

80–120mg/days group (-1.8 ; $p = 0.002$; effect size = 0.38) compared with placebo (-1.3). A mediational analysis showed that 56.9% (Wald 95% CI, 32.4, 81.4) of the total lurasidone effect on improvement in the Q-LES-Q total score was mediated by improvement in the item-8 anhedonia score ($p < 0.0001$).

Conclusion: Lurasidone improved anhedonia in patients with bipolar depression. Improvement in quality of life appeared to be largely mediated by improvement in anhedonia, indicating that the amelioration of patients' pervasive inability to feel pleasure or take interest in their environment is an important therapeutic target.

P50 | Use of smartphone applications in the follow-up of individuals with bipolar disorder: psychiatrists' opinions and concerns

Ahmet Gürçan¹, Hidayet Ece Çelik², Yasemin Hoşgören Alici¹, Arda Bağcaz¹, Mete Ercis³, Deniz Cevlan^{4*}

¹Başkent University; ²Maltepe University; ³Istanbul University; ⁴Koç University

Introduction: Smartphone applications provide many features that can be used for real-time monitoring of symptoms (mood-rating scales, pedometer, GPS etc.) and real-time interventions (psychoeducation, medication tracking etc.) in the follow-up of individuals with bipolar disorder. In this study, we aimed to investigate views and concerns of psychiatrists regarding the use of smartphone applications in the follow up of individuals with bipolar disorder.

Method: A Google questionnaire was delivered to psychiatrists who are members of the Mood Disorders Chapter ($n = 378$) of the Psychiatric Association of Turkey via Whatsapp. Descriptive statistics were applied to present findings.

Results: Totally 113 of the members, of whom 35% are faculty members, filled the questionnaire. Most participants (74.3%) were in support of the potential benefits of mobile applications, 60.2% of them reported recommending applications in their clinical practice with BD patients. Participants declared that applications might be useful for sleep tracking (94.7%), medication tracking (92.9%), enhancing treatment adherence (83.2%), mood tracking (77%) and psychosocial interventions (52.2%). Most prominent barriers to recommending applications in clinical practice were a lack of knowledge (67.3%) and confidence about security (42.5%).

Conclusion: Our findings highlight the importance of considering the information needs of psychiatrists about the use of mobile applications in bipolar disorder, and the concerns about security of the mobile applications when planning mobile application based intervention strategies.

*This survey has been conducted by the Mood Disorder Chapter of the Psychiatric Association of Turkey.

P51 | Does cognitive remediation improve the functional outcomes of bipolar disorder individuals?

Cecilia Samané*

Consejo Nacional de Investigaciones Científicas y Técnicas

Introduction: Bipolar disorder (BD) is associated with significant impairments in different areas of everyday functioning. Numerous studies have documented that, even during euthymia, about 70% of those affected present with cognitive impairments. These deficits are of variable magnitude and involve a number of domains, such as episodic memory, attention, and different aspects of executive functioning. In the last fifteen years, neuropsychological aspects of BD have gained increasing interest based on the consistent evidence of a significant negative correlation between cognitive deficits and functional adjustment. These considerations are particularly relevant since a significant percentage of affected individuals exhibit suboptimal general functioning despite receiving adequate pharmacological treatment. In this context, cognitive remediation (CR) has been proposed as an emergent treatment that could help manage some manifestations of BD that pharmacological treatments fail to resolve. Within this context, the current study was conducted with the aim of exploring the efficacy of CR to improve functional outcomes in BD patients.

Method: Meta-analysis of randomized controlled trials published up to February, 2022 that explore the effects of CR on the functional outcomes of BD individuals by means of standardized scales.

Results: Five studies, with a total of 130 patients under treatment with CR and 125 controls were included. No significant between-group differences were found for longitudinal change in the scores obtained on scales assessing general functioning.

Conclusion: The evidence available to date suggests that CR may not be an efficacious treatment for improving the functional outcomes of BD patients. Directions for future research are proposed.

P52 | Parallel IPRST informed family intervention

Maree Inder*, Marie Crowe

University of Otago, Christchurch

Introduction: The impact of bipolar disorder extends beyond the individual with the illness with significant negative effects on family members across multiple domains. Family members have identified the need for information to help them effectively support their family member and deal with the impact on their own life.

The aim of this study was to assess the impact of a brief family intervention using a stress vulnerability model understanding of mood disorders which underpins IPRST.

Method: Participants were Family members of individuals in a 12-month IPRST Enhancing Recovery study. The group-based intervention consisted of four 1½ h modules. The focus was to provide an understanding of IPRST, using this knowledge to address challenges