

**ECP0003****Sleep disorders comorbid with ADHD: an overview of the clinical presentation and management**

D. S. R. Wynchank  
 Expertise Centre Adult ADHD  
 PsyQ, The Hague, Netherlands  
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**Abstract:** Sleep disorders are the commonest comorbid conditions in adult ADHD. This presentation will begin with an overview of the relationship between ADHD and sleep as well as the impact of disturbed sleep on concentration, impulsivity and hyperactivity. Next, we will discuss the clinical characteristics of the sleep disorders, how to screen for them and their pharmacological and non pharmacological management. By the end of the session, participants will have a clear idea of how to investigate the various sleep disorders, to distinguish and treat them.

**Disclosure of Interest:** None Declared

**ECP0004****Young Adults On Mental Health Instagram and TikTok: Self-Care, Self-Diagnosis and Performances of The Mentally Healthy Self**

A. Bailie  
 Politics and International Relations, University of York, York, United Kingdom  
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**Abstract:** My PhD research critically examines the contemporary U.K politics of mental health and illness and mental illness amongst young adults via social media.

This presentation examines the way in which social media, like Instagram and Tiktok allows young adults to explore, express and share their selfhood and identity around ideas of mental health and illness through videos, posts and online interactions. I will briefly explore how young adults use social media content to learn, experience and criticise their lived experiences, care for and treatment of mental health and illness. Arguing that these new developments in language and social practices around mental health and illness via social media need to be further explored, acknowledged and addressed in social science and this can be supported by work in the field of psychiatry.

To illustrate this, I will share empirical data from interviews conducted in 2021 and 2022 with young adults who speak about their mental health and illness online and have engaged with psychiatric services, for example, in-patient settings. Instagram and Tiktok have become important arenas for young adults because of the informative role they play in young adults' understanding of what a healthy person looks like, or their ideas of *the mentally healthy self*. A concept I introduce in my research of which I will explain and explore through the presentation. In young adults' understandings of mental health and illness there is a movement towards social practices that are intended to achieve (an idea of) mental health and this is created in a powerful digital environment that is affected by capitalism, neoliberal discourse and exists in a context of multiple political and health crises in the U.K and globally. Overall, the

presentation argues that these mental health and illness social practices have transformed young adults's experiences by responsibilisation in self-care that both isolates and empowers their experiences.

**Disclosure of Interest:** None Declared

**ECP0005****Navigating Information Technologies in Everyday Psychiatry Practice: A Guide for Early Career Psychiatrists**

K. Vasilchenko  
 Human Artificial Control Keren (HACK) lab, Bar-Ilan University, Safed, Israel  
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**Abstract:** This presentation provides an overview of the impact of information technologies on contemporary psychiatric practice, focusing on resources and strategies beneficial for early career psychiatrists. Considering the increasing role of digital technologies in diagnosing and treating mental disorders, the presentation emphasizes the practical applications of artificial intelligence (AI) and machine learning. These technologies offer novel approaches for analyzing large volumes of clinical data, enhancing diagnostic accuracy, and personalizing treatment.

The presentation further examines ethical and legal issues associated with using digital technologies in psychiatry, including ensuring data confidentiality and complying with patient rights. The importance of developing competencies in information security and ethical principles when using digital tools is highlighted.

The talk concludes with an overview of the current and future trends in the use of digital technologies in psychiatry, including the development of virtual therapeutic environments and mobile applications for monitoring and supporting mental health. Examples of successful integration of these technologies into clinical practice are presented, emphasizing their potential to improve the quality of patient care.

Overall, the presentation underscores the importance for early career psychiatrists of mastering information technologies, highlighting their role in enhancing diagnosis, treatment, and patient care, as well as discussing the challenges and opportunities they present.

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**ECP0006****User involvement in psychiatric research: shifting from traditional research paradigms to collaborative partnerships**

D. Cavaleri  
 Department of Medicine and Surgery, University of Milano-Bicocca, Monza, Italy  
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**Abstract:** In recent years, there has been a growing recognition of the importance of involving people with lived experience of mental