

**Objectives:** The aim of the study is to compare face-to-face visits with a psychiatrist with outpatient visits by telephone in terms of changes in the treatment applied by psychiatrists.

**Methods:** The frequency of introducing changes in the current pharmacological treatment of patients was compared. Face-to-face visits to the outpatient clinic and visits where psychiatrists contacted patients via telephone were analyzed. Treatment change was defined as a reduction or increase in drug dose, drug discontinuation or the initiation of a new drug by a psychiatrist.

**Results:** We assumed that visits without non-verbal contact do not provide as much information as direct visits. Consequently, patients who are often negative about the need to take medications over the phone will present themselves better to psychiatrists, thus the change in treatment will be used less frequently in this group. The results will be presented at the conference.

**Conclusions:** Currently, various forms of psychiatric care are evolving to adapt to new needs. We should also be aware of the consequences of these changes.

**Disclosure:** No significant relationships.

**Keywords:** e-mental health; telepsychiatry

### EPV0667

#### Digital universal parent training program to promote positive parenting skills – A randomized waiting-list study

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**Introduction:** Parent training programs have high potential to promote positive parent-child relationships as well as reach and engage parents to participate. Digitally delivered programs may overcome the barriers associated with face-to-face interventions, such as stigma, logistic challenges and limited resources.

**Objectives:** To assess the effectiveness and feasibility of digital universal parent training program for families with 3 years-old children, focusing on parenting skills and child's behavior.

**Methods:** A non-blinded randomized controlled trial (RCT) with two groups: (I) the intervention group, in which participants receive the parent training and (II) the waiting list group, in which participants are placed on a waiting list to receive the parent training intervention after the first follow-up measurement have been completed. Participants must meet the following inclusion criteria: a) guardians having a child age 3 years, b) participating to annual health checkup in child health clinic, c) at least one of the guardian is able to understand the languages that intervention is provided.

**Results:** Pilot study with feasibility assessment finished at early 2021. Recruitment of the wider RCT study is currently ongoing. The results from the pilot study and more detailed description about the intervention will be presented.

**Conclusions:** This study with good national geographical coverage is a unique possibility to evaluate universal parenting program on promoting parenting behaviors associated with the promotion of optimal child emotional development. This study also provides population level information about parenting skills and child's behavior.

**Disclosure:** No significant relationships.

**Keywords:** RCT; Child mental health; Digital intervention; Parent training

### EPV0668

#### Mental health and life satisfaction among nurses: a cross-sectional study

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**Introduction:** Nursing is highly demanding and stressful profession. Therefore, maintaining and improving psychological well-being among nurses seems essential to have a better life satisfaction and a better productivity.

**Objectives:** The aim of this study was to assess the relationship between mental health and life satisfaction among nurses.

**Methods:** The study was conducted in a group of active nurses from Hedi Chaker hospital in Sfax- Tunisia. Standardized questionnaires were used, including the general health questionnaire (GHQ-28) and the satisfaction with life scale (SWLS).

**Results:** A total of 100 (males = 40; females = 60) nurses participated in this study. The mean age was 50.20 ± 7.20 years. The average of job tenure was 25.25 ± 9.70 years. The majority of participants (66.7%) reported having chronic diseases. Rotating shifts work was noted in 72.50% of cases. Average scores for the GHQ-28 and the SWLS were respectively 30.66 ± 11.07 and 21.61 ± 6.23. The presence of chronic conditions was associated with psychological distress (higher GHQ-28 scores) (p = 0.01). Life satisfaction score was positively correlated with age (r = 0.29, p = 0.023), whereas it was negatively correlated with GHQ-28 scores (r = -0.36, p = 0.01). Low life satisfaction (SWLS scores between 5 and 14) was significantly associated with three domains of the GHQ-28: somatic symptoms (p = 0.008), anxiety (p = 0.001) and social dysfunction (p = 0.01).

**Conclusions:** According to our study, low life satisfaction was associated with psychological disorder. Hence, nurses need support and subsequent interventions in order to improve psychological wellbeing and life-satisfaction.

**Disclosure:** No significant relationships.

**Keywords:** Nurses; general health; life satisfaction; mental health

### EPV0670

#### Digital Psychiatry in the COVID-19 Era: the First Italian Cross-National Survey

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