

Objectives: Increasing mental health problems among the young is a global issue in the industrialized world. We see a connection between digitization, the intro of smartphones 2007 and the increase of anxiety, depression and melt downs in children who are left with to little adult guidance. Their screen time becomes to long leading to impaired health due to long sedentary time. The result is not enough physical activity, obesity, introversy because of lack of IRL social contact etc. The problems are well known but why don't we talk more about them and help our children to deal with it?

Methods: Read any statistics about mental helath among the young in the industrialized countries.

Results: While studying the statistics in Sweden over time the results of the bad sustainability of living are clear.

Conclusions: The adult world needs a wake up call which I will give in my oral presentation. I will also present proposals of solution.

Disclosure: No significant relationships.

Keywords: sustainability; mental health; prevention; Adolescents

EPV1049

E-tool for mental health prevention: a study of the receptivity and engagement in a large-scale group of subjects

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Introduction: Due to the Covid-19 effects, mental health conditions are now, more than ever, affecting our daily lives - both personally and professionally. The average delay between the onset of first symptoms of a mental health disorder and seeking suitable healthcare is 11 years. The WHO states that the only sustainable way to reduce mental healthcare burden is by acting earlier.

Objectives: The aim of this project is to assess the receptivity and engagement of a mobile app for mental health prevention, amongst a large-scale and heterogeneous group of individuals. The main hypothesis under testing is that people are receptive to actively act towards mental health prevention, despite still being a very neglected and stigmatized topic.

Methods: A mobile app for mental health improvement and disease prevention was developed through the digitalization of positive psychology strategies, such as mood tracking, journaling, breathing exercises, among others, which are personalized to the user through biofeedback. The app aims at teaching people how to autonomously cope with mental health conditions, identifying early signs and redirecting them to proper mental health professionals. The app is being released for a population of 35,000 subjects resident in Portugal.

Results: Receptivity and engagement metrics will be assessed on a weekly and monthly basis, for 3 months, segmented by different subject profiles. Mental health metrics will also be assessed, namely anxiety, depression, and burnout levels - using standard psychiatric scales.

Conclusions: We have yet to draw conclusions from the project; however, we aim to achieve first results in due time.

Disclosure: The aim of this research is to assess the receptivity of mental health prevention strategies using technology, namely a mobile app provided by a company.

Keywords: GAD; Biofeedback; burnout; prevention

EPV1050

Economic evidence of preventive interventions for anxiety disorders in children and adolescents – a systematic review

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Introduction: Anxiety disorders are common in children and youth. Also, in prevention, be it universal, selective or indicated, economic evaluation supports decision-making in the allocation of scarce resources.

Objectives: This review identified and summarised the existing evidence of economic evaluations for the prevention of anxiety disorders in children and adolescents.

Methods: A systematic search was conducted on the EBSCO, Scopus, Web of Science, ProQuest, Cochrane and PubMed databases. We included studies that focused on children and adolescents under 18 years of age, aimed to prevent anxiety disorders, and presented an incremental analysis of costs and effectiveness. A registered checklist was used that assessed the quality of the included articles.

Results: The search yielded 1,697 articles. Five articles were included in this review. Three were RCT-based and two were model-based studies. Out of five included interventions, one was a universal school-based intervention, two selective interventions and two indicated interventions. Universal school-based prevention of anxiety was not cost-effective compared to usual teaching. Selective parent training and indicative child- and parent-focused CBT prevention were likely cost-effective compared to usual care or doing nothing.

Conclusions: Parent education and cognitive behaviour therapy interventions can be cautiously interpreted as being a cost-effective way of preventing anxiety in children and adolescents. However, the evidence is weak related to cost-effectiveness as there are only a few studies, with relatively small sample sizes and short follow-ups.

Disclosure: No significant relationships.

Keywords: prevention; Anxiety; economic evaluation; children and adolescents

EPV1051

The Worldview Attitudes and Self-Determination in Russian Students who are Different Passion Degree of Tolkien Fans

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