associations between nicotine dependence and health-promoting lifestyle behaviors.
**Methods:** A cross-sectional study was conducted during the academic year 2024–2025 among all nursing students enrolled at the Higher Institute of Nursing Sciences of Sfax (N=266). Data were collected using a sociodemographic questionnaire, the Fagerström Test for Nicotine Dependence (FTND), and the Health-Promoting Lifestyle Profile II (HPLP-II).
**Results:** The prevalence of smoking was 16.2% (n=43), with a marked male predominance (93%). Cigarettes were the most common form (81.4%), followed by electronic cigarettes (69.8%) and waterpipe use (48.8%). Nicotine dependence was low in 34.9% of smokers and moderate in 30.2%. Smoking was most prevalent among first-year students (51.2%) and was significantly associated with alcohol consumption ($p = 0.05$). The mean global HPLP-II score was 2.47 ± 0.40, with the highest subscale scores for interpersonal relations (2.72 ± 0.46) and spiritual growth (2.54 ± 0.48), and the lowest for physical activity (2.17 ± 0.63). Nicotine dependence showed significant negative correlations with nutrition ($r = –0.205$, $p < 0.05$), interpersonal relations ($r = –0.296$, $p < 0.01$), and stress management ($r = –0.296$, $p < 0.01$).
**Conclusions:** Tobacco use is prevalent among Tunisian nursing students and negatively impacts several lifestyle dimensions. These findings underscore the importance of integrating tobacco prevention and cessation initiatives into nursing curricula while enhancing stress management and promoting healthy coping strategies among future healthcare professionals.

**Disclosure of Interest:** None Declared

## EPV055

## The Relationship Between Substance Use, Academic Performance and Self-Esteem Among Nursing Students

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**Introduction:** Substance use is an emerging concern among healthcare trainees, particularly nursing students, who face high academic and clinical stress while being expected to maintain their mental health and serve as role models for healthy behaviors.
**Objectives:** To examine the associations between substance use, academic performance, and self-esteem among nursing students in Sfax, Tunisia.
**Methods:** A cross-sectional study was conducted during the academic year 2024–2025 among all nursing students enrolled at the Higher Institute of Nursing Sciences of Sfax (N=266). Data collection included a sociodemographic questionnaire, patterns of tobacco, alcohol, and cannabis use, academic performance indicators, and the Rosenberg Self-Esteem Scale.
**Results:** Substance use prevalence was: tobacco 16.2% (n=43), alcohol 3.4% (n=9), and cannabis 4.1% (n=11). Low academic performance was reported by 10.5% (n=28). The mean Rosenberg Self-Esteem score was 28.5 ± 3.7 (range: 14–40), and low self-esteem was found in 71.4% (n=190). Tobacco, alcohol, and cannabis use were all significantly associated with poorer academic performance ($p<0.001$, $p=0.026$, and $p=0.016$, respectively) and with lower self-esteem ($p=0.004$, $p=0.018$, and $p=0.014$, respectively).
**Conclusions:** Substance use is significantly linked to both academic difficulties and reduced psychological well-being among nursing students. These findings call for comprehensive prevention and support programs that address substance use while promoting mental health and academic success in nursing education.

**Disclosure of Interest:** None Declared

## EPV056

## Patients' Perceptions of Using Cold Plunge Therapy to Treat opioid use disorder

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**Introduction:** Evidence-based treatment for opioid use disorder (OUD) is medications for OUD (MOUD), however, less than 25% of patients are taking MOUD. Possible reasons include stigma and skepticism. So, testing novel treatments to complement MOUD is essential. One potential treatment is cold plunge therapy (CPT), a brief, whole-body immersion in water <60°F, which. could be a potential complementary treatment for OUD. However, it is unknown if patients with OUD would be willing to try CPT as a complementary, nonpharmacological therapy.
**Objectives:** We surveyed a sample of patients with OUD to assess the acceptability and feasibility of using CPT.
**Methods:** We developed and administered a 16-item survey to 80 patients with OUD at the University of Alabama at Birmingham University Hospital, from April 1 to June 30, 2025. Eligible participants were identified using electronic medical records to find patients who were greater than 19 years old and had an OUD diagnosis (F11.X). Questions included gauging patient's comfort discussing their OUD with friends and family, ease of access to buprenorphine prescriptions, and preferences for non-pharmacological treatment options such as physical activity, diet, sleep, prayer, and attending meetings. The survey was completed either by scanning a Qualtrics QR code or answering on paper anonymously, and descriptive statistics were calculated using SPSS, version 29.
**Results:** Among 80 respondents, most were male (55%), white (75%), 35-44 years old (45%). About a third of respondents were from each of the three enrollment settings. On a 5-point Likert Scale, most respondents reported using illicit substances "A lot" to make them feel better physically (63.7%) or psychologically (67.5%). Participants also reported "Agree" (40%) or "Strongly Agree" (32.5%) regarding comfort discussing their OUD with family and friends, and "Strongly Agree" (58.8%) for their comfort seeking medical care for OUD treatment. Participants also indicated a willingness to participate in non-pharmacological treatment options (53.8%), including CPT (61.3%). The major barriers to considering CPT were unfamiliarity with CPT protocols, access to a cold-water tub, and/or discomfort with cold water. Most respondents (43.8%) stated they would prefer non-pharmacological treatment options, and 33.8% of respondents favored a combination of MAT and non-pharmacological treatment options.

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