

Objectives: This paper points out the traditional setting modification and how the interpersonal relationship can affect the therapeutic dynamics.

Methods: The experience could support the possibility to design adequate plans to test possible relational potentiality/prospect to respond to the pandemic emergency. The computer screen represents a very important new and rich element as “Skype” seems to have been the most used remote support. The screen plays a filter and separation function but physically represents the related presence in a shared timeframe. It is also a “mutual mirror”, reflecting the exclusive duality and resending to “different” space and time where the therapeutic relationship acts.

Results: In this way the “analysis room” loses its physical feature to move towards a new dimension where the subjective experience are communicated/lived/re-elaborated by the mean of shared visual, modifying the codified space of a traditional setting.

Conclusions: The screen is not only a mere vehicle of verbal communication, but fully gets in “hic et nunc” in space relationship assuming however an allegoric value, that, in the individual subjective, could go really beyond its “simple” and usual technological function.

Keywords: virtual setting; psychotherapy; covid 19 emergency

EPP0577

Tele-rehabilitation for people with dementia in the COVID-19 pandemic: A case-study

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Introduction: The Promoting Activity, Independence and Stability in Early Dementia (PrAISED) is delivering an exercise programme for people with dementia. The Lincolnshire partnership NHS foundation Trust successfully delivered PrAISED through a video-calling platform during the COVID-19 pandemic.

Objectives: This qualitative case-study identified participants that video delivery worked for, and highlighted its benefits and challenges.

Methods: Interviews were conducted with participants with dementia, caregivers and therapists, and analysed through thematic analysis.

Results: Video delivery worked best when participants had a supporting carer, when therapists showed enthusiasm and had an established rapport with the client. Benefits included time-efficiency of sessions, enhancing participants' motivation, caregivers' dementia awareness and therapists' creativity. Limitations included users' poor IT skills and resources.

Conclusions: The COVID-19 pandemic required innovative ways of delivering rehabilitation. This study supports that people with dementia can use tele rehab, but success is reliant on having a caregiver and an enthusiastic and known therapist.

Keywords: Physical Activity; Tele-rehabilitation; dementia; COVID-19

EPP0578

Mental health mobile apps for patients: Psychiatrists' concerns.

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Introduction: The use of mobile apps aimed at supporting patients with a mental illness is rapidly increasing.

Objectives: The presented results explore psychiatrists' concerns about mobile apps for patients with a mental illness. These results are part of a larger study that examines psychiatrists' attitudes regarding the use and development of mobile apps.

Methods: In the qualitative exploratory study, semi-structured interviews were conducted with 18 psychiatrists in Czech Republic, Austria, and Slovakia. Psychiatrists were recruited via snowball sampling. The interviews were digitally recorded, transcribed verbatim, translated into English, and content analyzed using deductive and inductive category development.

Results: There were mixed feelings regarding mobile apps for patients with mental illness. While psychiatrists emphasized certain benefits (e.g. increasing patients' treatment motivation and engagement), several concerns were also expressed, especially by psychiatrists who were generally unfamiliar with mobile apps. They feared being replaced; were afraid that patients would act as their own doctors, thereby damaging their health; stressed that mobile apps could not respond or be tailored to an individual the same way psychiatrists could tailor treatment to a patient.

Conclusions: The psychiatrists who were more likely to have concerns about mental health apps were those who were generally unfamiliar with the apps and/or thought the apps aim to replace, rather than support, face-to-face treatment. Thus, clinicians and patients should be familiarized with the use of such mobile apps and educated on how they could support the face-to-face treatment.

Keywords: mobile apps; psychiatry; mental health; concerns

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Telehealth in children's psychiatric services

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Introduction: Covid-19 intensified public demand for telehealth services in child psychiatry. The shift towards online services raised concerns related to safety and quality of services.

Objectives: The objective of the study was to explore outcomes and perceptions regarding psychiatric telehealth services from the patients' and professionals' perspectives.