a primary outcome measure, the Korean version of the Continuous Performance Test (KAT) was administered individually to the ADHD children by child clinical psychologists to assess inattention, impulsivity, and processing speed, after obtaining written agreement to participate in the study. Additionally, the Korean version f the ADHD Rating Scale-5 (K-ARS-5) was administered to the parents of the ADHD children.
**Results:** We have not yet completed the study. Currently, out of the 18 ADHD children, 8 have completed the training and both pre- and post-assessments. All training and evaluations are expected to be completed by early October, and an analysis to verify the effectiveness of the digital therapeutic will be conducted in mid-October. Since this was not a double-blind study, we observed that, based on some children's CPT and K-ARS-5 results, children in the combined treatment group tended to show a reduction in omission and commission errors on the CPT compared to those in the medication-only group. Additionally, there was a trend towards a reduction in inattention and hyperactivity-impulsivity scores on the K-ARS-5 in the combined treatment group.
**Conclusions:** Despite being conducted with a small sample, these results suggest the potential efficacy of the digital therapeutic (model named 'ADAM-101') for Korean ADHD children, indicating its potential clinical usefulness as an adjunctive treatment tool for ADHD children

**Disclosure of Interest:** None Declared

## EPV0759

## Effectiveness of a guided e-health sleep and biological clock intervention in university students (i-Sleep & BioClock) – results of a randomized controlled trial

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**Introduction:** Sleep problems are very prevalent among university students, affecting their mood, energy levels, daily functioning, and quality of life. Irregular sleep-wake patterns contribute to the disruption of their circadian rhythms. Cognitive behavioural therapy for insomnia (CBT-I) has been proven effective in adults, but research in university students is still limited.
**Objectives:** The aim of this study is to investigate the effectiveness of a guided digital self-help intervention targeting sleep and the biological clock in university students to improve sleep and mental health outcomes.
**Methods:** We conducted a two-arm randomized controlled trial in nine Dutch Universities. We included 196 university students (Bachelor, Master, and PhD) with self-reported insomnia symptoms (Insomnia Severity Index ≥ 10) and randomly assigned them (1:1) to receive the 5-week 'i-Sleep & BioClock' intervention or online psychoeducation. The intervention is based on CBT-I with specific emphasis on the biological clock. It consists of 5 weekly online modules and is guided by online coaches. The primary outcome is insomnia severity. Secondary outcomes are depression, anxiety, daily functioning, academic performance, quality of life, and sleep & light exposure diary outcomes. Outcomes were measured at baseline, mid-treatment (3 weeks), post-treatment (6 weeks after baseline), and at 18 weeks follow-up. Data will be analyzed with intention-to-treat analysis using linear mixed models. The study is registered at ClinicalTrials.gov (NCT06023693).
**Results:** Recruitment started on Nov 1st, 2023 and ended on Sept 5th, 2024. Data collection is currently ongoing and will be finalized in January 2025. We hypothesize that the guided digital self-help intervention will reduce insomnia severity and improve mental health outcomes in students (results will be presented).
**Conclusions:** Findings from this randomized controlled trial will contribute to the growing body of knowledge on digital sleep interventions and their potential impact on mental health. If the intervention proves effective, we aim to disseminate the intervention widely in higher education to benefit a broader student population.

**Disclosure of Interest:** None Declared

## EPV0761

## Studying the Impact of Online Mental Health Therapy: Platform Usage Patterns and Effectiveness of Chat-Based Therapy for Anxiety

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**Introduction:** The treatment landscape for mental health has transformed significantly with the emergence of digital platforms, which offer a promising public health solution by expanding access to mental health services. Despite their potential, further research is needed to evaluate both the usability and clinical effectiveness of these online interventions.
**Objectives:** To investigate the usage patterns of an online mental health app and the effectiveness of chat-based emotional support (ES) in reducing psychological distress and achieving therapeutic goals.
**Methods:** The analysis included data from 3,751 users of *ifeel* app onboarded in 2023, 58% of whom were female and 42% male. Two main modalities were studied: chat-based therapy,( N= 3,170) and video therapy,( N=1,942), with some overlap as users could engage in both modalities. Key metrics for analysis included session frequency, session timing, session duration, and user demographics. The study also explored chat-based ES therapy by evaluating 113 individuals at two points in time: after one week of therapy, and after three weeks. Psychological distress levels were measured using the Kessler Psychological Distress Scale (K6), and goal attainment was measured through self-reports over the two time points.
**Results:** Usage data showed a strong preference for chat-based therapy, with 85% of users engaging in chat therapy compared to 52% who used video therapy. Younger users, particularly those aged 25-34, were the most active in engaging with chat-based therapy. On average, chat therapy users send between 14 to 17 messages per month, whereas video therapy users take 2 sessions per month. These results underscore the higher frequency of engagement in chat therapy, particularly among younger demographics. In terms of clinical effectiveness, psychological distress was reduced significantly at both one week and three weeks of therapy. After one week of treatment, participants showed a significant reduction in distress symptoms *($F(1) = 5.10$, $p = .03$*)* this was evident also after three