

EPP0446

A pilot add-on Randomized-Controlled Trial evaluating the effect of binaural beats on study performance, mind-wandering, and core symptoms of adult ADHD patients

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Introduction: ADHD is a neurodevelopmental disorder that frequently persists throughout adulthood. Binaural Beats (BB) are auditory perceptions occurring when two soundwaves of slightly different frequency are carried separately to the ears; they might modulate brain activity and performance.

Objectives: To evaluate BB efficacy on studying performance, mind-wandering, and core symptoms of a sample of adult ADHD outpatients

Methods: In this randomized-controlled trial we recruited a sample of University students in pharmacological treatment for adult ADHD. A track with 15 Hz BB (415 Hz to right and 400 Hz to the left ear) was delivered to the intervention group; whereas, a placebo track consisting of two identical frequencies (400 Hz) was administered to control group. The RCT consisted of a baseline assessment (T0) and two fortnightly follow-ups (T1-T2). Each time, the patient filled the ADHD-RS-5 (ADHD Rating Scale-5) and the MEWS (Mind Excessively Wandering Scale) and executed an online version of SART (Sustained Attention to Response Task). The effect of self-administered acoustic stimulation during individual studying sessions was estimated by a subjective studying performance (SSP) evaluation questionnaire.

Results: A significant improvement of SSP from baseline assessment (T1) to the last observation (T3) was detected in BB group only (mean differences= 2.7, $p < .001$). A significant between-group contrast for SSP was also found at T3. No other significant changes were detected for ADHD-RS, MEWS and SART at $p < .05$ level.

Conclusions: BB seem to improve subjective studying performance and ADHD symptoms severity. These preliminary findings must be confirmed in larger sample.

Disclosure: No significant relationships.

Keywords: adhd; Binaural beats; Non-pharmacological intervention; Brain stimulation

EPP0447

Psychopathology and problematic social media use among children and adolescents: what possible links?

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Introduction: Social Media (SM) have recently gained substantial popularity among youth. However, the relationship between problematic use of social media (PUSM) and psychopathology in children and adolescents remains unclear.

Objectives: To study in a population of children and adolescents followed in outpatient psychiatry unit, the prevalence, and psychopathological factors linked to PUSM.

Methods: A descriptive study was led among child and adolescent's psychiatry patients. Parents were asked to provide answers for the Child Behaviour Checklist (CBCL). PUSM was assessed using the Bergen Social Media Addiction Scale (BSMAS). Mental disorders' related data were extracted from patients' medical records.

Results: Our study included 76 patients with a mean age of 14.2 ± 2.6 [11,18] years and a sex-ratio of 1. The prevalence of PUSM was estimated at 9.2% in our population according to the conservative approach, rising to 48.7% according to the liberal approach. Anxiety (32.4%) and depressive disorders (24.3%) were most prevalent among patients with PUSM. BSMAS scores were significantly higher among patients with smoking habits ($p=0.03$). CBCL T-scores interpretation showed internalizing and externalizing disorders among 80.3% and 64.5% patients respectively. BSMAS scores were significantly higher among patients belonging to the clinical range of all the CBCL syndrome scales, except for social problems, and among patients suffering from both internalizing and externalizing disorders ($p=0.005$).

Conclusions: PUSM was shown to be more prevalent among clinical populations compared to healthy controls. Research has indicated a potential link between PUSM and psychopathology; however, the significance of the correlation remains unclear.

Disclosure: No significant relationships.

Keywords: Bergen Social Media Addiction Scale; Child behaviour checklist; Psychopathology; problematic use of social media

EPP0448

Experience in the Child/Youth Mental Health Centre of Leganés (Madrid) during the first lockdown

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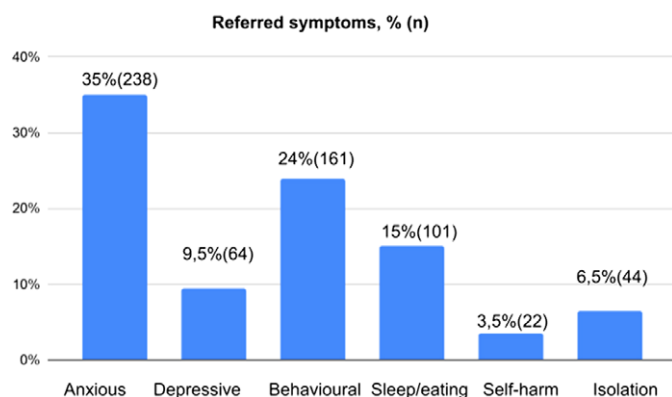
Introduction: The municipality of Leganés has been very vulnerable to the effects of the crisis derived from the COVID-19 pandemic (both due to the incidence of the infection and the socioeconomic situation). Multiple studies show that children and adolescents, especially those with a psychiatric background, have been one of the most affected groups during the confinement.

Objectives: Firstly, to describe the characteristics of clinical care at the Child/Youth Mental Health Centre of Leganés (Madrid) during

the first lockdown (March-June 2020). Secondly, to present data on the clinical evolution of the patients along this period (n = 720).

Methods: Descriptive study and literature review.

Results:



Clinical care during the period of strict confinement was mainly by telephone, although the most serious cases were attended in person. In addition, referral to Intensive outpatient programs was interrupted. The results show 56% of patients remained stable. Anxious symptoms (35%) and behavioural disturbances (24%) were most frequently referred (Figure 1). It is noteworthy that the most critical cases (such as suicide attempts or domestic violence) were observed in adolescents and that at least 11% of patients increased their use of electronic devices.

Conclusions: The first confinement stage was particularly stressful for families and especially for children and adolescents, although most patients remained psychopathologically stable. However, other studies have found a significant increase in child and adolescent mental health problems during the following months (de-escalation stage).

Disclosure: No significant relationships.

Keywords: Covid-19 pandemic; childhood mental health; lockdown; behavioural disturbances

EPP0449

Particularities of suicide attempts in late adolescence in Tunisia

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Introduction: Suicide attempts in late adolescence deserves special attention.

Identifying particularities of suicidal behavior in this age group seems important in order to detect suicidal ideations.

Objectives: Describe the characteristics of suicide attempts in late adolescence among hospitalized patients.

Methods: This is a retrospective descriptive study that was conducted in our psychiatry department in Razi Hospital, Tunisia. It focused on a population of Tunisian adolescents aged between

15 and 19 years old and who were hospitalized after a suicide attempt between January, 1st 2010 and November, 15th 2018. We used a pre-established questionnaire that explored the sociodemographic and clinical data of patients.

Results: Thirty adolescents were included. Twenty-three of them (77%) were female. Mean age of suicidal adolescents was 16.5 years. They were mostly living with their families (80%). Intentional drug ingestion was reported in 56% of cases. Half of the adolescents were indifferent regard the suicide attempt. Conflictual family environment was reported to be a triggering factor of the suicidal thoughts in 60% of cases, and romantic breakup in 20% of cases. In fact, these adolescents were diagnosed with adjustment disorder with depressed mood in 47% of them and depression (28%). Adolescent suicide attempts were correlated with a conflictual family environment ($p=0.04$) and the presence of academic difficulties ($p<10^{-3}$).

Conclusions: Family dysfunction and conflictual environment are predictors of suicide risk in the late adolescence. Prevention strategies should be reviewed and focus more on these factors.

Disclosure: No significant relationships.

Keywords: risk factors; suicide attempts; late adolescence

EPP0451

The era of virtual care: Perspectives of youth on psychiatric virtual appointments in COVID-19 and beyond

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Introduction: In response to COVID-19, paediatric providers have shifted to providing outpatient health care appointments through telehealth.

Objectives: While research has been published previously on this topic, we felt it important to add current Canadian youth perspectives to the mix, specifically on changes due to COVID-19.

Methods: Semi-structured discussions were held on virtual care in June and October 2020 with our youth members, who are patients with various health conditions, aged 13 to 19 years which allowed us to glean their unique opinions regarding virtual care in the midst of a pandemic.

Results: Youth who contributed to this commentary reported that major benefits of virtual care included time savings, ease of access, continuity of care, and ability to participate in health appointments from the comfort of one's own home without a risk of COVID-19 exposure. These youth also recognized limitations to virtual care, including the inability to complete laboratory or imaging tests, and the lack of physical examination capabilities.

Conclusions: Additionally, they stressed the importance of visual components of virtual appointments and health care providers needing to consider privacy restrictions youth may have. Overall, our cohort of youth feel positive about virtual care and hope care providers can work with youth individually to determine the best solution for them.

Disclosure: No significant relationships.

Keywords: adolescent; covid; virtual care; Child Psychiatry