

According to the social brain hypothesis, the human brain includes a network designed for the processing of social information. This network includes several brain regions that elaborate social cues, interactions and contexts, i.e. prefrontal paracingulate and parietal cortices, amygdala, temporal lobes and the posterior superior temporal sulcus. We will explore neuroimaging studies that investigated social isolation in healthy subjects.

**Disclosure:** No significant relationships.

**Keywords:** social isolation; brain networks; Brain; Neuroimaging

## S0051

### “Pre-Existing and New-Onset Cognitive Impairment in Patients with COVID-19”

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Recently, many reports have been available related to neuropsychiatric complications in the course of COVID-19 infection, and its long-term consequences. Many of them are related to psychological factors, such as: isolation, change of existing habits, fear of getting sick and dying, fear of losing a job and fears related to the financial situation, which resulted in an increase in the occurrence of diseases and mental disorders such as adaptation and anxiety disorders, depression. It has been also reported that treatment in conditions of intensive care unit lead to high prevalence of psychiatric disorders like PTSD in discharged patients. In our own studies we observed that patients with new appearing psychiatric symptoms were mostly those, who were professionally active, but did not work remotely. The time the patients spent at home had a negative impact on their well-being, they generally felt worse, their family life suffered more frequently. The most common cognitive symptoms, which are reported embrace: problems with short- and long-term memory, lack of mental clarity, feeling eclipsed, lightheaded, poor concentration, mental fatigue. We also present here a series of post-acute COVID cases from the examined population and provide a concise comparison of observed symptomatology with previous reports.

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**Keywords:** Neuropsychiatric symptoms; cognitive functions; Covid-19

## E-Mental Health for Anxiety Disorders

## S0052

### Interreg and WHO-CC : a Fruitful Collaboration in the Service of E-Mental Health

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Within the IT4Anxiety project, the World Health Organisation Collaborating Centre (WHOCC) for research and training in

mental health of Lille, is the leader of the work package “identification of needs among the different actors in the mental health field”. The complexity of our object of study - the use of new technologies for people’s mental health - requires undertaking a multi-disciplinary approach, considering both the clinical and the socio-anthropological aspects. A mixed-methods research conducted with people experiencing anxiety, carers and professionals, aims to describe the use, acceptability and needs of the different categories of actors concerned by the use of new technologies. The quantitative part is a cross-sectional, descriptive, observational study. A anonymous self-administered questionnaire is distributed online and in hard copy in the 5 partner countries (Belgium, France, Germany, the Netherlands and the UK) to the three study populations. It consists of access to digital tools or technological solutions, experience related to these and the contribution and perceived effect of users to e-mental health related projects. The qualitative approach includes a detailed understanding of the potential therapeutic and socio-anthropological changes that these tools can bring. It explores : description of used technologies, the representations and emerging needs in relation to the management of anxiety and the improvement of mental health ; the clinical impact perceived by all stakeholders and the implementation of new ways of living with the tools. This international research will enable a comparative study to be carried out on the dynamics of appropriation of these e-(mental) health devices in different countries of the North-Western European region.

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## S0053

### The IT4 anxiety project : Improving Anxiety Prevention and Management with Innovative Digital Solutions

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Technological innovations give new perspectives in many fields, including health. It was in this context that the IT4Anxiety project was born in 2019 bringing together mental health professionals and start-ups, but also universities, research centres, higher education establishments and public authorities from the North-West Region of Europe. The project is challenging our ability, as partners, to gather stakeholders from different background, medical and non-medical field, in order to support the implementation and co-conception of innovative solutions with the objective of reducing the anxiety of mental health service users. During the four years of project implementation (2019-2023), the stakeholders will have opportunities to work with the end-users, expecting to address the needs of around 3,000 mental health service users suffering from anxiety. The fifteen start-up involved in the project activities will be recruited through hackathons and calls based on identified needs. They will join the project in order to test and improve their solutions. This will create opportunities to connect the start-ups with the medical world, research codes and procedures and to give them a new perspective in the understanding of their targeted market segment. Furthermore, almost a thousand mental health professionals will be trained in e-mental health, benefiting from our