an Alcohol Detoxification Unit in Lisbon, during the period between January 2022 and December 2023.
Results: During the study period, 37 patients with two or more admissions in a year were identified. The average age was 51.9 years, and 67.6% were male. It was found that 48.6% of the patients were divorced or separated; more than half of the patients were unemployed at the time of admission (62.2%), and nearly half were experiencing financial hardship (48.6%). In terms of integration into rehabilitative and abstinence maintenance structures, 40.5% had attended the Day Care Center of the Hospital Center, and only 5.4% had been part of a Therapeutic Community (TC). Before their last admission, 8.1% of the patients had been referred to a TC, 10.8% to the Day Care Center, and 51.4% to outpatient care, while 24.3% left against medical advice. In contrast, during the last admission in the study period, 13.5% were referred to the Day Care Center, and 35.1% to a TC.
Conclusions: The results highlight the need for psychosocial intervention and rehabilitation in patients with alcohol use disorder. Treatment should include a multidisciplinary approach that takes into account socioeconomic support and integration into rehabilitative structures, as these promote long-term abstinence and therapeutic success.

Disclosure of Interest: None Declared

EPV0007

Psilocybin: Systematic review of its use in the treatment of depression

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Introduction: Psilocybin, a psychedelic compound, has shown potential in treating depression, especially in cases resistant to conventional treatments. This study systematically reviews the scientific literature to assess its efficacy and safety.
Objectives: The main objective of this study is to evaluate the therapeutic effects of psilocybin for the treatment of depressive disorder through a systematic review of the current scientific literature
Methods: An exhaustive search was conducted in databases such as PubMed and Web of Science, using specific MeSH term and selecting studies published between 2019-2024 that investigated the effects of psilocybin in treating depression.
Results: The included studies demonstrated significant improvements in depressive symptoms with psylocibin compared to standard treatments. Studies reports a rapid and sustained symptom reduction, with few adverse effects.
Conclusions: Psilocybin could be an effective and safe alternative for treating depression, providing symptomatic relief with fewer treatment sessions and a favorable safety profile. However, further research is needed to overcome current limitations and fully understand its therapeutic potential and underlying mechanisms.

Disclosure of Interest: None Declared

EPV0008

Wernicke's encephalopathy in patient with alcohol dependence

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Introduction: The worldwide prevalence of Wernicke-Korsakoff syndrome is thought to range from 0-2%. Those at greatest risk include the homeless, the elderly, and psychiatric patients (1). In treatment, typical regimens include high doses of intravenous thiamine, three times daily for at least three days. Electrolyte abnormalities should be corrected and fluids replaced.
Objectives: We are interested in studying the evolution of a patient with alcohol withdrawal syndrome progressing to wernicke's encephalopathy.
Methods: We conducted a literature review by searching for articles in Pubmed.
Results: A 40-year-old male, with no medical or surgical history of interest, alcohol consumer, was admitted to the hospital ICU for an episode of ataxia and agitation in the context of four days of alcohol abstinence. He was sedated and orotracheal intubation was performed and treatment was started with thiamine, tiapride and diazepam. After hemodynamic and respiratory stability, the patient was transferred to the Internal Medicine ward where he presented clinical symptoms compatible with Wernicke's Encephalopathy (cerebellar ataxia and nystagmus). Psychiatry was consulted to adjust treatment and to carry out a psychosocial approach for discharge (alcohol withdrawal center).
The patient's evolution has been favorable with the adjustment of psychopharmacological treatment. In the neurological examination we observed nystagmus and cerebellar ataxia. In the psychopathological examination the suspicious contact, psychomotor restlessness, mild generalized tremor in both MMSS are remarkable. Speech difficult to understand due to language barrier. Traits of impulsivity in the foreground. Unstructured biological rhythms. Partial insight. Intellectual functions and volitional abilities preserved.
In the complementary tests without significant remarkable alterations. In the treatment adjustment, a de-escalation of diazepam has been carried out for discharge. Treatment with pregabalin, tiaprizal, thiamine and vitamins B1-B6-B9 was also prescribed. Recommendation of absolute cessation of alcohol consumption and follow-up by internal medicine, psychiatry and social work.
Conclusions: Wernicke-Korsakoff syndrome is a clinical diagnosis and Wernicke's encephalopathy should be suspected in any person at risk of thiamine deficiency presenting oculomotor findings, ataxia or confusion (1). Thus, in our patient presenting ataxia and nystagmus in the context of alcohol abstinence and some malnutrition, an early approach with thiamine can be performed to prevent progression to Korsakoff's syndrome.

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Once amnesia and executive deficit are present, Korsakoff's syndrome should be suspected. The key to good outcomes is therefore to detect Wernicke's encephalopathy early and treat it with thiamine (1). Severe concomitant infections, including sepsis of unknown origin, are frequent during Wernicke's phase (2). In our patient there were no complications.

Disclosure of Interest: None Declared

EPV0010

Problematic internet use among adolescents in Sousse, Tunisia: Prevalence and correlates

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Introduction: Cyberaddiction, characterized by excessive and uncontrollable internet use, has been linked to various psychological and behavioral issues. Adolescents are particularly vulnerable to these risks, as they are heavy users of digital platforms, often spending long hours online for social interaction, entertainment, and gaming. While research on this issue is expanding, our study seeks to contribute further insights into the factors associated with problematic internet use and its implications for adolescent well-being.
Objectives: The objective of our study was to determine the prevalence of cyberaddiction among adolescents in Sousse, Tunisia and to investigate its relationship to self-esteem.
Methods: We conducted a descriptive cross-sectional study with analytical objectives among adolescents aged 12 to 18 from schools in Sousse Medina, Tunisia during February, March, and April 2024. We used a demographic information form, the Young Internet Addiction Test and the Rosenberg Self-Esteem Scale for data collection.
Results: Our population consisted of 416 adolescents. The most represented age group was 14 years old (22.1%), with a mean age of 15.05 ± 1.7 years. The sample comprised 236 females (56.7%) and 180 males (43.3%). Our findings indicate that 83.2% of participants exhibited problematic internet use with potential life consequences, 11.3% showed occasional excessive use but maintained control, and 5.5% experienced severe repercussions from their internet use. Additionally, 43% of participants spent more than 2 hours per day online. A statistically significant relationship was observed between the amount of time spent online and cyberaddiction ($p = 0.009$, with higher levels of cyberaddiction associated with increased internet usage. According to the Rosenberg Scale, 51.9% of adolescents had low self-esteem, however, no statistically significant relationship was observed between self-esteem and cyberaddiction.
Conclusions: Our findings highlight a concerning prevalence of problematic internet use among adolescents, with no significant correlation identified between self-esteem and cyberaddiction. This suggests that other underlying factors may contribute to the challenges faced by this population. It is crucial for healthcare professionals and policymakers to prioritize preventive measures and awareness campaigns, promoting healthier online habits and ultimately fostering the well-being of young people in an increasingly digital world.

Disclosure of Interest: None Declared

EPV0011

Cyberaddiction and anxiety-depressive disorders among adolescents in Sousse, Tunisia: Prevalence, Patterns, and Implications

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Introduction: As global internet usage continues to expand, concerns regarding its effects on adolescent mental health have gained prominence. Cyberaddiction and anxiety-depressive disorders are increasingly recognized as interconnected among adolescents. Excessive use of digital platforms, social media, and online gaming can contribute to heightened stress, social isolation, and emotional instability. Understanding these dynamics is essential for developing effective mental health strategies and encouraging healthier online behaviors among adolescents.
Objectives: This study aimed to investigate the relationship between cyberaddiction and anxiety-depressive disorders among adolescents in Tunisia.
Methods: This is a cross-sectional, descriptive, and analytical study, that was conducted on adolescents aged 12 to 18, enrolled in three educational institutions in Sousse, Tunisia. Data were collected using the Young Internet Addiction Scale and the Hospital Anxiety and Depression Scale (HADS). A pre-established data collection form was used to gather additional demographic and behavioral information.
Results: Our study included a population of 416 adolescents, with a mean age of 15.05 ± 1.724 years. The majority of the participants were female (56.7%). Among the participants, 41.6% were high school students, and 58.4% were middle school students. Our results showed that 83.2% of participants exhibited problematic internet use, with potentially adverse effects on their daily lives. Additionally, 11.3% managed to maintain control over their internet usage despite occasionally exceeding planned time, while 5.5% experienced severe internet addiction, significantly impacting their personal and social lives Regarding internet usage patterns, the majority (64.9%) reported that social media was their primary online activity, while 35.1% preferred online gaming. The HADS revealed that 43% of the participants experienced varying degrees of anxiety disorders, and more than half (50.7%) showed symptoms of depressive disorders. Notably, 88.5% of the participants displayed symptoms of both anxiety and depression. A statistically significant correlation was observed between anxiety-depressive disorders and cyberaddiction ($p = 0.008$).
Conclusions: Our study highlights a concerning prevalence of both cyberaddiction and anxiety-depressive disorders among adolescents. These findings emphasize the urgent need for preventive measures and targeted interventions. Addressing these issues through education, mental health support, and regulated internet use could mitigate the negative impacts on adolescents' well-being.

Disclosure of Interest: None Declared

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