

stopped her treatment earlier. After two weeks she started to drink alcohol and after one month relapsed with GHB/GBL.

Conclusions: GHB/GBL withdrawal can be severe and retention in the program is poor. Polysubstance use, psychiatric co-morbidities, and heavier GHB/GBL use as possible predictors of poor treatment outcomes need consideration in treatment planning.

Disclosure of Interest: None Declared

EPV0032

DEPRESSION IN OPIATE ADICTION

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Introduction: Miroslava Vasiljević psychiatrist employed in Specialist practice of psychiatry Sunce, Belgrade, Serbia.

Objectives: Objectives and aims: Substance abuse is a major public health problem with high morbidity and mortality. Treatment – seeking opioid dependent individuals frequently report mood problems in the form of depression. The aim of this study was to evaluate the depression in patients with substance abuse.

Methods: We evaluated mood problems in the form of depression and health-related quality of life (HRQoL) among patients (20) with diagnosed opiate dependence who entered detoxification program and met the criteria for abstinence in period of one month, and compared with the results of 20 healthy controls consisted of secondary medical staff.

Almost all of the patients had a total PSQI score of 6 or higher, suggestive of depression, compared with control group (PSQI < 5). Patients had problems with a depression, taking antidepressives and problem to keep up enough enthusiasm to get things done ($P < 0,05$), compared with the control group.

Results: SF-36 scores for physical functioning, role-physical, bodily pain, social functioning, role-emotional, and mental health were significantly lower mean compared to control group. Patients with disease had a reduced HRQoL, related to control group.

Conclusions: Majority of heroin-dependent patients reported depression and reduced quality of life. These conclusions are limited, because data was collected via questionnaires of patients were small. In future we plan to include more substance abuse patients.

Disclosure of Interest: None Declared

EPV0033

Addictive behaviours in the employees of an electricity company in Tunisia

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Introduction: In Tunisia, tobacco control remains one of the main country's health strategies. However, it seems that the scourge of

tobacco is still a prevalent problem and it's often associated with other addictive behaviours like alcohol use.

Objectives: Evaluate the addictive behaviours of the employees of an Electricity company in Tunisia and their impact on their mental health.

Methods: We conducted a cross-sectional study in May 2022. A pre-established questionnaire was filled out during a sensitization campaign that took place in the company. We used the Fagerstörn test and the AUDIT questionnaire to evaluate tobacco and alcohol dependency respectively. Signs of depression and anxiety were evaluated by the Hospital Anxiety and Depression scale (HAD). Collected data were analyzed using IBM SPSS statistics version 23.0.

Results: Our population consisted of 83 employees. The average age was 40.79 ± 11.23 . Males represented 65.1% of employees. The mean of seniority was 15.23 ± 10.82 years. Forty-one per cent were overweight and 22.9% had obesity. The mean Body Mass Index (BMI) was 27.17 ± 3.92 . Twenty-five employees (30.1%) were active smokers and 7 (8.5%) consumed alcohol. All of them were males. The nicotine dependency test's mean was 4.12 ± 2.78 and 28% of smokers had a high to a very high nicotine dependency. The mean score of the AUDIT questionnaire was 9.71 ± 10.76 . Four alcohol consumers (57.1%) had harmful alcohol use and 2 of them (28.5%) had alcohol dependency. The evaluation of the HAD score showed that the mean anxiety score was 7.59 ± 3.13 and the mean depression score was 6.44 ± 3.71 . Twelve per cent and 10.8% of employees had elevated anxiety and depression scores respectively. Bivariate analysis showed that depression is significantly associated with the female sex ($p=0.023$) and with a lower number of service years ($p=0.019$). Anxiety was significantly associated with a high BMI ($p=0.027$). Anxiety and depression were not associated with alcohol or tobacco consumption.

Conclusions: Smoking and drinking are common in our society. Sensibilization campaigns must focus on motivating workers to quit those addictive behaviours and promote a healthier lifestyle.

Disclosure of Interest: None Declared

EPV0034

Tobacco and alcohol use in Tunisian young doctors: a way to evade occupational stressors

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Introduction: The medical field is very stressful. To reduce stress, healthcare workers may resort to different habits, including smoking and drinking.

Objectives: We aimed to assess the smoking and drinking habits of interns and fellows in Tunisian hospitals.

Methods: A cross-sectional study was conducted in April 2022 through online platforms. A pre-established questionnaire was sent to Tunisian medical interns and fellows, working in public hospitals, and collected sociodemographic and occupational data. The Fagerstörn test was used to evaluate nicotine dependence.

Results: Our population consisted of 182 Tunisian interns and fellows. Their mean age was 26.38 ± 2.03 years. Females represented

71.4% of the total population. One hundred of them (54.95%) were fellows, out of which 18% specialized in surgery. Sixty-one per cent of these young doctors were single. Twenty-two individuals were smokers with male predominance (59.1%). Smoking was associated with age ($p < 0.001$) and female sex ($p = 0.001$). Fagerst orm test score's mean was 4.09 ± 2.52 . High to very high nicotine dependency was found in 31.8% of cases. Thirty-five interns and fellows consumed alcohol and 51.4% of them were females. Alcohol use was associated with sex ($p < 0.001$).

Conclusions: Despite knowing their hazard, young doctors still resort to drinking and smoking as a coping mechanism. The promotion of healthier coping mechanisms is essential.

Disclosure of Interest: None Declared

EPV0035

Assessment of addictive behaviors in patients with schizophrenia

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Introduction: Schizophrenia, a chronic and complex psychiatric pathology, can be isolated. However, it can be associated with other comorbidities and thus be accompanied by addictive behaviors that complicate their management.

Objectives: The objectives of our study were to estimate the prevalence and identify the characteristics of addictive behaviors in patients with schizophrenia.

Methods: A retrospective study of 151 patients with schizophrenia hospitalized in the psychiatry department of Taher Sfar University Hospital in Mahdia from January 2017 to December 2021.

Results: The mean age of the patients was 39.8 ± 11.23 years, with a predominance of the 36-45 age group (38.4%). All patients were male. Three quarters of the patients (75.5%) were users of psychoactive substances (PAS): nearly three quarters (72.8%) were addicted to tobacco, more than one third (39.7%) were addicted to alcohol, more than one quarter (29.1%) were addicted to cannabis and nearly one quarter (26.5%) were addicted to other PAS. In more than half of the cases (54.4%), the age of onset of substance use was between 16 and 25 years. The use of PAS preceded the onset of schizophrenia in 62.3% of cases. The relationship with the entourage was marked by hetero-aggressiveness in 77.5% of patients, withdrawal from the entourage in 16.6% of patients and conflict in 5.3% of patients. The impact on the relationship with oneself was marked by self-aggressiveness in 18.5% of patients. Concerning the professional impact, three quarters of the patients (76.1%) had to stop working. The majority of patients (84.1%) continued their usual treatment, while 15.2% of patients stopped it. Only one patient required an increase in dose.

Conclusions: Subjects suffering from schizophrenia are particularly vulnerable to addictions, mainly to tobacco and alcohol. They are thus a group more at risk of the deleterious effects of psychoactive substances and of the aggravation of the clinical and psychosocial evolution of their psychiatric disorders. Measures for early

detection and treatment of their addictive behaviors even before the onset of schizophrenia should be proposed.

Disclosure of Interest: None Declared

EPV0036

Assessment of self-esteem among Tunisian cannabis users

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Introduction: Self-esteem plays a role in the adaptive functioning of the human being. It could be a protective factor regarding multiple risks particularly substance use.

Objectives: The aim of this study is to assess self-esteem among a group of young Tunisian users of cannabis.

Methods: The total study sample was composed of 137 participants, who took part of a transversal descriptive study during two months (January and February 2020). These partakers were comprehensively recruited among Emergency patients of Mahdia Hospital. Thereupon, the main criteria for the selection of these patients was their consumption of cannabis, regardless of their primary health care seeking reason or purpose.

The research was carried out upon their declaration of cannabis consumption and their compliance to be part of such a study. Thus, Data were collected on a pre-determined data sheet that included various information (age, sex, lifestyle, personal and family psychiatric history, age at which they started their cannabis consumption and the rate of cannabis use ...).

Accordingly, Self-esteem was assessed using the Rosenberg Self-Esteem Scale (RSES). Consequently, the interview took place after the subject's verbal and informed consent and the assurance of anonymity and confidentiality of the interview content.

Results: In our study population, the cannabis consumers were young adults aged between 18 and 35 years old, with a male predominance of 71%. Among those users, 65.9% were single and 29.7% dropped out of school or experienced academic failure. On a socio-economic level, we concluded to a rate of 5.8% (lower class), 60.9% (middle class) and 33.3% (upper class).

Besides, 40.8% were employed. In total, 23.2% had a psychiatric history. Furthermore, the use of other substances was also prominent and frequent as follows: alcohol 72.5%, tobacco 74.6%, ecstasy 41.3% and 25.4% cocaine. The use of cannabis was considered as a means of indulgence and pleasure for 66.7%, as an anxiolytic for 26.8% and as a sedative for 23.9%.

Self-esteem, among those cannabis users, was very low in 20% of cases, low in 38% of cases, medium in 15% of cases and high in 25% of cases. Consequently, more than half of the study population remains below the medium average according to RSES.

Conclusions: These results lead us to question the relation between cannabis and self-esteem. The question that is evolved about the use of cannabis is the following: Is it used as a remedy or is it the cause of self-esteem deficiency?

Disclosure of Interest: None Declared