

conducted at the end of the program; 3) collection and analysis of several indicators of the implementation of the program, documented in a logbook (attendance, punctuality, participation).

Results and Discussion: The activities undertaken by peer workers include 3 main areas: support people who experience mental health problems; activities organization; combat stigma activities promoting recovery. Results showed adherence to the program, and better subjective perception of the participants about their functional performance with a strong similarity of results in peer workers and users. The interviews indicated that peer support is an intervention that promotes recovery, self-efficacy feelings, empowerment and hope by sharing similar experiences.

Conclusions: Peer support seems to be an intervention with benefits for both service providers, users and mental health and psychosocial rehabilitation organizations. Results gave crucial inputs, suggesting the need to develop and implement more peer support programs in psychosocial rehabilitation organizations, as a way to improve provided services and to contribute to the recovery process' quality.

The use of mobile technologies to support psychosocial rehabilitation of people with mental health problems

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Introduction: An efficient psychosocial rehabilitation program is essential in order to achieve symptoms' remission and promote a functional and satisfying life for people with mental illness. The use of mobile technologies not only has become a prominent term within the practice of medicine, but also have great potential to improve the quality of services (Ben-Zeev, Drake & Brian, 2014; Tomlinson et al., 2013). There is some evidence concerning this topic and it is important to summarize it.

Objectives: To summarize evidence on mobile technologies for mental health and to characterize how these devices features are used to promote recovery.

Materials and Methods: A literature review was carried out in five databases covering literature published until 2015, trying to find scientific views about the use of mobile technologies'.

Results and Discussion: A total of 32 studies providing original data were included in this review. Analyses covered the aims of the studies (collection of psychological/ physiological data, psychoeducation and drug adherence), methods, outcome variables, and results. Several opportunities for its applications, as well as challenges faced when using the software, were identified. User involvement is crucial to the successful development of these technologies.

Conclusions: There is insufficient knowledge concerning clients' ownership of smartphones, their patterns of use and their interest in employing them to help self-management their condition. However, the review recognized intervention effectiveness, assuming that mobile technologies could be integrated in mental health care services.

Needs assessment of families of people with mental illness

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Introduction: In Portugal, the majority of people with mental illness live with their families, which play an important role in the treatment and rehabilitation of people with these conditions. Supporting families of people with mental illness is considered a key component in the psychosocial rehabilitation process (O'Doherty, Doherty, & Walsh, 2006). Given the central role of families and informal caregivers, it is critical to acknowledge their difficulties and needs to increase the effectiveness and scope of family interventions approaches (Vermeulen et al., 2015). Research indicates that effective support to informal caregivers enhance systemically the recovery of people with mental illness.

Objectives: To study the experiences of carers of people with enduring mental illness, to identify their need regarding support resources as well as contextual factors associated with their satisfaction level.

Materials and Methods: Administration of an informal carers needs assessment questionnaire to 30 families of people with mental illness (n=30) in a community psychosocial rehabilitation institution (ANARP).

Results and Discussion: Families need not only effective resources to access mental health services but also supporting structures to enable them to have moments of rest. Sharing information with professionals and other family caregivers is essential for decreasing the care burden.

Conclusion: Realizing current and future needs of mental illness informal caregivers can improve mental health services planning and delivery, improving family support programs to intervene with families.