SP011

BREF: the value of a short early intervention for informal carers and families for reducing stress and burden of care

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Abstract: Introduction: Informal caregivers are essential in supporting individuals facing mental health challenges, yet the demanding nature of their role can lead to significant distress and long-term psychological strain. International guidelines consistently highlight the critical importance of early caregiver support and identify psychoeducation for caregivers as one of the most effective interventions to support them. However, psychoeducational programmes for caregivers remain significantly underutilised. To address this pressing gap in mental health support, Rey et al. (2020), in collaboration with Unafam, the French national family association, developed the BREF programme. This innovative psychoeducational intervention is designed to provide early and systematic support for caregivers of people with severe mental disorders.

Objectives: This study investigated the impact of the BREF programme, focusing on its potential to mitigate depressive symptoms and alleviate the psychological burden experienced by caregivers.

Methods: This study used a single-group pre-post design. It included family caregivers who participated in the BREF programme from November 2020 to March 2022. Changes in caregiver depressive symptoms (CES-D) and burden (ZBI) measured pre-, post- and 3 months after intervention. Caregivers' satisfaction and perceived usefulness were also assessed.

Results: Data from 206 family caregivers were analysed. The depression and burden scores significantly decreased immediately after the intervention ($p<0.001$) and at the 3-month follow-up ($p<0.05$). Additionally, 98% of participants reported being satisfied to very satisfied, 95% of them deemed it very to extremely useful.

Conclusions: The BREF programme demonstrated significant benefits, notably reducing caregivers' depressive symptoms and burden. Designed for early systematic implementation this standardized, time- and resource- efficient intervention, offers à promising foundation for a structured and graduated support pathway for caregivers.

Disclosure of Interest: None Declared

SP010

The use of apps in public mental health: assessing needs and re-developing programs for integration into society

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Abstract: In the last decennium there is an explosion of medical devices to help patients in their fight against their psychiatric disorder and if possible to take more control and responsibilities over their own lives. In our research on measurement instruments it was doubted that patients were able to use computers and apps. Happell, 2009, addressed that psychiatric patients were very interested in using apps and also were positive being partners in the development of apps that could enhance their quality of life. Their attitude towards apps in clinical practice was more positive than their clinicians who were afraid of being judged on their performance and are more hesitant (Buwalda, et al., 2015). 10-15 years later millions of patients and clinicians are using applications and other medical devices to enlighten their lives.

But what about the most vulnerable citizens, our patients, in the cities in the context of urbanisation. In Amsterdam the public mental health services developed the self-sufficiency matrix (SSM) to gain insight in the peoples individual possibilities. A measure that insights the adaptation to the complex city life and how they can take care of themselves in this ever changing world. How do they feel about using apps or their professionals in daily clinical practice?

This presentation is about the history of the development of a mental health app for psychiatric patients in the city to be used by the professionals. Through a small pilot the presenter will a show the process of development of the SSM-app that gives insight in the wellbeing of the most vulnerable and their needs. We will also discuss the challenges and user-friendliness of the SSM- app in our PMH to make our work more digital proof.

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SP011

Patient perspectives on the development of a prescription opioid use disorder

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Abstract:

Introduction: In the past decade, prescription opioid use increased exponentially and concomitantly prescription opioid use disorders (OUD) are becoming more common. While substantial research has identified clinical risk factors, little attention has been paid to the lived experiences that contribute to the development of OUD.

Objectives: This study aimed to explore and document patients' experiences on how they developed a prescription OUD.

Methods: We conducted in-depth, semi-structured interviews with 25 adults with chronic non-cancer pain currently undergoing treatment for prescription OUD. The interviews explored their experiences with long-term opioid use, attitudes toward opioids, and access to prescriptions. Transcripts were analysed using directed content analysis to identify recurring themes.