Conclusions: The results of the study showed that receiving substitution maintenance therapy did not significantly increase the level of personal anxiety and the risk of anxiety disorders in patients on methadone therapy, the vast majority of patients showed very low, low and mild levels of manifestations. However, the level of personal anxiety may vary, but it is important to provide a comprehensive approach to treatment, including psychological support and social integration, to improve patients' quality of life and reduce anxiety.

Disclosure of Interest: None Declared

EPV0050

Characteristics of gambling among Tunisian students

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Introduction: Nowadays, gambling has become a common form of entertainment for many young people. Gambling is essentially divided into dice games, card games (especially poker), casino games, sports betting, lotteries and, in recent years, online gambling. As a result, gambling has become a major international business, especially among young students.
Objectives: Evaluate the practice of gambling in a population of young students and describe its characteristics.
Methods: We conducted a descriptive and analytical cross-sectional study among university students.
This survey involved a population of Tunisian students recruited through students' Facebook groups.
A questionnaire was designed to collect information related to participants' background characteristics and gambling-related details.
DSM-5 criteria were used to screen for pathological gamblers.
Results: A total of 151 students responded to our questionnaire. Gambling was found in 29.1% of the students in our study (n=44). Thirty players (68.4%) were occasional players. The lottery (54.5%), followed by sports betting (29.5%) and blackjack (27.3%) were the most reported gambling games by students.
Among the players, nineteen (43.2%) experienced a Big Win. The average amount of money spent on gambling per month was 107.14 ± 123.58 TND, with extremes of 4 and 600 TND.
The majority (77.3%; N=34) played online. Among players, 61.4% (N=27) were used to play with friends.
Almost the half of gamblers (45.5%) have started gambling for less than a year and 6.8% have been gambling for 4 to 5 years.
Pathological gamblers represented 13.9% (n=21) of the students in our population.
Conclusions: Our study highlights the prevalence and characteristics of gambling among university students in Tunisia. With nearly 30% of participants engaging in various forms of gambling. These findings suggest a need for targeted awareness and prevention strategies to address potential risks associated with gambling among young adults, particularly in educational settings. Further researches are essential to explore the long-term implications of gambling behaviors on student well-being and academic performance.

Disclosure of Interest: None Declared

EPV0052

Chronotype in individuals with exercise addiction – preliminary analysis

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Introduction: Exercise addiction (EA) is conceptualized as the uncontrolled practice of physical activity, with repetition of that behavior despite the negative effects on the individual [Khazaal et al. Rev Med Suisse. 2024; 20(882):1354-1359]. According to current systems, EA is included in the group of behavioral addictions [Martyniak et al. Psychiatr Pol 2021;55(6):1357-1372]. The prevalence of EA is understudies, with data from athlete samples ranging from 5-17% [Weinstein et al. Dialogues Clin Neurosci. 2023; 25(1): 1–13]. No prior studies investigatedthe links between chronotype and EA.
Objectives: This work aimed to assess the relationship between EA and chronotype.
Methods: This is a preliminary analysis of data from a larger online survey that assessed the links between behavioral addictions and psychopathology in an online community sample. The inclusion criteria were 1) age ≥18-35 and 2) consent to participate. A local bioethical committee approved the study. Responders completed self-report questionnaires to assess EA: EAI (Exercise Addiction Inventory-Short Form), and chronotype Composite Scale of Morningness (CSM). The participants were divided into subgroups based on their EAI scores: 1) with negative EA screen (EA [-]) [scores ≤12], 2) with positive EA screen (EA [+]) [scores >12]. EA[-] and EA [+] were compared in terms of general characteristics and chronotype (continuous measure). The quantitative data were evaluated with a T-test. The qualitative data were analyzed using the X2 test.
Results: 183 subjects were EA [-] and 99 were EA [+]. There were no significant differences between the groups regarding the mean age: EA [-] 27.36±10.74 years; EA [+] 25,55±7.47 years [t (2, 262) =1.661, p< 0.09]. EA [+] were more likely to be male (40.4%) than EA [-] (27.3%) (X2=5.060, df=1, p=0.026). There were no differences in the levels of education (primary/secondary/ college student/ university student/ completed higher education) in the studied groups (X2=1.78, df=4, p=0.786). EA [+] showed a higher level of morningness measured with the CSM total score (34.13 ±6.48) than EA [-] (30.62±8.63)[t (2, 251.8) = 3.855, p< 0.001).
Conclusions: EA was linked to male sex in the studied sample. Individuals with positive exercise addiction screen present higher levels of morningness.

Disclosure of Interest: None Declared

EPV0054

Attachment style and food addiction: Exploring psychological links

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Introduction: Behavioral addiction is well-established for gambling but still debatable for other pleasurable behaviors such as eating. Attachment style is defined as a psychological concept describing the dynamics of human interpersonal interactions. Studies investigating the influence of attachment style on food addiction are rare.
Objectives: The aim of the study was to evaluate the association between food addiction and the quality of attachment
Methods: A cross-sectional study was conducted online with a non-clinical population. All participants completed an anonymous e-questionnaire containing sociodemographic data, background, substance use and self-reported weight and height. Attachment style was assessed with the Relationship Scale Questionnaire (RSQ). Food addiction was screened with modified Yale food addiction scale questionnaire (mYFAS 2.0).
Results: A total of 114 individuals had fully responded to the questionnaire. The mean age was 32.28 ± 9.32 years with a sex ratio of 0.48. The mean BMI was 23.7 kg/m2 ± 5.5. Most of participants (64%) had an insecure attachment style and 36% had a secure one. The results of the mYFAS 2.0 showed that 11.4% of participants had a food addiction and 8.8% had a severe form. BMI was significantly associated with food addiction which was more common in participants who had a BMI greater than 22.2 kg/m2. A statically significant association between insecure attachment style and food addiction was found.
Conclusions: Our study showed the importance of studying attachment style in food addiction. More research is needed to prove the association between food addiction and different attachment styles.

Disclosure of Interest: None Declared

EPV0055

Patients with alcohol use disorder clustering based on definition of alcohol withdrawal syndrome

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Introduction: Alcohol withdrawal syndrome (AWS) is among the most severe components of alcohol dependence (AD). Severe AWS, especially complicated with seizures and delirium, was a common reason for medical complications and death. The introduction of benzodiazepines decreased but did not eliminate those risks. The definition of AWS evolved in different versions of Diagnostic and Statistical Manual for Mental Disorders (DSM) from having hand tremor plus one or more other symptoms in DSM-III-R to any two or more symptoms in DSM-IV, which was retained in the current version of DSM-5.
Objectives: Comparing subgroups of individuals with AUD based on AWS symptoms profile to define phenotypes for investigation of biological underpinnings of AWS phenomenology and treatment response.
Methods: Treatment-seeking individuals diagnosed with DSM-IV alcohol dependence (AD; n=473; 35.5% females) were assessed with Psychiatric Research Interview for Substance and Mental Disorders (PRISM), Timeline Follow back (past 90 days) alcohol consumption, Penn Alcohol Craving Scale (PACS), Pittsburgh Sleep Quality Index (PSQI), Patient Health Questionnaire-9 (PHQ9), and General Anxiety Disorder-7 (GAD-7). Latent class analysis was used to classify subjects according to lifetime prevalence of AWS symptoms according to DSM-III-R or DSM-IV/5 . Demographic and other clinical variables were compared among clusters by linear model ANOVA and chi-squared test.
Results: Four clusters were identified: subjects with (1) no history of meeting any AWS criteria (n=50); (4) with complete number of AWS symptoms, meeting both DSM definitions (n=259); and two clusters of subjects with smaller number of AWS symptoms: (3) those meeting only DSM-IV/5 criteria (n=94) and (2) those also meeting DSM-III-R criteria (n=70). Compared to cluster 2, the Cluster 3 members had higher frequency of anxiety, insomnia, and restlessness during withdrawal. The clusters also differed in the total number of drinks (p=0.021), average drinks per drinking days (p=0.013), history of anxiety disorder (p=0.006), substance-induced depression (p=0.019), and higher scores of PSQI (p<0.001), PHQ9 (p<0.001), and GAD-7 (p<0.001) with a relative increase in frequency between clusters as follows 1<2<3<4. Group 4 also had the highest percentages of subjects with history of seizure, delirium or hallucinations.
Conclusions: Different definitions of AWS capture clusters of AD patients with different symptomatology, comorbidity and consumption patterns. Understanding of biological underpinnings behind those differences may guide improvement in personalized treatment selection.

Disclosure of Interest: None Declared

EPV0059

Addiction to Ultra -Processed Foods In the general population

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Introduction: IIn recent decades, the global rise in obesity and related diseases has led researchers to investigate factors like ultra-processed foods (UPF), known for promoting overconsumption due to their low cost and hyper-palatable design. Studies link UPF to obesity, cardiovascular diseases, and type 2 diabetes, while the concept of food addiction to UPF has emerged to explain compulsive eating. Although not yet officially recognized, UPF addiction calls for urgent public health strategies to regulate their production and consumption.
Objectives: We aim to assess addiction to ultra-processed foods in the general population, its effects on mental and physical health, and explore the factors influencing these eating behaviors to propose intervention approaches for preventing and treating this form of addiction.

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