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**Introduction:** The COVID-19 pandemic presented a global public-health crisis that demanded healthcare to adapt at an unprecedented pace. While challenging, it also created opportunities for the advancement of novel electronic-treatment-modalities. Telepsychiatry has emerged as an effective method to ensure continuity of care and ensure social distancing.<sup>1</sup> Studies indicate that mental-health patients have higher rates of noncompliance to follow-up,<sup>1</sup> thus finding means to increase compliance is critical.

**Objectives:** The objectives of this study are to determine the impact of telepsychiatry on compliance to follow-up and to identify numbers of psychiatric/medical emergency-room visits, most common contributing factors for admission, and compliance in terms of diagnosis.

**Methods:** This IRB approved study is a retrospective chart-review, that aims to study children/adolescents (5-18 years) who presented to the Child&Adolescent-Psychiatry Outpatient-clinic from July-December 2020 and engaged in telepsychiatry, compared to a group of patients presented in July-December 2019-Pre-Covid19-Pandemic. A review of clinical characteristics including diagnosis, demographic information, medication, and treatment compliance will be compared as well as admissions to inpatient-psychiatry/emergency-room visits.

**Results:** Our total sample (N=252) included patients from 2019-Pre-COVID19 (N=111) and 2020 Telehealth during COVID19-Pandemic (N=141). Our data analysis using SPSF and T-test has shown that Telehealth has significantly increased follow-up compliance (Two-tailed P-value=0.04); 2019-Pre-COVID outreach mean=0.06, 2020-Telehealth-during COVID outreach mean=0.02); significantly decreased ER/CPEP visits (P-value=0.02), and decreased In-patient-unit admissions (P-value=0.02).

**Conclusions:** According to the presented study, the incorporation of telepsychiatry has increased the compliance to psychiatric-care in outpatient and decreased the emergency-room visits and inpatient admission. Sufficient resources and steps need to be taken to further strengthen telehealth services.

**Disclosure:** No significant relationships.

## EPV0660

### Experience of Using a Smartphone Mood Relapse Warning Application among Patients with Bipolar Disorders: A Qualitative Inquiry

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**Introduction:** Although several studies preliminary supported the effects of using smartphone mental health application (app) in patients with bipolar disorder (BD), patients' subjective experience deserves more attention.

**Objectives:** The present study aimed to explore how the BD patient experienced while using the APP in detecting their mood relapse warning signs (MRW app) which has been developed by our team (Su et al., 2021).

**Methods:** The MRW app collects 2 passive (location and GPS removal distance) and 6 self-reported data (daily mood, wake and sleep time, the brief record of mood and life, voice pitch, speech tone and rhythm, facial expression, and weekly emotional scale). By using qualitative research design, 15 patients recruited from the psychiatric outpatient department in a medical center were in-depth interviewed.

**Results:** Four themes were identified as their subjective experience to use the app as: including positive and negative experience, facilitators, price, and barriers. Interconnected relationship was found in each theme; and counterbalancing associations between positive vs. negative experience, facilitators vs. price and barriers were also demonstrated.

**Conclusions:** Such first-person experience of using the app in illness detection could unveil technological myths and present its impacts upon patients' lives in the real world. Implication for practice and future studies were be discussed.

**Disclosure:** No significant relationships.

**Keywords:** Smartphone; bipolar disorder; Relapse Warning; Qualitative study

## EPV0661

### Prevalence of high risk of ADHD among adult users of Instagram in Russian Federation

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**Introduction:** The problem of diagnosis and treatment of ADHD in adults in the Russian Federation remains very relevant. Unfortunately, very little time is devoted to the topic of adult ADHD in standard and advanced training programs. In connection with these problems, it is important to study the prevalence of ADHD in the Russian population.

**Objectives:** To determine the prevalence of an increased risk of adult ADHD on the example of Russian Instagram users.

**Methods:** In the professional blog of one of the authors of the article in Instagram (@gentlepsydoc), a link was posted to an anonymous survey conducted using Google docs, in which patients filled out the Adult ADHD Self-Report Scale (ASRS v1.1) in the author's translation

**Results:** A total of 144 people took part in the screening, 87.5% of them were women, the average age of the participants was 35.5±12.3 years (from 20 to 56). An increased risk of ADHD according to the indicators of the ASRS scale was detected in 13.2 % of participants.

**Conclusions:** Among Instagram users, the prevalence of an increased risk of ADHD was higher than according to epidemiology data. This indicator could be influenced by a sample of patients, mainly consisting of subscribers of a professional blog of a psychiatrist, as well as the prevalence of women among the participants. In any case, these data speak in favor of the importance of diagnosing this condition in the Russian population, as well as including information about adult ADHD in training programs for mental health professionals.

**Disclosure:** No significant relationships.

**Keywords:** Adult ADHD Self-Report Scale; adult population; Instagram; adhd

## EPV0662

### Patients' online access to psychiatric records: Providers' experiences

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**Introduction:** Patients attending psychiatric specialist health services in Northern Norway have since 2015 had the opportunity to access their medical records online. Prior to implementation, there were some concerns in the professional field that patient accessible electronic health records might introduce some challenges.

**Objectives:** In this study, we asked psychiatric providers in outpatient psychiatric care about the impact of patients' online access to documentation practices and whether they felt the access impacted the provider-patient relationship. We also examined whether the providers sought to deny patients' access to any information.

**Methods:** 16 qualitative in-depth interviews were performed with mental health providers working in the specialist services in North Norway. Participants had different professional backgrounds, and included doctors, nurses, psychologists and others. The interviews were audio recorded and transcribed verbatim. The data were qualitatively analyzed by means of the framework method.

**Results:** The providers varied in their encouragement of patients' online access, but few expressed concerns. There had been little specific training on how to optimize the writing of notes to accommodate patients' online access, but several pointed out that there had been an increased focus on the importance of adapting the notes to promote understanding. Increased transparency was in general seen positively, but the service might not fit all patient categories. Very few patients were denied access. In most cases, the service could improve the patients' understanding of the treatment and the provider-patient relationship.

**Conclusions:** While some voiced caveats, patients' online access was in general seen as beneficial to the treatment and the provider-patient relationship.

**Disclosure:** No significant relationships.

**Keywords:** digital health; e-health; Electronic Health Records

## EPV0663

### Is TikTok increasing the number of self-diagnoses of ADHD in young people?

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**Introduction:** TikTok is a free mobile application, that enables users to create short videos. TikTok has an estimated one billion monthly active users, comprised of a mostly younger audience. There has been a noticed rise in content discussing ADHD – hashtag ADHD on TikTok has 6.3 billion views. The discussions continue on Twitter, where users are reporting watching TikTok content explaining ADHD symptomatology, subsequently relating to the condition and requesting referrals to specialist psychiatry services. This study aims to identify key themes in discussions around TikTok and ADHD, and its ramifications.

**Objectives:** This study's objective is to discuss the relationship between viewing ADHD content of TikTok and self-diagnoses of ADHD in young people.

**Methods:** In our study, Twitter posts were identified with the words 'ADHD' and 'TikTok' and established key themes relating to self-diagnosis of ADHD.

**Results:** Numerous tweets were found discussing individual's experiences of self-diagnosis of ADHD after watching TikTok videos and relating with the symptomology. Furthermore, many users discussed their efforts to seek diagnosis from psychiatrists. These posts highlighted positive discussion of mental health, and the improvement in quality of life since diagnosis.

**Conclusions:** Many young people are self-diagnosing ADHD after viewing TikTok videos. This may improve mental health stigma, however the expertise of the video creators should be scrutinised. Furthermore, the impact on already stretched waiting lists should be considered, with individuals who's perceived ADHD traits are not impacting on their quality of life.

**Disclosure:** No significant relationships.

**Keywords:** TikTok; e-mental health; adhd; Child and adolescent psychiatry

## EPV0664

### Compare in-person and online outpatient visits based on changes in patients' treatment

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**Introduction:** The COVID epidemic has forced psychiatrists to introduce changes in outpatient clinics. A significant proportion of visits began without the patient's face-to-face contact with the doctor. Are these visits stigmatized with a worse assessment of mental state? We know that much of the information flow takes place outside of verbal contact. In telephone contact, psychiatrists are limited to listening to the patient's response and we know that non-verbal speech does not always go hand in hand with words.