

Virtual Day care center for patients suffering from addictions during the pandemic

Summary: Most of the day care hospital centers for Addictions had to stop in person care services and adapt to the “work from home” confinement trend. The “ Hospital des quatre villes” of Sevres (CH4V) quickly set up a virtual day care center for its patients suffering from addictions. We tried in this study to measure the impact this online treatment service had on our patients. **Methods:** eleven patients out of twenty-two accepted to be part of this study. The number of days of alcohol consumption, the quantity of alcohol consumed each time, and the use of anxiolytics were monitored. The patients also frequently answered to several questionnaires: The Hospital anxiety and depression questionnaire, the perceived stress questionnaire, the social functioning questionnaire and the satisfaction survey of our virtual therapy services. **Results:** We didn't perceive any increase in the number of days of alcohol weekly consumption nor quantity consumption. Seven patients out of 8 stayed abstinent. The questionnaires scores were relatively stable all along. The satisfaction of the patients of the virtual hospital services was high and encouraging to the use of this new virtual treatment. **Conclusion:** Mental health treatment via the internet and the phone can be an additional way to integrate in the addiction hospital day care center programs, but one should not forget that some patients don't have access to such facilities and can therefore have a deterioration of their situation.

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