AUDIT test (Alcohol Use Disorders Identification Test) to detect alcohol addiction.
Results: Our study enrolled 772 students .The average age of the study population was 23.29 ±3.25.Two hundred ninety-nine students (38.7%) consumed alcohol. The mean age at first use was 18.44 (3.09). Fifty-two alcohol users (17.4%) presented a risk of alcohol dependence. The first consumption contexts were mostly "between friends" (57.4%) and "party time "(23.5%).The main effects sought were the effect of disinhibition (64.5%) and social integration (41.1%) were predominant responses. The determining factors of alcohol consumption were age ($p<10^{-3}$), male gender ($p<10^{-3}$), and the presence of grade repetition ($p<10^{-3}$), wealthy socioeconomic level ($p<10^{-3}$), and participation in community life ($p<10^{-3}$).
Conclusions: Alcohol use and especially alcohol dependence may have harmful effects on student's life. It is relevant to screen this addiction to better its prevention.

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EPV0048

Progressive Muscle Relaxation: intervention program in people with alcohol dependence

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Introduction: Alcohol consumption is often used in an attempt to reduce anxiety, being an inadequate coping strategy, it can lead to alcohol abuse and dependence.
Anxiety is a transient emotional state of reaction to situations perceived as threatening, frequent in people with alcohol dependence during the abstinence period.
Progressive Muscle Relaxation (PMR) is a technique that allows the person to reduce levels of stress, anxiety, anger and reach an increased state of calm.
Objectives: To train people undergoing treatment for alcohol dependence to use the PMR after discharge.
To promote anxiety self-management.
To prevent relapse.
To evaluate the effect of the Therapeutic Relaxation Program (TRP) on the anxiety levels of people undergoing treatment for alcohol dependence.
Methods: A TRP was conceived and implemented, based on Jacobson's PMR, consisting of 6 sessions lasting 40 minutes, including 21 participants hospitalized for treatment of alcohol dependence.
Considering the inclusion criteria: clinical status favorable to participation; moderate or high level of anxiety; agree to participate voluntarily. Exclusion criteria: unfavorable clinical status (disorientation, confusion, agitation, delirium tremens, hypoacusis); level of mild anxiety or panic; not knowing how to read or write; refuse to participate voluntarily.
The experimental group (EG - in addition to the institution's protocol treatment was included in the TRP) and the control group (CG - underwent the institution's protocol treatment).
Participants gave informed consent.
In the TRP evaluation, the following were used: State-Trait Anxiety Inventory (STAI-form Y1) – before and after the intervention; physiological parameters (heart rate, respiratory rate and blood pressure) – before and after each session; and satisfaction questionnaire at the end of the program.
Results: The evaluation of the physiological parameters showed a decrease after each relaxation session.
Comparing the mean values of the anxiety score (STAI-form Y1) between the two evaluation times (before and after the TRP), in the EG, there was a significant decrease in the anxiety scores, and this decrease was even greater in the group masculine.
In the CG, comparing the average values of the anxiety score (STAI-form Y1) in the same timings as in the EG, an increase in anxiety was verified.
The evaluation of the participants' satisfaction revealed an increase in well-being and comfort at the end of the TRP, being greater in the male group.
Conclusions: It is concluded that TRP produces positive effects in reducing anxiety levels, reducing physiological parameters and increasing the person's well-being.
The TRP was effective in reducing the anxiety of people undergoing treatment for alcohol dependence, enabling them to use other coping tools/strategies that will contribute to maintaining alcohol abstinence and preventing relapse.

Disclosure of Interest: None Declared

EPV0049

Prevalence and psychosocial profile of instagram addiction among Tunisian doctors

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Introduction: Instagram is the most popular social media platform which is frequently used by population today. Besides, this subject has not been well discussed among doctors.
Objectives: To study the prevalence of addiction to instagram among tunisian doctors and to identify its associated factors.
Methods: This was a cross-sectional descriptive study carried out among doctors (interns, residents and university hospital doctor) during the months of septembre and octobre 2022.
A socio-demographic and clinical characteristics were collected using an online anonymous questionnaire from Google form that we distributed via facebook.
Instagram Addiction Scale (IAS) was used to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.
Results: Our sample included 106 patients. The mean age was 32.32 years (SD=5.66 years) and the sex ratio (M/F) was 0.60. More than half (56.6%) were married and lived with their husband. They were residents in 37% and they were using psychoactive substances in 42.5%.
All of participants used other socialnetwork, the most used was facebook (63.2%).