high family socio-economic level (P < 0.001) in cases where parent-child communication was deemed unsatisfactory (P = 0.002) and in cases of verbal violence (P < 0.001). We were also able to establish a significant link between internet addiction among depressed pupils and significant symptoms of anxiety (P=0.019) and low self-esteem (P<0.001). Multivariate analysis using binary logistic regression revealed that medium to high socio-economic level, unsatisfactory parent-child communication, absence of leisure activities and significant symptoms of social phobia were independent predictors of Internet addiction in children with depression.
Conclusions: Our study highlighted the high frequency of IA in children with depression and demonstrated the implication of certain variables such as medium to high socio-economic status, disruption of the family environment, anxiety and low self-esteem. The identification of these different factors would make it possible to identify a group at risk of IA. This raises the case for introducing prevention and awareness-raising campaigns on IA among depressed children, targeting these groups and targeting health professionals and parents.

Disclosure of Interest: None Declared

EPV0025

Addiction and pregnancy: case report on gender perspective.

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Introduction: In recent years, interest has grown in understanding the particularities of addiction in women. One of these singularities, with an important impact on public health, is pregnancy. Substance use during pregnancy has increased in recent decades. Given that addiction is mainly a chronic disease of the brain circuits of reward, motivation and memory, an event such as pregnancy does not exempt people who suffer from substance use disorder (SUD) from the difficulties of achieving abstinence. Moreover, as addiction often involves cycles of relapse and remission, pregnant women can also suffer a relapse even if they previously had achieved abstinence. On the other hand, given that addiction is a disease with a significant social component, we can find patients in precarious economic and social situations who suffer unwanted and therefore unplanned pregnancies.
Objectives: To describe the case of a pregnant woman with SUD for multiple drugs who is admitted to the inpatient ward of the Hospital Clínic of Barcelona for detoxification. Also to reflect, taking in to account gender perspective, on the particularities of substance use in women on childbearing age.
Methods: We present the case of a 25-year-old woman, six weeks pregnant and homeless, who was admitted to the inpatient ward for presumed psychotic symptoms. Even if the patient had a history of intravenous heroin, cocaine, and methamphetamine use, during the admission she only admitted current alcohol consumption (3 UBE/day). During admission, the patient decided to undergo a legal voluntary abortion. Regarding this case, we did a literature review on the consequences of different substances use to pregnancy (to both the fetus and the mother's health). Likewise, we reflected on interventions that could be carried out in community mental health facilities to detect cases like the one exposed and provide help.
Results: Poor obstetric outcomes are six times higher in patients who use substances. Newborns can have withdrawal syndrome, spontaneous abortion, pre-term birth, fetal malformations and fetal growth restriction. More than 50% of women of reproductive age use drugs, mainly alcohol. Routine screening and education of women of reproductive age is the best way to reduce substance use during pregnancy.
Conclusions: We consider it essential for a better management of these patients to remember that the evidence suggests that the decisions that addicts make are mainly driven by a pathology, not by a moral failure. However, pregnancy can be a moment of greater motivation to stop using drugs, given that it is a high risk situation for the mother and the fetus.

Disclosure of Interest: None Declared

EPV0029

The Relationship Between Problematic Internet Use (PIU) and Psychological Distress: A cross- sectional study

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Introduction: Problematic Internet Use (PIU) has emerged as a widespread social challenge and is characterised by an individual's inability to regulate their internet use, culminating in a negative impact on their daily life. It is vital to explore the possible mediating relationship between psychological distress and unregulated Internet use.
Objectives: The study aims to explore the relationship between problematic Internet use, psychological distress and quality of life.
Methods: In this cross-sectional study, participants engaged in a structured data collection process using Google Forms, responding to a series of questions developed through a quantitative methodology using a Likert scale questionnaire.
The K-6 Distress Scale and the World Health Organisation Quality of Life (WHOQOL) were used in conjunction with questions about demographics and problematic internet use.The integration of these multiple measures aimed to provide comprehensive insights into the effects and patterns of Internet use and its association with different levels of distress and demographic variables.
Results: Statistical data analysis revealed notable associations between psychological distress and several variables, including age, education, employment status and health, but no significant associations were found with place of residence or marital status. Significant associations were also found between problematic Internet use (PIU) and variables such as age, education, employment, marital status and health. However, no significant association was found with place of residence. Quality of life was also found to be correlated with age, employment status and health, but not with marital status or educational attainment. In addition, the analysis revealed a strong association between problematic internet use (PIU) and psychological distress. A concurrent

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increase in reported psychological distress was observed as PIU levels escalated, reinforcing the relationship between excessive internet use and psychological wellbeing. This suggests that PIU may be associated with increased levels of mental distress in the population studied.
Conclusions: In conclusion, this study provides valuable insights into the multifaceted dynamics of mental distress, PIU, and quality of life in relation to demographic factors. It underscores the importance of holistic approaches to mental health that consider individual characteristics and behaviors, with a particular focus on addressing the challenges posed by problematic internet use. Further research and tailored interventions are needed to better understand and support people facing these complex issues.

Disclosure of Interest: None Declared

EPV0030

Psychotropic substance use among medical residents: prevalence and characteristics

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Introduction: Psychotropic substance use among medical residents represents a critical concern due to its potential impact on patient care and practitioner well-being. This topic looks into the prevalence and characteristics of psychotropic substance use, including prescription medications and illicit drugs, among individuals pursuing medical residency. Understanding the scope of the problem and its distinctive features is essential for developing targeted interventions and support mechanisms within the medical community.
Objectives: To assess psychotropic substance use among medical residents, describe its characteristics and determine the prevalence of problematic use.
Methods: We conducted a cross-sectional and descriptive study-among Tunisian medical residents over a three-month period (August - September 2022) using an online survey. Different specialties and levels of residency were included. An online self-questionnaire was used including a data collection form and the DAST-10 (Drug Abuse Screening Test) scale. The data was analyzed using the SPSS 20th version software
Results: Among the 80 residents in our study, 19 (23.8%) reported psychotropic substance use, and 12 (15%) reportedthat they had misused psychotropic drugs at least once in their lives (without a prescription and/or with a prescription but not following the instructions). The most commonly psychotropic drugs used were benzodiazepines, followed by amphetamines, analgesics, anesthetics, and pregabalin (28%, 16%, 12%, 12%, 12%, respectively).
Consumption was regular for 41.7% of those who reported psychotropic drugs misuse. The initiation of psychotropic use followed a desire to experiment various substances (41.7%), a medical prescription (33.3%), or their availability due to medical practice (25%). Self-medication and recreational use were the most common reasons for use (41.7% each). Furthermore, 31.6% of consumers revealed a problematic substance use as assessed by the DAST-10 scale.
Conclusions: Our study showed a concerning prevalence of psychotropic substance use among medical residents, benzodiazepines being the most prevalent. Notably, 15% acknowledged misuse and a significant proportion displayed problematic substance use. These results highlight the potential health risks and the importance of addressing this issue within the medical community.

Disclosure of Interest: None Declared

EPV0031

The relationship between cannabis use, depression, anxiety and self esteem among Tunisian young adults living abroad

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Introduction: Cannabis use is very common worldwide. Its consumption could be explained by recreational purposes as it can be motivated by some psychiatric disorders such as depression, anxiety or low self-esteem.
Objectives: This study aims to explore the relationship between cannabis use, depression, anxiety and self-esteem among a population of Tunisian adults living abroad.
Methods: A cross-sectional online survey was carried out using a self-administered questionnaire on young Tunisians people who have completed their secondary studies at the pilot high school of Sfax and currently residing abroad. The survey questionnaire was designed on Google Forms. It included a data collection sheet and psychometric scales “Cannabis Abuse Screening Test” (CAST), “Hospital Anxiety and Depression Scale” (HADS) and”Rosenberg’s self-esteem scale”.
Results: The sample consisted of 35 Tunisian young adults. 17 participants (48.6%) reported a cannabis use behavior. It was done with friends in a festive setting in 88% of cases (N=15). According to the CAST, 17,6% (N=3) of cannabis users were at high risk of cannabis dependence. Anxiety was present in 17,6% (N=3) and depression in 17,6% (N=3) of participants. Self-esteem was low in 23,53% (N=4) of participants.
Cannabis use was not associated with the presence of current emotional disorders such as anxiety and depression (p=0.894 and p=0.933 respectively). It was also not associated with lower self-esteem (p=0.585).
Conclusions: Cannabis use is relatively common among young Tunisian emigrants without evolving towards dependence inseveral cases. This behavior seems to be more influenced by social factors and misrepresentations about cannabis than by psychological disturbance.

Disclosure of Interest: None Declared

EPV0032

Profile of cannabis users among a population of Tunisian young adults residing abroad

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