

Conclusions: Among Instagram users, the prevalence of an increased risk of ADHD was higher than according to epidemiology data. This indicator could be influenced by a sample of patients, mainly consisting of subscribers of a professional blog of a psychiatrist, as well as the prevalence of women among the participants. In any case, these data speak in favor of the importance of diagnosing this condition in the Russian population, as well as including information about adult ADHD in training programs for mental health professionals.

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Keywords: Adult ADHD Self-Report Scale; adult population; Instagram; adhd

EPV0662

Patients' online access to psychiatric records: Providers' experiences

A. Fagerlund¹, P. Zanaboni¹, O. Lintvedt¹, E. Kristiansen¹ and R. Wynn^{2*}

¹University Hospital of North Norway, Norwegian Centre For Ehealth Research, Tromsø, Norway and ²UiT The Arctic University of Norway, Department Of Clinical Medicine, Tromsø, Norway

*Corresponding author.

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Introduction: Patients attending psychiatric specialist health services in Northern Norway have since 2015 had the opportunity to access their medical records online. Prior to implementation, there were some concerns in the professional field that patient accessible electronic health records might introduce some challenges.

Objectives: In this study, we asked psychiatric providers in outpatient psychiatric care about the impact of patients' online access to documentation practices and whether they felt the access impacted the provider-patient relationship. We also examined whether the providers sought to deny patients' access to any information.

Methods: 16 qualitative in-depth interviews were performed with mental health providers working in the specialist services in North Norway. Participants had different professional backgrounds, and included doctors, nurses, psychologists and others. The interviews were audio recorded and transcribed verbatim. The data were qualitatively analyzed by means of the framework method.

Results: The providers varied in their encouragement of patients' online access, but few expressed concerns. There had been little specific training on how to optimize the writing of notes to accommodate patients' online access, but several pointed out that there had been an increased focus on the importance of adapting the notes to promote understanding. Increased transparency was in general seen positively, but the service might not fit all patient categories. Very few patients were denied access. In most cases, the service could improve the patients' understanding of the treatment and the provider-patient relationship.

Conclusions: While some voiced caveats, patients' online access was in general seen as beneficial to the treatment and the provider-patient relationship.

Disclosure: No significant relationships.

Keywords: digital health; e-health; Electronic Health Records

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Is TikTok increasing the number of self-diagnoses of ADHD in young people?

R. Gilmore*, J. Beezhold, V. Selwyn, R. Howard, I. Bartolome and N. Henderson

University of East Anglia, Norwich Medical School, Norwich, United Kingdom

*Corresponding author.

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Introduction: TikTok is a free mobile application, that enables users to create short videos. TikTok has an estimated one billion monthly active users, comprised of a mostly younger audience. There has been a noticed rise in content discussing ADHD – hashtag ADHD on TikTok has 6.3 billion views. The discussions continue on Twitter, where users are reporting watching TikTok content explaining ADHD symptomatology, subsequently relating to the condition and requesting referrals to specialist psychiatry services. This study aims to identify key themes in discussions around TikTok and ADHD, and its ramifications.

Objectives: This study's objective is to discuss the relationship between viewing ADHD content of TikTok and self-diagnoses of ADHD in young people.

Methods: In our study, Twitter posts were identified with the words 'ADHD' and 'TikTok' and established key themes relating to self-diagnosis of ADHD.

Results: Numerous tweets were found discussing individual's experiences of self-diagnosis of ADHD after watching TikTok videos and relating with the symptomology. Furthermore, many users discussed their efforts to seek diagnosis from psychiatrists. These posts highlighted positive discussion of mental health, and the improvement in quality of life since diagnosis.

Conclusions: Many young people are self-diagnosing ADHD after viewing TikTok videos. This may improve mental health stigma, however the expertise of the video creators should be scrutinised. Furthermore, the impact on already stretched waiting lists should be considered, with individuals who's perceived ADHD traits are not impacting on their quality of life.

Disclosure: No significant relationships.

Keywords: TikTok; e-mental health; adhd; Child and adolescent psychiatry

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Compare in-person and online outpatient visits based on changes in patients' treatment

K. Szczygieł* and P. Podwalski

Pomeranian Medical University, Department Of Psychiatry, Szczecin, Poland

*Corresponding author.

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Introduction: The COVID epidemic has forced psychiatrists to introduce changes in outpatient clinics. A significant proportion of visits began without the patient's face-to-face contact with the doctor. Are these visits stigmatized with a worse assessment of mental state? We know that much of the information flow takes place outside of verbal contact. In telephone contact, psychiatrists are limited to listening to the patient's response and we know that non-verbal speech does not always go hand in hand with words.