

Figure 1: Forest plot showing the prevalence rates of depressive disorders (DMDR: Disruptive Mood Dysregulation Disorder, MDD: Major Depressive Disorder, PDD: Persistent depressive disorder)

Conclusions: Routine screening and early intervention strategies for eating disorders may improve the outcome of young people with these problems.

Disclosure: No significant relationships.

Keywords: Child; Depression; prevalence; Europe

EPV0265

The application of motion capture technology in a clinical evaluation and a therapy for people with autism spectrum disorder

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Introduction: Autism spectrum disorder (ASD) encompasses disorders with incompletely known etiology. Facial expression of people with ASD does not often reflect their emotions adequately or are strongly limited. In addition, they have a problem with joint attention. The symptoms of autism spectrum disorder are very various and have different severity that can change over time. There are still no objective methods for estimating these symptoms, which creates a huge diagnostic and clinical problem. Motion Capture technology makes the possibility of this objective assessment of the severity of initial symptoms, their change over time, as well as specificity for people with ASD.

Objectives: To assess the application of Motion Capture technology in a clinical evaluation and a therapy for people with ASD.

Methods: We analyzed literature related to the topic available at medical bases: PubMed, ResearchGate and Google Scholar. The articles which were included had been published after 2000 and have an English or Polish abstract.

Results: We included 2 trials involving 81 participants (children and adolescents): 1 trial reported on quantifying the social symptoms of autism and 1 trial on differences of facial expressions in people with and without ASD.

Conclusions: This capture of motions and the analysis of specific movements of people with autism spectrum disorder might be very useful in clinical practice, scientific research, therapy and also in creation of functioning systems at homes, schools and kindergartens. Thanks to this, people with ASD will be able to function better in society.

Disclosure: No significant relationships.

Keywords: autism spectrum disorder; Motion Capture; facial expression

EPV0266

Psychosocial online counselling in Ukraine on IPSO-care platform in pandemic period

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Introduction: Since October 2017 till 2019 the project of Psychosocial Care for internally displaced persons and the war affected population in Ukraine has been in place (short name "Let's talk"). In 2020 this project continuing for counselling pandemic affected persons.

Objectives: The counsellors are professional psychologists who were trained within the scope of the project. Sessions may be held in Russian or Ukrainian, according to the user's choice.

Methods: Analysis of protocols of online counseling sessions and supervisions.

Results: The key and most frequent issues mentioned by the clients are loneliness, the loss of the sense of life, fear, uncertainty, anxiety, difficulties in family relations, in particular, with children, job insecurity, addictions, psychosomatic disorders and so others. They are closely related to the situation in the country (military operation, the division into "We" and "Other", the risk of provocations, the cases of treason and personal revenge, threats to the family members of the military). The above issue is in potential clients' inadequately high suspicion level (in some cases on the border of paranoid fantasies), which is manifested in the fear of the possible infringement of confidentiality, over-listening, surveillance, recording of talks etc.

Conclusions: The online counseling is the way to provide professional, accessible, free for the users and fully anonymous psychosocial care. Most frequent issues mentioned by the IDPs and the war affected population peoples has been indicated. When presenting the project service, the focus is always made on the high level of data protection and strict confidentiality.

Disclosure: No significant relationships.

Keywords: e-mental health; online counseling; psychotherapy; telepsychiatry

EPV0268

A mixed methods evaluation of the current state of perinatal mental healthcare and users' acceptability of a digital assessment for perinatal mental health

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Introduction: Perinatal mental health symptoms commonly remain underdiagnosed in maternity care settings in the UK, with the COVID-19 pandemic having further disrupted access to adequate care provision. Digital technologies may offer innovative ways to support the mental health needs of women and partners and assist midwives in recognition of concerns.

Objectives: We set to investigate the current state of perinatal mental healthcare provision in the UK and the acceptability of a digital mental health assessment.

Methods: The study entailed completing an online survey. 829 women, 103 partners, and 90 midwives participated in the study. Quantitative data were explored using descriptive statistics. Open-ended responses regarding the perceived benefits and barriers to using a digital mental health assessment were investigated using thematic analysis. Resultant themes were then mapped onto the Capability, Opportunity, and Motivation Model of Behaviour (COM-B model).

Results: The provision of perinatal mental healthcare support was limited and varied across respondents, particularly throughout the COVID-19 pandemic. There was a strong interest in using a digital mental health assessment placed within maternity healthcare settings to screen, diagnose, and triage concerns (Figure 1). In-person and blended care approaches (i.e., in-person and remote support) were preferred by women and partners in the event of further care being advised (Figure 1). Identified barriers and benefits mainly related to physical opportunity (e.g., accessibility), psychological capability (e.g., cognitive skills) and automatic motivation (e.g., emotions).

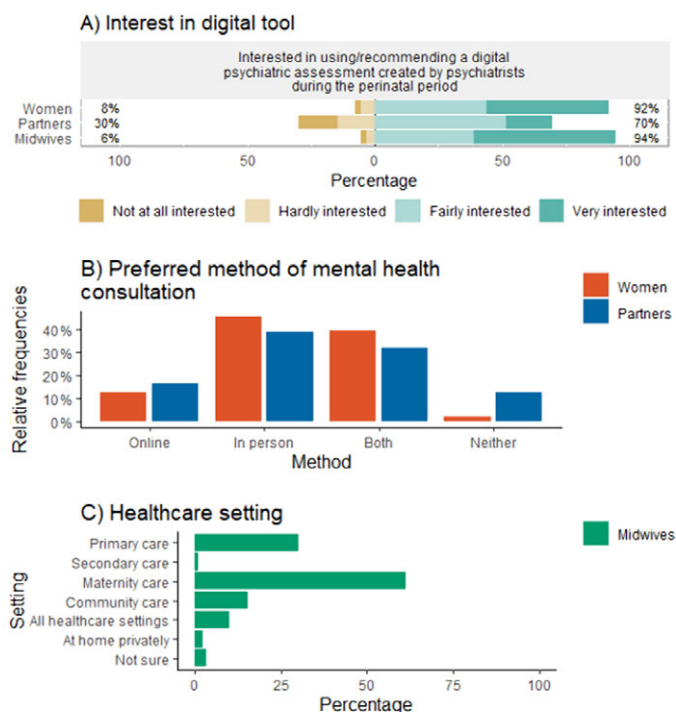


Figure 1. Interest in using a digital mental health assessment throughout the perinatal period (panel A). Women's and partners' preferred method of follow-up consultation (panel B). Midwives' responses as to where they see the digital tool working best (panel C).

Conclusions: This study provides proof-of-concept support for the development of a digital mental health assessment to inform clinical decision-making for perinatal mental health concerns.

Disclosure: NMK has financial interest in Psyomics Ltd., a company developing digital diagnostic devices for neuropsychiatric disorders.

Keywords: Digital Mental Health; Maternal mental health; Perinatal Mental Health; Paternal mental health

EPV0269

Direct-to-consumer marketing (DTC) of internet-based cognitive behavioral therapy (iCBT) using brief promotional video: Mapping modifiable mechanisms in pre-treatment acceptance

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Introduction: Given the suboptimal acceptance of iCBT for depression, finding ways to increase the acceptance and uptake is crucial for its dissemination. Moreover, it remains unknown to what extent the Unified Theory of Acceptance and Use of Technology (UTAUT) could aid the design of DTC in psychological service.

Objectives: To explore whether the regulatory processes theorized in the UTAUT (Performance Expectancy, Effort Expectancy, Social Influence, and Facilitating Condition) could be modified and mediate the change of acceptance of iCBT.

Methods: This randomized controlled trial recruited 219 individuals with at least mild level of depression. Upon completion of pre-assessment, participants were randomly allocated to an intervention (IG) and a control group (CG). The IG received a 7-minute UTAUT-driven promotion video, while the CG received a video of same length on general psychoeducation. Both groups completed a post-assessment.

Results: Repeated measures ANOVA revealed a significant time by group effect on treatment acceptance. The video in IG was perceived to be clearer and more persuasive. Mediation analysis showed that the intervention effect was mediated by increase in perceived performance expectancy of iCBT, and the indirect effect was conditional on dispositional help seeking stigma.

Conclusions: Pre-treatment acceptance of iCBT can be improved by brief DTC promotion video. The finding casts light that performance expectancy was the most modifiable and mediatable regulatory process on iCBT acceptance, although such relation could be attenuated by high help-seeking stigma. In sum, DTC marketing could aid implementation of Internet-based interventions, effort in stigma reduction should continue to encourage uptake of effective treatment.

Disclosure: No significant relationships.

Keywords: Direct-to-consumer Marketing; Internet-based Cognitive Behavioral Therapy; The Unified Theory of Acceptance and Use of Technology; Depression