

impulsivity in aADHD is related to neurobiological dysinhibition, in BPD impulsive behavior is attached to emotionally involving situations, and emotional dysregulation rooted in childhood adverse events.

Disclosure: No significant relationships.

Keywords: Impulsivity; borderline personality disorder; decision making; Attention Deficit Hyperactivity Disorder

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Effectiveness and implementation of a MULTidisciplinary Lifestyle focused approach in the Treatment of Inpatients with mental illness (MULTI+): a stepped wedge study protocol

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Introduction: People with mental illness (MI) have a reduced life expectancy compared to the general population, mostly attributable to somatic diseases caused by poor physical health. Modifiable lifestyle factors are increasingly associated with the onset of somatic diseases in people with MI. Despite the increasing evidence for the efficacy of lifestyle interventions there is little change in routine clinical care. This discrepancy is referred to as the implementation gap and has caused a need for effectiveness and implementation research in real-world settings.

Objectives: This study investigates the health outcomes and implementation of a multidisciplinary lifestyle focused approach in treatment of inpatients with mental illness (MULTI+).

Methods: This is an open cohort stepped wedge cluster randomized trial in inpatients psychiatric wards of GGz Centraal. Three clusters are randomly allocated to one of the three pre-defined steps to integrate MULTI+. MULTI+ can be tailored to fit individual psychiatric wards and includes 10 core components aimed at improving lifestyle factors. The primary outcome is to investigate whether there is a greater decrease in the QRISK3 cardiovascular risk score after receiving MULTI+ as compared to treatment as usual. Secondary outcomes include somatic and mental health outcomes, lifestyle factors, and implementation factors.

Results: First results expected in 2022.

Conclusions: To our knowledge, this will be the first large-scale study evaluating the long-term effects of a multidisciplinary, multi-component approach aimed at improving lifestyle factors. We expect that this approach will increase long-term sustainability and can serve as a potential blueprint for future implementation of lifestyle interventions to improve routine clinical care.

Disclosure: No significant relationships.

Keywords: Health outcomes; Implementation; mental illness; protocol

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Virtual reality-based and eye tracking-assisted attention refocusing training for adult Attention-Deficit/Hyperactivity Disorder

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Introduction: Neurofeedback regimes in the treatment of adult ADHD are commonly EEG-based and have several shortcomings, including a weak signal-to-noise ratio, low transfer rates from laboratory to everyday environments and ambiguous evidence in respect to adequate brain signals of interest.

Objectives: To investigate, if an eyetracking-based real-time feedback in a virtual environment can enhance attentional performance, as measured by behavioral, EEG and eyetracking parameters.

Methods: Overall, n=18 adult patients with ADHD and n=18 healthy controls (HC) performed a continuous performance task (CPT) in a virtual seminar room, while distracting virtual events occurred. In case the participant's gaze drifted away from the task an automated audiovisual feedback indicated the participant to refocus on the task. Three 20-minutes blocks were presented in counter-balanced order, that differed in respect to whether real feedback, sham feedback or no feedback was additionally provided. **Results:** Mixed ANOVAs with within-subject factors 'Condition' (real feedback, sham feedback, no feedback) and 'Phase' (distractor phases vs. non-distractor phases) and a between-factor 'Group' (ADHD patients vs. HC) revealed better task performances in HC than ADHD patients in respect to omission errors ($p = .023$), mean reaction times ($p = .042$) and reaction time variabilities ($p = .007$; cf. Figure 1). Moreover, omission errors turned to be higher during distractor-present than distractor-absent trials ($p = .007$), especially in ADHD.

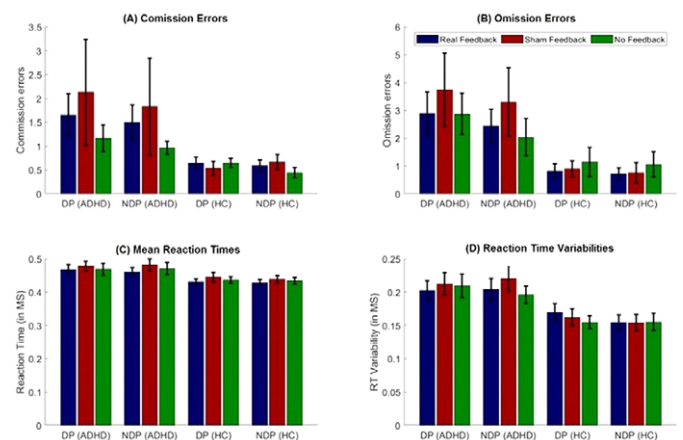


Figure 1. CPT results. DP=distractor-phases, NDP=non-distractor-phases

Conclusions: While the virtual CPT turns out to discriminate well between patients with ADHD and HC, the behavioral results do not indicate an attentional performance enhancement based on the gaze-dependent feedback.

Disclosure: No significant relationships.

Keywords: attention-deficit/hyperactivity disorder; virtual reality; adults