EW0123

Remote cognitive behavior therapy for obsessive-compulsive disorder in Egypt: A randomized trial

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Introduction Recently, cognitive behavior therapy has gone from being a promising new treatment to the most well established psychological treatment. In several hundreds of randomized controlled trials, it has shown effectiveness in treating obsessive-compulsive disorder. In addition, CBT is thus a highly promising treatment from a societal cost-effectiveness perspective.

Objectives Several forms of CBT have been developed using remote communication methods, the general idea is that CBT delivered through the Internet or using telephone communication reflects the content of conventional CBT, but is administered as a form of therapist-guided treatment protocol.

Aims Estimation of applicability and efficacy of remote cognitive behavior therapy for treating patients suffering from obsessive-compulsive disorder in Egypt.

Methods A group of patients suffering from obsessive-compulsive disorder was randomized into two groups; one received CBT as usual and the intervention group received CBT using telephone and/or the Internet. Both groups were assessed pre– and post treatment using the Yale Brown Scale for OCD symptom severity and Beck depression inventory for symptoms of associated depression. The quality of life scale was also applied to all patients participating in the study.

Results Pre– and post-study measures indicated a statistical and clinically relevant change in patients of two groups.

Conclusions Delivering CBT for patients suffering from OCD in Egypt using remote communication methods appears to be effective in alleviating symptoms and improving the quality of life. Yet some adaptations to the standardized treatment protocol are mandated to render the protocol applicable through remote communication and enhancing cultural reception.

Disclosure of interest The author has not supplied his/her declaration of competing interest.

EW0124

Developing a platform for online psychotherapy sessions

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Introduction Providing mental health services by real-time videoconferencing has been increasingly adopted as a method of reaching hard-to-serve populations since the early 1990s. There is a growing body of evidence investigating the efficacy of delivering online mental health care. Though studies vary in quality, they generally demonstrate that online mental health care is effective across multiple age groups. Online is generally well accepted by patients and specialists and its implementation is feasible. It is also convenient and cost effective.

Objectives Due to the fact that almost 75% of Romanian population have internet access and that mental health services are still stigmatized we perceived the opportunity to develop an online platform where patients can easily find and interact with mental health specialists using secured videoconference.

Methods During a timeframe of two years a multidisciplinary team managed to develop and test an online platform where patients can access psychotherapy sessions. Main design and devel-

opment targets were usability and confidentiality/security. The platform has an appointment tool, a secure videoconference solution and an integrated online payment service.

Results The platform can be accessed at https://atlashelp.ro. It was launched in mid July 2016 and it already gathers more than 50 mental health specialists. The feedback was excellent from both specialists and patients.

Conclusions The solution developed is complaint with most of international standards and offers easy to access and high quality psychotherapeutic services for Romanian patients.

Disclosure of interest The authors have not supplied their declaration of competing interest.

EW0125

Automatic analysis of psychotherapy videos by using synchrony signal

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Introduction Some techniques of psychotherapy are now widely evidence-based and very cost effective, especially cognitive and behavioral therapies. Most of the studies are indirectly based on patient reported outcomes or problematic behaviors evaluated before and after the psychotherapy. Unfortunately, studies struggle to control for what is actually happening during psychotherapy, especially the non-specific aspects, like the interaction between the patient and the therapist, that is a known predictor of psychotherapeutic efficacy. Consequently, it is difficult to make precise links between theory and practice, control its application and understand which of its ingredients are the most important.

Objectives Here, we suggest a research framework to extract automatically social signals from psychotherapy videos. We focused on the extraction of synchrony of the motor signal since it was considered to be a predictor of psychotherapeutic outcome in an earlier study and a relevant signal for the study of mother-child interactions.

Methods We developed open source python and R scripts to compute this synchrony of motion history on a database of interaction between a parent and a child http://bit.ly/syncpsy

Results We confirmed that synchrony, was a relevant signal for studying social interactions since the scores are completely different from synchrony scores computed on shuffle motion history data. However, these scores alone are unable to distinguish the two periods of the videos (with and without disagreement).

Conclusion Synchrony of motion history is a promising marker of social interactions.

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EW0126

Telemedicine – How does it work in practice?

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Introduction Today telemedicine is a very popular and rapidly growing area, which allows the treatment, regardless of the distance between the patient and doctor. We present the latest research, conducted amongst polish doctors about the usefulness of telemedicine as a therapeutic tool in different medical specialties.