EPV0086

Internet Addiction among Students: cross-sectional study

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Introduction: Conceptually, the internet has transformed the Earth into a vast information network village, significantly enhancing human experience through unprecedented availability and exchange of information. However, the potential adverse effects of internet addiction on human health have emerged as a major global concern.
Objectives: This study aimed to estimate the prevalence of internet addiction among students.
Methods: A cross-sectional, descriptive, and analytical study was conducted between October 2022 and January 2023 among students from various faculties in Sfax. Data were collected through a self-administered electronic questionnaire accessible online, created using the Google Forms application. The questionnaire explored sociodemographic and relational data. Internet addiction was assessed using the Internet Addiction Scale (IAS).
Results: The average age of the students was $25,62 \pm 3,29$ years, with a sex ratio of 1/5. Among the participants, 96% resided in urban areas, and 81,9% lived with their families. Nearly half of the students were from the Sfax Faculty of Medicine, and 64,4% were in the third cycle of their studies. The study found a mean total score of $74,27 +/- 21,25$ on the IAS, indicating an estimated prevalence of internet addiction at 24,2%. Factors correlated with internet addiction included excessive internet use by family members (p=0,004) and poor adaptation to the faculty (p=0,03).
Conclusions: Internet addiction was prevalent in our student population. Exploring the characteristics associated with this addiction would undoubtedly assist in identifying the risks our students might face.

Disclosure of Interest: None Declared

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Ketamine Treatment for Alcohol Use Disorder: A Review

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Introduction: Alcohol Use Disorder (AUD) is a pervasive condition with substantial psychological, social, and physical consequences. Traditional treatment approaches often struggle with high relapse rates, highlighting the need for more effective interventions. Recently, ketamine, an N-methyl-D-aspartate (NMDA) receptor antagonist, has emerged as a potential treatment for AUD due to its unique pharmacological properties.
Objectives: The aim of this study is to evaluate the current evidence of ketamine treatment for alcohol use disorder and its efficacy.
Methods: The authors did a non-systematic review of the current literature.

Results: The results suggest that ketamine combined with psychotherapy reduces alcohol consumption and prolongs abstinence in AUD patients. The mechanism is hypothesized to involve ketamine's ability to enhance neuroplasticity and modulate glutamatergic pathways, which may improve motivation and cognitive control. Additionally, ketamine's rapid antidepressant effects could address comorbid conditions like depression and anxiety, often observed in AUD patients, thereby reducing the overall risk of relapse.
Conclusions: Ketamine presents a promising adjunct to existing therapies for AUD, offering benefits that extend beyond traditional treatment approaches. However, while preliminary findings are encouraging, further research is necessary to confirm the long-term safety and efficacy of ketamine in treating AUD, particularly concerning optimal dosing strategies and the integration with psychotherapeutic interventions.

Disclosure of Interest: None Declared

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Patient-Reported Outcome Measures for Addiction Treatment: Development of a Digital Health Intervention using a Patient-Centered Approach

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Introduction: Substance Use Disorders (SUDs) are highly prevalent and substantially contribute to the global burden of disease, negatively impacting individuals' health, well-being, and social functioning. While SUD treatments have demonstrated effectiveness in reducing substance use and related behaviors, there has been a growing emphasis on including subjective outcome measures, recognizing the importance of patients' perspectives on their well-being. This shift has driven the development of Patient-Reported Outcome Measures (PROMs), which are progressively being integrated in healthcare to enhance patient-centered care, patient-provider communication and shared decision-making.
Objectives: This study aims to develop a PROMs Digital Health Intervention (PROMs-DHI) with the potential to improve the quality and effectiveness of outpatient addiction treatment services.
Methods: PROMs-DHI includes the electronic adaptation of ICHOM's standardized set for addictions using REDCap software and feedback created by Tableau on individual PROMs scores for patients and clinicians. PROMs-DHI will be assessed through mixed methods following a patient-centered design. Quantitative data will be collected using the System Usability Scale (Brooke, 1986), while qualitative data will be gathered through 5 focus groups with patients and 5 with healthcare professionals from collaborating addiction treatment centers. This strategy will yield valuable insights into the experiences and perspectives of both

groups in utilizing the PROMs-DHI, offering a deeper understanding of their interactions and outcomes.

Results: It is expected that patients will perceive a positive effect of the usage of the PROMs-DHI, gaining insights into their progress, reinforcing communication with clinicians, and enhancing self-management. Clinicians are expected to find the PROMs-DHI beneficial for managing patient care, profiting from the ability to monitor patient outcomes in real-time, receive notifications when values exceed critical thresholds, and access detailed reporting tools to inform their treatment decisions. This would enable them to provide more targeted and effective care, ultimately leading to improved patient outcomes.

Conclusions: Implementing the PROMs-DHI in addiction care could facilitate outcome comparisons, guide service improvement, and ultimately increase the effectiveness and quality of interventions, contributing to a stronger and more sustained recovery for patients undergoing treatment. Providing patients with regular feedback on their outcomes may also have a therapeutic effect in itself, promoting self-awareness, motivation and empowerment to manage their recovery. Furthermore, PROMs can support healthcare professionals in making well-informed treatment decisions that are tailored to each patient's needs, thereby strengthening the impact and sustainability of addiction interventions.

Disclosure of Interest: None Declared

EPV0087

Affective Disorder in Addictology -Salus Hospital

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Introduction: AFFECTIVE DISORDERS IN ADDICTOLOGY
In recent years, the number of substance users has increased globally. Referring to a study conducted in Albania by the Youth Risky Behavioral Survey, it results that: 5.4% of young people aged 14-18 have an experience with cannabis, 4% with ecstasy, 1.4% with heroin and 1.6% with cocaine. From the data published by Our World (2019) it results that the number of deaths from drug and alcohol consumption has doubled, especially in the last three decades. From studies it results that 50 thousand individuals in Albania (1.8% of the population are drug users.

From a 3-year study carried out in the Addictology pavilion at Salus Hospital, where a sample of 133 patients with addiction to substances was examined. It turned out that 118 people were men (88.7%) and 15 women (11.3%). Over 50% of patients are in the 18-33 age group and 40% are in the 30-40 age group. Referring to the place of residence, most of the patients are from Tirana and this is influenced by the number of the population (32% of the population of Albania).Education is another important data of this study as it turns out that more than 50% of them have a secondary education and only 1/3 of them have a higher education. Referring to the married/single status, the ratio is respectively 46.97/48.48%. After analyzing the years of abuse,from 1-5 years addiction constitute 29 % of the total,6-10 years constitute 37 % and from 10-20 years constitute 21 %.If we refer to substances, it turns out that cocaine occupies 74% of the championship, followed by Cannabis, 14% and Alcohol, 12%. If we consider the psychiatric pathologies from which this study is referred, it turns out that Affective Disorders make up the largest part with 69% of followed by Psychotic Disorder with 28% of patients. Over 50% of patients manifested symptoms similar to Bipolar Disorder and over 30% of them symptoms of an Uspecified Affective Disorder.

Objectives: Place occupied by mood disorders in addictology
Methods: Quantitative research
Results: Referring to the married/single status,the ratio is respectively 46.97/48.48%.After analyzing the years of abuse, from 1-5 years addiction constitute 29 % of the total,6-10 years constitute 37 % and from 10-20 years constitute 21 %.If we refer to substances,it turns out that cocaine occupies 74% of the championship,followed by Cannabis,14% and Alcohol,12%.If we consider the psychiatric pathologies from which this study is referred,it turns out that Affective Disorders make up the largest part with 69% of followed by Psychotic Disorder with 28% of patients.Over 50% of patients manifested symptoms similar to Bipolar Disorder and over 30% of them symptoms of an Uspecified Affective Disorder

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Disclosure of Interest: None Declared

EPV0089

Adverse Childhood Experiences, Gender Identity and Substance Misuse: Challenges in Addiction Psychiatry – A Case Report

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Introduction: Adverse Childhood Experiences, referring to potentially traumatic events such as sexual abuse, rejection, and family dysfunction, are strongly associated with the development of psychiatric disorders, including anxiety, depression, and substance misuse. Peer victimization related to sexual orientation and gender identity or expression has been linked to higher rates of depressive symptoms, disrupted educational paths, trauma, and increased use of substances such as alcohol and drugs. Gender-diverse youth are particularly vulnerable to substance misuse, especially in environments with limited support and prevalent discrimination.

Objectives: To emphasize the complex interactions between substance use, early trauma, and gender identity struggles, while highlighting the importance of a multidisciplinary therapeutic approach.

Methods: This case report was developed through detailed psychiatric interviews and assessments conducted during the patient's follow-up in an outpatient addiction treatment unit. The case description is supported by a focused literature review on PubMed using the keywords "Adverse Childhood Experiences", "Substance Use Disorder" and "Gender Identity".

Results: The patient is a young adult with a history of polysubstance use, starting in adolescence. His substance use was closely associated to early trauma, including childhood sexual abuse and rejection by family and peers after disclosing his sexual orientation.