on the idea that we all have mental health which needs boosting and support from time to time. ChatPal includes relevant mental health information, exercises, mood diaries and simple monitoring and self-care tools. Based on preliminary evaluations, the ChatPal chatbot offers an option to offer support in areas where other mental health services are lacking or are insufficient.

**Conclusions:** ChatPal is already freely available in application stores and first scientific trials are have started. Preliminary results of 4-week and subsequent 12-week in-the-wild trials will be in place at the time of EPA 2022 conference.

**Disclosure:** No significant relationships.

**Keywords:** Promotion; wellbeing; chatbot; mental health

## EPP0129

### Psychotherapists' Acceptance of Telepsychotherapy: A Machine Learning Approach

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**Introduction:** Therapists' forced transition to provide psychotherapy remotely during the COVID-19 pandemic offers a unique opportunity to examine therapists' views and challenges with teletherapy.

**Objectives:** We aimed to develop predictive models of three aspects of psychotherapists' acceptance of teletherapy during the COVID-19 pandemic; attitudes towards teletherapy, concerns about using teletherapy, and intention to use it in the future.

**Methods:** In an international survey, therapists ( $N = 795$ ) completed a survey about their experiences during the pandemic, including quality of therapeutic relationship, professional self-doubt, vicarious trauma, and telepsychotherapy acceptance. Regression decision trees machine learning analyses were used to build prediction models for each aspects of telepsychotherapy acceptance.

**Results:** Attitudes toward telepsychotherapy were most positive for therapists who reported neutral or strong online working alliance, especially if they experienced little professional self-doubt and were younger than 40 years old. Therapists who were most concerned about telepsychotherapy, were those who reported higher levels of professional self-doubt, particularly if they also reported vicarious trauma experiences. Therapists who reported low working alliance were the least likely to use telepsychotherapy in the future.

**Conclusions:** Therapists' professional self-doubt and the quality of their working alliance with their telepsychotherapy patients appear to be the most pertinent factors associated with therapists' acceptance of telepsychotherapy during COVID-19, and should be addressed in future training and research.

**Disclosure:** No significant relationships.

**Keywords:** Covid-19; Telepsychotherapy; attitudes; machine learning