aspect of the therapeutic protocol in order to provide the necessary help and more successful treatment.

Disclosure of Interest: None Declared

Child and Adolescent Psychiatry

EPP623

The Association Between Internet Game Addiction and Social Anxiety Symptoms Among Adolescents in The Kingdom of Saudi Arabia

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Introduction: Internet gaming addiction (IGA) can have a significant impact on the characteristics of individual gamers, and may even be a contributing factor to the development of social anxiety symptoms. This study of adolescent Saudi Arabian Internet gamers examined the influences of Internet gaming time and probable Internet Gaming Disorders (IGDs). It investigated the association between Internet game addiction and social anxiety symptoms among them.
Objectives: The aim of this study was to investigate the association between internet game addiction and social anxiety symptoms among Saudi adolescents. Since very few researches examined the association between internet game addiction and psychiatric illnesses among Saudi youth, Our study focused on social anxiety symptoms which has not been done so far.
Methods: A cross-sectional, survey was conducted from March to June of 2023 among adolescents in the Saudi population. Probable Internet Game Addiction was measured by using the DSM-5 checklist and the Arabic version of the Social Phobia Inventory (SPIN) was used to evaluate social phobia or anxiety.
Results: A total of 764 participants were enrolled in the current study, majority of gaming addiction participants were 15-16 years old. There was a significant association between gender and gaming addiction (p-value ≤ 0.05). 86.6% of Saudis have been significantly associated with gaming addiction. The majority of the participants have moderate social phobia compared to severe social phobia. There was a significant association between social phobia and age (p-value ≤ 0.05). 34.9% of male participants have moderate social phobia and 24.6% of females have moderate social phobia. There was an insignificant association between social phobia and nationality. The participants with gaming addiction showed 37.2% had mild, 60.5% had moderate, 68.1% had severe and 79.5% had very severe social phobia. There was a significant association between Social Phobia and gaming Addiction (p-value≤0.05).
Conclusions: This study examines the association between video game addiction and social anxiety amongadolescents in Saudi Arabia. Despite its limitations of less sample size and small setting, the findings imply a significant correlation between IGA and these psychological concerns, particularly among male adolescents. Excessive video gaming use leads to higher levels of social anxiety. Future research should adopt experimental or longitudinal designs to establish causal relationships and consider the potential reciprocal nature of the association. Mental health educators and practitioners should be mindful of the adverse impacts of excessive video gaming, with a specific focus on male adolescents who might be more susceptible to heightened social anxiety.
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EPP625

Circle of Security (COSP) Implementation in a Public Clinical Setting in Spain

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Introduction: Evidence shows that attachment insecurity and disorganization increase the risk of developing psychopathology. The Circle of Security-Parenting Intervention (COSP; Cooper, Hoffman & Powell 2009) is designed to enhance secure attachment between caregivers and children under six years old, based on decades of attachment research. This evidence-based program has been translated into 14 languages and is present in almost 30 countries. However, in Spain, it is not currently offered in the public system, despite having a public health, education, and social services system intended to provide universal coverage.
Our team works in a Child Psychiatry Consultation, where we evaluate toddlers when Autism Spectrum Disorder (ASD) is suspected by general pediatricians or schools. Over the years, we've found that many children do not have ASD but instead present attachment difficulties that the system does not currently support.
Objectives:
- To provide parents whose children present difficulties that don't meet the criteria for disorders receiving resources from the educational or social system with tools to help their children.
- To implement an intervention in a public clinical setting in Spain, specifically in a Child Psychiatry Consultation, that could help caregivers with attachment difficulties.

Methods: From the patients referred to our hospital for ASD evaluations, we identified seven parents whose children didn't meet the criteria for a neurodevelopmental disorder but presented attachment difficulties and could benefit from COSP.
We conducted a group with these parents, consisting of 90-minute sessions over eight weeks. The program provides caregivers with relationship tools, with each chapter building on the previous one. COSP uses visual support and offers participants opportunities to reflect and learn how to better understand and respond to both children's and caregivers' needs.
Results: Six of the seven caregivers who began the group completed it. The caregiver who didn't finish had to leave due to medical issues but requested to rejoin future sessions to complete all eight chapters.

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In the satisfaction survey, participants gave the highest possible ratings. Some statements from participants included: "The group has been essential to understanding how I relate to my daughter," "I can now see relationships from a new perspective," and "COSP offers very useful tools."
All participants said they would recommend the program to other parents, stating COSP is something every caregiver should become familiar with.
Conclusions: This pilot group established an initial framework for providing parents who attend our medical consultation and present attachment problems with an intervention that meets their needs. Given the evidence that secure attachment is key to preventing psychopathology, interventions such as COSP should be more frequently offered.

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EPP626

Beyond Participation: Adolescents' Perspectives on Meaningful Engagement and Data Quality in Health Research

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Introduction: A lack of participation from representative populations, limited long-term engagement, and potentially inaccurate self-reported responses have compromised the validity of health research findings in adolescents. Despite positive trends in some areas of adolescent health, others—such as mental health—have alarmingly deteriorated, highlighting the continuous need for adolescent health research. Therefore, it is vital to explore barriers to meaningful participation of adolescents and the factors that contribute to decreased data quality.
Objectives: This study aimed to examine adolescents' preferences and concerns about participating in health research to inform strategies for improving their likelihood of participation, meaningful engagement, and the provision of accurate responses.
Methods: Nine focus groups were conducted at three secondary schools and two sixth form colleges in England to explore the perspectives of 46 adolescents aged 16 to 18 years. The constructivist grounded theory methodology was employed to develop a framework that offers insights into the mechanisms influencing young people's participation, engagement, and provision of accurate responses in health research.
Results: "Five categories emerged as underlying factors that contribute to adolescents' participation, meaningful engagement, and provision of accurate responses. Participants suggested that a (1) *Positive Relationship with Researchers* cultivates an atmosphere of (2) *Emotional Security*, which in turn minimises the potential influence of (3) *Others' Judgments*. If adolescents are given some (4) *Choice and Control* over research processes and the data they provide, they are more likely to feel secure, which encourages continued engagement and accurate responses. The combination of a *Positive Relationship with Researchers* and young people's *Choice and Control* over research processes allows them to perceive their participation as an (5) *Impactful Collaboration in Research Processes*, empowering them to participate and provide accurate answers, especially to questions about their personal life experiences."
Image 1:

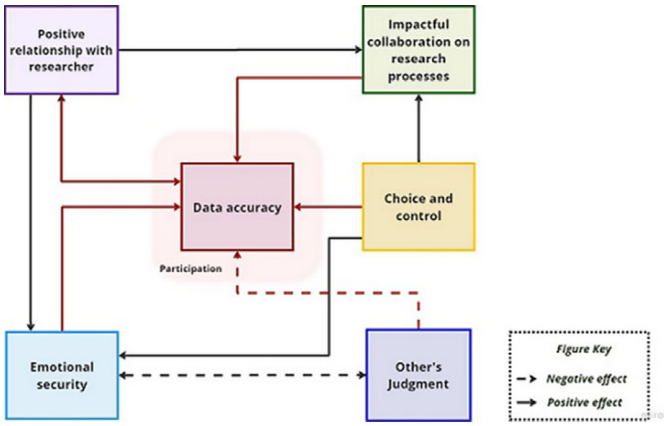
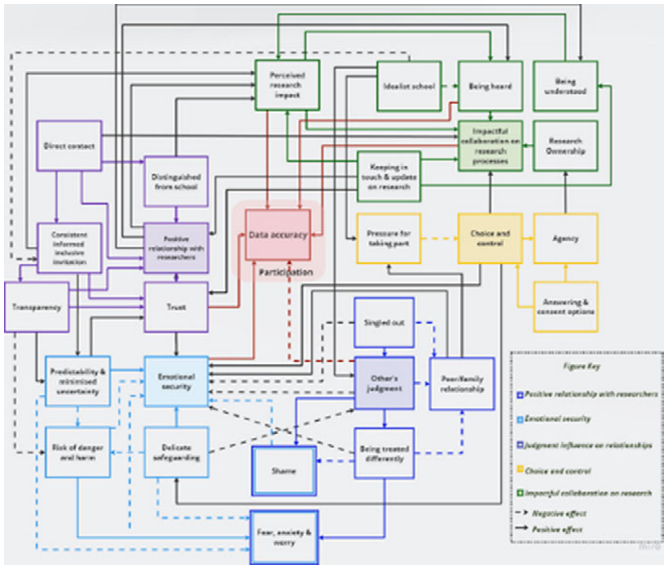


Image 2:



Conclusions: This study suggests that adolescent health research would improve by investing more in building positive relationships with young people. This can be achieved by offering them choice and control over study processes as much as feasible, as well as by highlighting the expected impacts of their participation. Given the concerns surrounding judgment and potential legal or safeguarding issues related to research participation, open and reassuring discussions about these aspects would support adolescents' emotional security throughout the research process. The current study recommends balancing attention between research processes and the emotional and relational aspects of adolescents' experiences of health research.

Disclosure of Interest: None Declared