importance of psychotherapy as a cornerstone in addiction treatment across diagnostic categories.

Disclosure of Interest: None Declared

EPV082

Patterns of electronic and traditional cigarette use among college students: a multicenter study using network analysis

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Introduction: The use of electronic (EC) and traditional (TC) cigarettes has been increasing among young adults, creating distinct profiles, including dual use (EC+TC). These patterns are associated with emotional vulnerability, impulsivity, and a lower quality of life; however, little is known about their interactions at the network level.
Objectives: To determine the prevalence of nonsmokers, exclusive EC users, TC users, and dual users; to compare these groups on emotional indicators, alcohol consumption, and quality of life; and to use network analysis to identify key connections.
Methods: This multicenter, cross-sectional study of 1,480 college students from Brazil and Canada. Participants completed a sociodemographic questionnaire along with standardized tools: DASS-21 (for depression, anxiety, and stress), DERS-18 (for emotional dysregulation), short UPPS-P (for impulsivity), WHOQOL-Bref (for quality of life), and assessments of alcohol use (AUDIT, doses, and binge drinking). Smoking status was categorized as EC and TC. Descriptive analyses, chi-squared tests, ANOVA, and network analysis using the EBICglasso algorithm were conducted, including the estimation of weighted partial correlations and evaluation of centrality indices. The study received approval from the ethics committees in both Brazil and Canada.
Results: The sample comprised 63.4% nonsmokers and 36.6% smokers, including 37.3% exclusive EC smokers, 15.0% TC smokers, and 47.7% dual users. Smokers showed higher levels of emotional symptoms, dysregulation, and alcohol use, along with lower quality of life ($p<0.05$). Dual users had the worst profiles. The networks indicated higher density among smokers, especially dual users, with anxiety, stress, and binge drinking as key high-centrality nodes.
Conclusions: Cigarette use, especially dual smoking, is linked to increased emotional vulnerability and poorer health indicators. Network analysis identified anxiety, stress, and binge drinking as priority targets for intervention, emphasizing the value of multicenter studies and network models in guiding preventive strategies for university students.

Disclosure of Interest: None Declared

EPV083

Mental health and binge-watching among Brazilian and Canadian university students: a study using latent class analysis and an emotional vulnerability model

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Introduction: Binge-watching (BW) has become a common behavior among university students and is linked to negative effects on mental health. A lot of evidence indicates that problematic BW may be connected to emotional symptoms, lower quality of life, and higher risks of emotional vulnerability.
Objectives: This study examined patterns of BW in a multicenter Brazil-Canada sample using Latent Class Analysis (LCA) and explored their relationships with emotional vulnerability (depression, anxiety, stress, and emotional dysregulation) and quality of life.
Methods: This multicenter cross-sectional study involved 1,417 university students (Brazil, n = 1,191; Canada, n = 206). Participants completed a sociodemographic questionnaire, the BW scales, the DASS-21, the DERS-18, and the WHOQOL-Bref. The LCA was performed based on problematic BW involvement items. The resulting classes were compared in terms of emotional symptoms, emotional dysregulation, and quality of life using chi-square and ANOVA. The study received approval from ethics committees in both Brazil and Canada.
Results: The LCA identified three classes with increasing levels of BW involvement. The classes with higher involvement exhibited significantly higher scores for depression, anxiety, and stress, along with greater emotional dysregulation and poorer quality of life compared to the classes with lower involvement. This pattern was consistent across both countries, supporting the cross-cultural robustness of the findings.
Conclusions: We found that problematic BW patterns are linked to higher emotional vulnerability and poorer quality of life in university students in Brazil and Canada.

Disclosure of Interest: None Declared

EPV084

Cyberbullying and substance use in Brazilian adolescents: associations with depression, emotional regulation, and emotional vulnerability

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Introduction: Adolescence is a time of emotional vulnerability and exposure to risky behaviors. A growing body of evidence indicates

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