EPV0083

Internet Addiction among Students: cross-sectional study

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Introduction: Conceptually, the internet has transformed the Earth into a vast information network village, significantly enhancing human experience through unprecedented availability and exchange of information. However, the potential adverse effects of internet addiction on human health have emerged as a major global concern.
Objectives: This study aimed to estimate the prevalence of internet addiction among students.
Methods: A cross-sectional, descriptive, and analytical study was conducted between October 2022 and January 2023 among students from various faculties in Sfax. Data were collected through a self-administered electronic questionnaire accessible online, created using the Google Forms application. The questionnaire explored sociodemographic and relational data. Internet addiction was assessed using the Internet Addiction Scale (IAS).
Results: The average age of the students was 25,62 ± 3,29 years, with a sex ratio of 1/5. Among the participants, 96% resided in urban areas, and 81,9% lived with their families. Nearly half of the students were from the Sfax Faculty of Medicine, and 64,4% were in the third cycle of their studies. The study found a mean total score of 74,27 +/- 21,25 on the IAS, indicating an estimated prevalence of internet addiction at 24,2%. Factors correlated with internet addiction included excessive internet use by family members (p=0,004) and poor adaptation to the faculty (p=0,03).
Conclusions: Internet addiction was prevalent in our student population. Exploring the characteristics associated with this addiction would undoubtedly assist in identifying the risks our students might face.

Disclosure of Interest: None Declared

EPV0085

Ketamine Treatment for Alcohol Use Disorder: A Review

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Introduction: Alcohol Use Disorder (AUD) is a pervasive condition with substantial psychological, social, and physical consequences. Traditional treatment approaches often struggle with high relapse rates, highlighting the need for more effective interventions. Recently, ketamine, an N-methyl-D-aspartate (NMDA) receptor antagonist, has emerged as a potential treatment for AUD due to its unique pharmacological properties.
Objectives: The aim of this study is to evaluate the current evidence of ketamine treatment for alcohol use disorder and its efficacy.
Methods: The authors did a non-systematic review of the current literature.
Results: The results suggest that ketamine combined with psychotherapy reduces alcohol consumption and prolongs abstinence in AUD patients. The mechanism is hypothesized to involve ketamine's ability to enhance neuroplasticity and modulate glutamatergic pathways, which may improve motivation and cognitive control. Additionally, ketamine's rapid antidepressant effects could address comorbid conditions like depression and anxiety, often observed in AUD patients, thereby reducing the overall risk of relapse.
Conclusions: Ketamine presents a promising adjunct to existing therapies for AUD, offering benefits that extend beyond traditional treatment approaches. However, while preliminary findings are encouraging, further research is necessary to confirm the long-term safety and efficacy of ketamine in treating AUD, particularly concerning optimal dosing strategies and the integration with psychotherapeutic interventions.

Disclosure of Interest: None Declared

EPV0086

Patient-Reported Outcome Measures for Addiction Treatment: Development of a Digital Health Intervention using a Patient-Centered Approach

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Introduction: Substance Use Disorders (SUDs) are highly prevalent and substantially contribute to the global burden of disease, negatively impacting individuals' health, well-being, and social functioning. While SUD treatments have demonstrated effectiveness in reducing substance use and related behaviors, there has been a growing emphasis on including subjective outcome measures, recognizing the importance of patients' perspectives on their well-being. This shift has driven the development of Patient-Reported Outcome Measures (PROMs), which are progressively being integrated in healthcare to enhance patient-centered care, patient-provider communication and shared decision-making.
Objectives: This study aims to develop a PROMs Digital Health Intervention (PROMs-DHI) with the potential to improve the quality and effectiveness of outpatient addiction treatment services.
Methods: PROMs-DHI includes the electronic adaptation of ICHOM's standardized set for addictions using REDCap software and feedback created by Tableau on individual PROMs scores for patients and clinicians. PROMs-DHI will be assessed through mixed methods following a patient-centered design. Quantitative data will be collected using the System Usability Scale (Brooke, 1986), while qualitative data will be gathered through 5 focus groups with patients and 5 with healthcare professionals from collaborating addiction treatment centers. This strategy will yield valuable insights into the experiences and perspectives of both

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