EPV0021

Cyberaddiction in the medical setting: A study of 45 cases

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Introduction: Internet use can become uncontrollable, leading to physical and psychological suffering and what is known as cyberaddiction.
Objectives: To assess the frequency of cyberaddiction in a population of young doctors.
Methods: We conducted a cross-sectional, descriptive study of a population of young doctors. We collected socio-professional and medical data using a Google Forms self-questionnaire. The Young scale was recommended for screening for cyberaddiction. A score ≥5 indicates Internet addiction. The Hospital Anxiety and Depression Scale (HAD) was adopted to reveal anxiety-depressive disorders.
Results: A total of 45 physicians responded to our survey. The mean age was 29.93±4.8 years. The sex ratio (M/F) was 0.3. Participants were single in 69% of cases. Residents represented 64% of the population. Physicians were family medicine residents in 11% of cases. The mean Young's score was 3.13±1.97/8. Cyberaddiction was noted in 24% of cases. A definite anxiety-depressive disorder was found in 6.7% and 13.3% of cases respectively. Internet addiction was significantly associated with female gender (p<0.05) and a positive HAD (A) score (p=0.03).
Conclusions: According to the results of our study, cyberaddiction is common among medical staff. A preventive strategy is needed to counter the harmful effects of this addiction.

Disclosure of Interest: None Declared

EPV0022

Alcohol and tobacco dependence among medical practitioners

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Introduction: Excessive use of tobacco, alcohol and other illicit drugs has a negative impact on the physical and mental health and work capacity of users. Physicians are no exception to these dreadful practices.

Objectives: To assess tobacco and alcohol use among medical staff and the factors associated with these uses.
Methods: Descriptive cross-sectional study of physicians practicing in different Tunisian hospitals. The levels of tobacco and alcohol dependence were assessed by the Fangeström and AUDIT tests. Anxiety and depression disorders were screened by the hospital anxiety and depression scale (HAD)
Results: A total of 45 physicians participated in our study. The average professional seniority was 3.36 ± 3.5 years. The mean age was 32.11 ± 6.08 years with a sex ratio (M/F) of 0.32. The participants were medical residents in 64% of the cases. The frequency of smoking was estimated at 24%. The level of smoking dependence was high in 9% of cases. Men were more addicted to nicotine than women (p=0.014). Alcohol consumption was 18%, made up of 62% of women; with a strong dependence rate in 25% of users. Definite anxiety disorders were found in 7% of cases and definite depressive disorders were present in 13% of cases. No correlation between medical specialty, grade, anxiety disorders and level of dependence was observed.
Conclusions: Doctors seem to be particularly affected by addictive behaviours and psycho-emotional disorders which could sustain these practices. Awareness-raising sessions and special monitoring must be introduced to combat these scourges.

Disclosure of Interest: None Declared

EPV0024

Prevalence and determinants of internet addiction among children with depression: A study in a school setting in Tunisia

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Introduction: Child depression is a public health problem. Its association with internet addiction (IA) could increase the frequency of complications and have a significant impact on the child's psychological well-being, schooling, family and social life.
Objectives: To study the clinical profile and associated factors of IA in a population of primary school children with depressive disorders.
Methods: This was a descriptive and analytical cross-sectional study of 182 children with depression attending four primary schools in the government of Sfax. The study took place from 1 March 2022 to 30 June 2022. In the present study, we administered the following psychometric scales: Internet Addiction Test (IAT), Revised Children's Anxiety and Depression Scale (RCADS- 47), Birleson Depression Scale Questionnaire and the Rosenberg Self-Esteem Scale.
Results: The mean age of the children studied was 9.9 ±1.17 years and the sex ratio was 0.8. Mean score of Internet Addiction Test was 40 ±4,46. In addition, Internet addiction was identified in 73.6% of students with depression (N=143). Following a univariate analysis, internet addiction among depressed Childrens was positively correlated to individual factors such as the absence of leisure activity, the number of hours per day spent on the internet (1.63 VS 3.25, P < 0.001) and interest in accessing Tiktok (p=0.002). Internet addiction in depressed children also depended on family factors. Internet addiction was more common among childrens with a medium to

high family socio-economic level (P < 0.001) in cases where parent-child communication was deemed unsatisfactory (P = 0.002) and in cases of verbal violence (P < 0.001). We were also able to establish a significant link between internet addiction among depressed pupils and significant symptoms of anxiety (P=0.019) and low self-esteem (P<0.001). Multivariate analysis using binary logistic regression revealed that medium to high socio-economic level, unsatisfactory parent-child communication, absence of leisure activities and significant symptoms of social phobia were independent predictors of Internet addiction in children with depression.

Conclusions: Our study highlighted the high frequency of IA in children with depression and demonstrated the implication of certain variables such as medium to high socio-economic status, disruption of the family environment, anxiety and low self-esteem. The identification of these different factors would make it possible to identify a group at risk of IA. This raises the case for introducing prevention and awareness-raising campaigns on IA among depressed children, targeting these groups and targeting health professionals and parents.

Disclosure of Interest: None Declared

EPV0025

Addiction and pregnancy: case report on gender perspective.

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Introduction: In recent years, interest has grown in understanding the particularities of addiction in women. One of these singularities, with an important impact on public health, is pregnancy. Substance use during pregnancy has increased in recent decades. Given that addiction is mainly a chronic disease of the brain circuits of reward, motivation and memory, an event such as pregnancy does not exempt people who suffer from substance use disorder (SUD) from the difficulties of achieving abstinence. Moreover, as addiction often involves cycles of relapse and remission, pregnant women can also suffer a relapse even if they previously had achieved abstinence. On the other hand, given that addiction is a disease with a significant social component, we can find patients in precarious economic and social situations who suffer unwanted and therefore unplanned pregnancies.

Objectives: To describe the case of a pregnant woman with SUD for multiple drugs who is admitted to the inpatient ward of the Hospital Clínic of Barcelona for detoxification. Also to reflect, taking in to account gender perspective, on the particularities of substance use in women on childbearing age.

Methods: We present the case of a 25-year-old woman, six weeks pregnant and homeless, who was admitted to the inpatient ward for presumed psychotic symptoms. Even if the patient had a history of intravenous heroin, cocaine, and methamphetamine use, during the admission she only admitted current alcohol consumption (3 UBE/day). During admission, the patient decided to undergo a legal voluntary abortion. Regarding this case, we did a literature review on the consequences of different substances use to pregnancy (to both the fetus and the mother's health). Likewise, we reflected on

interventions that could be carried out in community mental health facilities to detect cases like the one exposed and provide help.

Results: Poor obstetric outcomes are six times higher in patients who use substances. Newborns can have withdrawal syndrome, spontaneous abortion, pre-term birth, fetal malformations and fetal growth restriction. More than 50% of women of reproductive age use drugs, mainly alcohol. Routine screening and education of women of reproductive age is the best way to reduce substance use during pregnancy.

Conclusions: We consider it essential for a better management of these patients to remember that the evidence suggests that the decisions that addicts make are mainly driven by a pathology, not by a moral failure. However, pregnancy can be a moment of greater motivation to stop using drugs, given that it is a high risk situation for the mother and the fetus.

Disclosure of Interest: None Declared

EPV0029

The Relationship Between Problematic Internet Use (PIU) and Psychological Distress: A cross- sectional study

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Introduction: Problematic Internet Use (PIU) has emerged as a widespread social challenge and is characterised by an individual's inability to regulate their internet use, culminating in a negative impact on their daily life. It is vital to explore the possible mediating relationship between psychological distress and unregulated Internet use.

Objectives: The study aims to explore the relationship between problematic Internet use, psychological distress and quality of life.

Methods: In this cross-sectional study, participants engaged in a structured data collection process using Google Forms, responding to a series of questions developed through a quantitative methodology using a Likert scale questionnaire.

The K-6 Distress Scale and the World Health Organisation Quality of Life (WHOQOL) were used in conjunction with questions about demographics and problematic internet use.The integration of these multiple measures aimed to provide comprehensive insights into the effects and patterns of Internet use and its association with different levels of distress and demographic variables.

Results: Statistical data analysis revealed notable associations between psychological distress and several variables, including age, education, employment status and health, but no significant associations were found with place of residence or marital status. Significant associations were also found between problematic Internet use (PIU) and variables such as age, education, employment, marital status and health. However, no significant association was found with place of residence. Quality of life was also found to be correlated with age, employment status and health, but not with marital status or educational attainment. In addition, the analysis revealed a strong association between problematic internet use (PIU) and psychological distress. A concurrent