Conclusions: Online consumption of pornography is related to negative psychological adjustment and to attitudes toward sexual violence. Preventive actions are needed, raising awareness about the negative effects of online pornography consumption.
Project funded UIBD/00683/2020, FCT.

Disclosure of Interest: B. Conceição: None Declared, B. Maia Grant / Research support from: Grant / Research support from: FCT UIBD00683/2020

EPV065

Nomophobia, phubbing and depression: A cohort comparison (young adults and middle-aged adults)

I. Faria[1] and B. R. Maia[2*]

[1]Faculty of Philosophy and Social Sciences and [2]Faculty of Philosophy and Social Sciences, Centre for Philosophical and Humanistic Studies, Universidade Católica Portuguesa, Braga, Portugal
*Corresponding author.
doi: 10.1192/j.eurpsy.2026.10860

Introduction: Attachment to mobile phones may trigger depressive symptoms and depression episodes.
Objectives: This study aims to explore the relationship between nomophobia, phubbing and depression in young adults and in middle-aged adults.
Methods: Two-hundred and twenty Portuguese subjects (young adults: n = 186, 84.5%; middle-aged adults: n = 34, 15.5%), with a mean age of 27 years old (SD = 9.94; range = 18-59 years) completed the Nomophobia Questionnaire, The Phubbing Scale, The Depression, Anxiety, and Stress Scale and the Clinical Depression Assessment Inventory.
Results: The cohort of young adults shows higher levels of nomophobia (severe: 16.1%, n = 30; moderate: 41.9%, n = 78), phubbing, depressive symptoms and depression. In the cohort of middle-aged adults, the majority showed mild nomophobia (64.7%, n = 22). In both cohorts, the absence of homophobia was of 0%. In young-adults and in middle-aged cohorts, nomophobia and phubbing were significantly correlated with depressive symptoms (r= .30** .38**; and r=.31; .39**, respectively) and with clinical depression (r=.34**, r = .34**; and r= .49**, r=.57**, respectively). Young-adult cohort (Md = 4, n = 186) presented significantly higher scores of depressive symptoms than middle aged cohort (Md = 1, n = 34), U = 2033, z = 3.335, p = .001).
Conclusions: This study reveals the association between nomophobia, phubbing, and depression in both cohorts, with younger individuals and women showing higher levels. It is therefore important to conduct more robust studies and develop awareness and mental health prevention initiatives.

Disclosure of Interest: I. Faria: None Declared, B. Maia Grant / Research support from: UIBD/00683/2020, FCT

EPV066

Association Between Partner Phubbing and Romantic Relationship Satisfaction in a Sample of Portuguese Adults

N. Jordão[1] and B. R. Maia[2*]

[1]Faculty of Philosophy and Social Sciences and [2]Faculty of Philosophy and Social Sciences, Centre for Philosophical and Humanistic Studies, Universidade Católica Portuguesa, Braga, Portugal
*Corresponding author.
doi: 10.1192/j.eurpsy.2026.10859

Introduction: Partner phubbing refers to the act of ignoring a romantic partner in favor of one's mobile phone thereby compromising romantic relationship satisfaction.
Objectives: This study aims to explore the association between partner phubbing and romantic relationship satisfaction in Portuguese adults.
Methods: A sample comprised of 70 participants with an average age of 46.85 years completed the Partner Phubbing Scale and the Dyadic Adjustment Scale.
Results: The results showed that partner phubbing is negatively correlated with Cohesion (.-2**), Consensus (r = -.41**), and Dyadic Adjustment (r = -.38**). Significant differences were found in Dyadic Adjustment and in Consensus between adults/33 and 45 years old (M = 48.91, SD = 7.70; M = 23.41, SD = 3.66, respectively) and middle-age adults/46-59 years old (M = 53.17, SD = 8.53; M = 25.41, SD = 3.30, respectively), t (66) = -.241, p =.01; t (66) = -.2.36, p = .02, respectively; the effect size was moderate (.08 and .07, respectively). Significant differences were also found for relationship satisfaction between males (M = 16.17, SD = 3.96) and females (M = 14.17, SD = 3.34), t (68) = -2.89, p = .005, with a medium effect (.10).
Conclusions: Therefore, our results highligh the negative relationship between partner phubbing and romantic relationship satisfaction and the need to develop psychosocial prevention and intervention strategies regarding partner phubbing.

Disclosure of Interest: N. Jordão: None Declared, B. Maia Grant / Research support from: UIDB/00683/2020, FCT

EPV067

Exploring cybersexuality among adolescents: findings from a cross-sectional study

Z. Mallek[1*], M. Trigui[1], E. Mziou[2], M. Baklouti[3], Y. Mejdoub[1], F. Ben Dhaou[1], J. Jdidi[3], S. Yaich[2] and M. Kassis[1]

[1]Hygiene, Habib Bourguiba University Hospital; [2]Community Health and Epidemiology, Hedi Chaker University Hospital and [3]Social Medicine, Faculty of medicine, Sfax, Tunisia
*Corresponding author.
doi: 10.1192/j.eurpsy.2026.10858