

**Introduction:** Sleep disorders are a substantial public health issue with serious consequences on patients' quality of life. Cannabis has been recently suggested as a potential treatment for patients with sleep disorders; however, research on the relationship between cannabis and sleep is still in its infancy.

**Objectives:** The aim of this investigation was to assess whether cannabis use was associated with improved sleep quality.

**Methods:** Our study comprised 173 participants, 42 cannabis users and 131 non-cannabis users, who completed the Pittsburgh Sleep Quality Index (PSQI), the most common self-reported measure of sleep quality. The scale provides a global PSQI score and seven component domain scores, including subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime functions.

**Results:** Cannabis users self-reported statistically significantly healthier scores than non-cannabis users in the global PSQI as well as the specific domains of subjective sleep quality, sleep latency, as well as sleep disturbances.

**Conclusions:** This preliminary evidence points to the possibility that cannabis could provide effective treatment for patients with sleep disorders. Research into the constituents of cannabis that may have a differential impact on sleep and sleep disorders is warranted.

**Keywords:** Marijuana; Cannabis; sleep quality; PSQI

### EPP1330

#### The socio-professional impact of workaholism on engineers

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doi: 10.1192/j.eurpsy.2021.1506

**Introduction:** Workaholism is an "irrational commitment to excessive work" as described by Cherrington. It's considered as an emerging phenomenon that has been the topic of much debate. Indeed, over the last four decades, many contradictions have arisen among researchers investigating its negative consequences.

**Objectives:** -Determine the prevalence of workaholism among a population of engineers. -Evaluate the socio-professional impact of workaholism on this population.

**Methods:** This study is a descriptive-cross sectional analysis conducted on active engineers for one month. Data were collected through an online questionnaire, including socio-professional data and the WART (Work Addiction Risk Test) questionnaire.

**Results:** Our population consisted of 75 engineers with an average age of 29 ± 4.6 years and sex-ratio of 1.2. Among this group, 26.7% of engineers were at risk of work addiction, while a certain addiction was noted among the third of the population. Workaholism was positively correlated with the lack of entertainment, especially sports activity (p= 0.012). Moreover, workaholic subjects were more likely to work more than 8 hours a day (p=0.004) and without a weekly break (p=0.043). Workaholism was not associated with the level of job satisfaction.

**Conclusions:** Workaholism is an emerging phenomenon among engineers that can lead, in some cases, to depression and burnout. Therefore, the role of the occupational physician consists in the detection of early signs of workaholism and in raising awareness of this hidden problem.

**Conflict of interest:** No significant relationships.

### EPP1332

#### Impact of cannabis consumption on the course of bipolar disorder

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doi: 10.1192/j.eurpsy.2021.1507

**Introduction:** Although one third of patients with Bipolar Disorder have an addiction to Cannabis or an abused consumption, the interaction between cannabis use and bipolar disorder remains controversial.

**Objectives:** To evaluate the use of cannabis among patients with Bipolar Disorder and to compare the socio-demographic and clinical characteristics between patients who are consumers and non-consumers.

**Methods:** This is a retrospective, descriptive study including all patients treated for type I bipolar disorder in the psychiatric department of Tahar Sfar Hospital of Mahdia (Tunisia). In addition to socio-demographic and clinical characteristics, we collected data on cannabis use (age at first consumption and frequency of consumption).

**Results:** Our study population consisted of 84 male patients followed for bipolar I disorder. The mean age was 36.8 ± 11.3 years. Among these patients, 23 (27.8%) had regular cannabis use. The average age at first consumption was 21.6 ± 7.2 years. Bipolar patients with regular cannabis consumption had an earlier age of onset of the disorder (p = 0.02). They had higher numbers of manic episodes (p = 0.05), higher number of manic episodes with severe intensity (p = 0.04), higher number of manic episodes with mixed characteristics (p = 0.04), a higher number of hospitalizations (p = 0.01) with longer hospital stays (p = 0.02).

**Conclusions:** Cannabis use among patients with type 1 bipolar disorder is associated with an unfavorable course of the disorder. Early diagnosis and appropriate management of this comorbidity seem to be essential for improving the prognosis of bipolar disorder.

**Keywords:** Cannabis; Addiction; bipolar disorder; abuse

### EPP1334

#### Polysomnographic parameters as early as one week after detoxification could predict risk of relapse among detoxified opiates misuse patients over six months follow up period

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