

## EPV0271

### “How many likes?”: The use of social media, body image dissatisfaction and disordered eating

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**Introduction:** Social media use has grown exponentially over the past few years, having a key role in communication among our youngsters. The impact of social media in mental health is still unclear. While some studies advocate that it increases social support and general satisfaction, others associate social media with the development of mental health issues. Social media can also perform some pressure regarding body image and eating behavior, caused by the idealistic appearance shown there in a very visual way.

**Objectives:** This review intends to identify the existing evidence regarding social media use, its impact on body image and eating behavior.

**Methods:** Search performed on May 11, 2020, including articles published since January 1st, 2006, written in Portuguese, English, Spanish and French. We used the MeSH terms ‘Body dissatisfaction’, ‘Body image’, ‘Feeding and eating disorders’, ‘Eating behaviors’ and ‘Social media’. The quality and strength of recommendation of the articles were evaluated using the Strength of Recommendation Taxonomy (SORT) scale from the American Academy of Family Physicians.

**Results:** 716 articles were initially found. Eight were selected: two systematic reviews, three cohort studies, two cross-sectional studies and one observational study.

**Conclusions:** This review presents studies that establish a correlation between social media use, body image dissatisfaction and disordered eating. However, methodological and population heterogeneity can compromise the conclusions observed. With the current evidence, we can conclude that there is a relationship between the use of social media and changes in body image and/or eating behaviors in adolescents and young adults (SORT B).

**Disclosure:** No significant relationships.

**Keywords:** social media; disordered eating; body image dissatisfaction

## EPV0272

### Mental health attendances in Australia during the COVID-19 pandemic: A telehealth success story?

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**Introduction:** The COVID-19 pandemic has significantly impacted the delivery of mental health services globally. Within Australia, the COVID-19 pandemic and subsequent containment

measures have led to reduced face-to-face attendances. To maintain access to mental health consultations, new telehealth services were introduced by the Australian Government in late March 2020.

**Objectives:** We aimed to quantify the impact of the COVID-19 pandemic on patterns of mental health attendances in Australia using an interrupted time series model.

**Methods:** To characterise patterns of mental health service utilisation, monthly mental health attendances between January 2016 and June 2020 were extracted from the Medicare database, stratified by clinician type: general practitioner (GP), psychiatrist, and allied health. We used triple exponential smoothing to model attendances between January 2017 and December 2019. Observed and predicted attendances between January and June 2020 were compared with 95% confidence ( $p < 0.05$ ).

**Results:** Our models showed decreased mental health attendances in March and April, consistent with all healthcare services during this time. While uptake of telehealth was significant, it only partially covered the reduction in mental health attendances.

**Conclusions:** Our modelling highlights the significant impacts of the COVID-19 pandemic on mental health services in Australia, with telehealth only partially compensating for the reduction in face-to-face attendances. These results suggest that telehealth services may not be suitable for all individuals (e.g. those without reliable internet access). Given that telehealth will likely remain a feature of mental health service provision, outreach and face-to-face services should be considered for vulnerable groups

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**Keywords:** COVID-19; telehealth; mental health

## EPV0273

### A virtual reality tool for the treatment of obesity: Study protocol of a randomized controlled trial

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**Introduction:** Available evidence demonstrates that it is feasible to integrate Motivational Interviewing (MI) techniques with Enhanced Cognitive Behavioural Therapy (CBT) for the treatment of obesity and that this combined intervention has the potential to improve health-related outcomes of patients and to maintain behavioural changes over time. In addition, the use of Virtual Reality (VR) using embodiment techniques in the treatment of behavioural disorders has proved its preliminary effectiveness.

**Objectives:** 1) to adapt the embodiment tool for treating obesity in a clinical setting, and 2) to compare its preliminary effectiveness to usual care.

**Methods:** A randomized control trial (SOCRATES project, funded by the European Union’s H2020 program under grant agreement No 951930) will be carried out with 66 participants with a Body Mass Index (BMI) >30, who will be split into two groups (control and intervention). The participants will be recruited from the