

EPV0019

Five years follow up of buprenorphine treatment in Clinical Center of Montenegro

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Introduction: Montenegro is a country in Southeastern Europe. Podgorica, the capital and largest city covers 30 % of its total population of 621 000 and around 80 % of patients enrolled in buprenorphine treatment.

Buprenorphine was registered in Montenegro in May 2017.

Buprenorphine is an opioid partial agonist. It's a safe and an effective option for the treatment of opioid addiction. Buprenorphine may be abusable. Its abuse potential, however, is lower in comparison with that of opioid full agonists.

Objectives: Benefits of buprenorphine treatment:

Suppress symptoms of opioid withdrawal. Reduce illicit opioid use. Help patients stay in treatment.

Buprenorphine maintenance keeps the person stable while they make positive changes in their lives.

Health problems are reduced or avoided, especially those related to injecting, such as HIV, hepatitis B and hepatitis C viruses, skin infections and vein problems.

Crime behavior reduction

Methods: Clinical study.

Results: We followed the patients who were enrolled in the buprenorphine substitution treatment for a period of five years, to be more precise in the period from May 2017 August 2022.

In May of 2017 only 33 patients were enrolled in program, the number of patients were gradually increased to 193 patients in December of 2017. Until the December of 2018 the number of patients was increased to 203. In December of 2019 numbers of patients were increased to 291. At the end of 2020 numbers of patients were 348. In December of 2021 numbers of patients were increased to 384 and in August of 2022 numbers of patient were 426.

Conclusions: Health problems are reduced or avoided.

Crime behavior was reduced for 65% over five year's period.

A total of 124 new cases of HCV infection were discovered from the beginning of study to the end of July of 2022.

Doses are required only once a day.

For most adults with opioid use disorder, maintenance therapy with buprenorphine is the most effective treatment approach.

Disclosure of Interest: None Declared

EPV0018

My friend, my companion, my social sidekick! Social anxiety and tobacco smoking

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Introduction: In mental health settings, there is no place more social than where people smoke tobacco, patients and healthcare

professionals alike much as many social activities in other settings even nowadays.

Yet mental illness is associated with higher levels of social anxiety. Those who suffer are doing their coping and may appear to be doing better than the others but in fact may need special attention for smoking cessation because they are still smoking more than other patient populations.

Objectives: To reflect on tobacco smoking and social anxiety.

Methods: Pubmed search using terms: tobacco and smoking and social anxiety/ social anxiety disorder

Results: Social anxiety:

1. Is associated with higher smoking initiation and progression to dependence
2. is more frequent in smokers
3. is used as a coping mechanism for distress caused by social interactions and may alleviate negative affect and thus serve as negative reinforcement
4. may be associated with higher nicotine dependence
5. has not been definitely associated with heavier smoking
6. may differ in its effects according to gender
7. may be associated with less quit attempts
8. may hinder success in quitting smoking and may be associated with higher rates of relapse

Conclusions: Identifying and treating social anxiety may lead to better outcomes in smoking cessation in a sub-group of patients who present elevated social anxiety with or without social anxiety disorder.

Patients with mental illness, especially serious mental illness, will likely present with higher levels of social anxiety which may represent a significant factor contributing to an increased difficulty in quitting tobacco smoking in this patient population.

Disclosure of Interest: None Declared

EPV0019

Sexual motivations for engaging in chemsex behaviours

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Introduction: The intentional use of drugs before or during sexual intercourse (chemsex) is a phenomenon of special importance in the MSM (men who have sex with men) population due to its impact on mental, physical and sexual health. Sexual health issues related to chemsex practice have been described such as difficulties in achieving sober sex, erectile dysfunction or problems with sexual desire. **Objectives:** The objective of this study was to understand the sexual motivations for chemsex practice o a group participantes of a sexual health program for chemsex users in two Drug Substace Use Disorder Clinics in Madrid.

Methods: Qualitative research approach. We analyze an anonymous survey with chemsex users with open answer questions about the motivations for chemsex practice. Data analysis was based on thematic analysis of content.

Results: Different qualitative studies have examined the motivations for engaging in chemsex. The participants identified two main reasons: pleasure and losing inhibitions. We analyzed the inhibitions described by participants: difficulties with arousal, ejaculation, social interaction in sexual context, difficulties in situations that require intimacy, sexual practices that make them feel guilt/shame (for example BDSM) problems with “erotic” self-esteem: rejection of non-normative bodies or towards non-normative gender expression perceived as undesirable.

Conclusions: Understanding the sexual motivations for engaging in chemsex seems necessary to develop a multidisciplinary approach. Mental health professionals should consider sexual counselling and sexual therapy for chemsex users in their treatment.

Disclosure of Interest: None Declared

EPV0020

Neuropsychiatric effects of Synthetic Cathinones - a review

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Introduction: The emergence of new psychoactive substances (NPS) has had a substantial impact worldwide. NPS mimic the effect of “existing” drugs and are specifically manufactured so that the new substances fall out of regulatory frameworks. Although the structural changes might be minimal, NPS often have marked differences in potency and subsequent harm.

The population of the Azores archipelago has been particularly affected by the rapid growing and changing nature of this phenomenon, mainly caused by the introduction and spread of the “newly” synthetic cathinones as a inexpensive and easily available street drug.

Before any educational, public health and socioeconomic policy changes be proposed to accurately tackle the problem, the basic step of knowing how these substances have been affecting their users, specially their neuropsychiatric effects, must be taken.

Objectives: This project aims to characterize the neuropsychiatric side effects caused by the acute intoxication of NPS with a psychostimulant profile, namely synthetic cathinones.

Methods: Description of the neuropsychiatric symptoms of intoxicated users of stimulant NPS that present to non-governmental organizations specialized in addictions and also to the psychiatry emergency department in Sao Miguel - Azores.

Review of the forensic records of the deaths by suicide in 2021 in Sao Miguel, looking for evidence of recent abuse of NPS or previous history of “NPS use disorder”.

Non-systematic review of the recent and relevant scientific literature on this topic.

Results: The desired effects are increased energy, mood enhancement, euphoria, mental clarity, improved concentration, improved sociability, increased talkativeness, empathy inducing effects, amplification of sound and colour and prosexual effects. Nevertheless, in the case of intoxication, the frequent neuropsychiatric side effects tend to be agitation, aggressiveness, irritability, altered consciousness, brief psychosis with paranoid delusion, visual and auditive

hallucinations, transient mania, enhanced sensorial experiences, headaches, dizziness, seizures, confusion and amnesia. Usually, the acute intoxication period tend to be followed by a “crash” with depression, craving, anxiety, panic, suicidal ideation and behaviours. A third of the deaths by suicides in Sao Miguel Island in 2021, 7 out of 21, were in stimulant NPS active or recent users.

Conclusions: Review of the neuropsychiatric effects of New Psychoactive Substances with a psychostimulant profile. Further studies of this population of synthetic cathinone users in the Azores are due, namely studying their socioeconomic background, looking for risk and protective factors, and also the long-term side effects.

Disclosure of Interest: None Declared

EPV0021

Subject characteristics of medical requests to the Addiction Liaison Psychiatry Unit. 12 years in Hospital del Mar (Barcelona)

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Introduction: Addiction Liaison Psychiatric Units are frequently requested by other medical services due to the high prevalence of medical pathologies in substance use disorders. We intend to know patient's characteristics in order to improve the approach. **Objectives:** To describe patient characteristics of all medical request to the Addiction Liaison Psychiatric Unit from January 2010 to December 2022. **Methods:** Study data will be obtained from all patients that were referred to the Addiction Liaison Psychiatric Unit to assess addictive disorders and withdrawal symptoms related to drugs during 12 years in Hospital del Mar (Barcelona, Spain). Demographics and clinical data (substance use, medical comorbidity and dual diagnosis) were obtained. **Results:** The results will be presented as soon as all data is obtained. We will explore COVID-19 pandemic implications.

Conclusions: Disclosure of Interest: None Declared

EPV0022

Loneliness and the degree of addiction to shopping and work among Polish women: the mediating role of depression

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Introduction: The rapid development of civilization is accompanied by many changes affecting human functioning. Technological development, wide access to positive stimuli and the neglect of