social networks targeting young adults between 18–40 years. We used the gaming addiction scale (GAS) in its validated Arabic short version. We also used the validated Arabic version of the Pittsburgh Sleep Quality Index (PSQI) to assess the sleep quality of our participants.
Results: One hundred and nine participants were included. The mean age was 29.6 ± 10.3. Males accounted for 60.6% of the study population. The mean Gas score was 13.11± 6.08.According to the GAS,25.7% were addicted gamers. The mean PSQI score was 7.25± 3.15. A poor sleep quality pattern (score > 6) was found in 59.6% of the participants. We found that the GAS score was significantly correlated to the total score of PSQI(P=0.003). We also found that the group with poor sleep quality had higher GAS scores (p= 0.014). We found a correlation between the GAS score and the following components of the PSQI: subjective sleep quality (p= 0.01), sleep disturbances (p=0.024) and the use of sleep-promoting medication (p=0.046)
Conclusions: Our study showed that video gaming behavior had a significant effect on sleep quality. This can have negative consequences on life quality, together with an impaired performance at awakening.

Disclosure: No significant relationships.
Keywords: gaming; adults; Addiction; sleep

EPV1506

Internet addiction: Gender-associated differences in psychological characteristics

P. Ponizovsky[1]*, E. Skurat[2], A. Trusova[3], A. Shmukler[4], S. Grechany[5], R. Ilyuk[2], V. Soldatkin[6], A. Yakovlev[7] and A. Kibitov[8]

[1]Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Therapy Of Mental Disorders Complicated By Addiction Diseases, Moscow, Russian Federation; [2]Bekhterev National Medical Research Center for Psychiatry and Neurology, Department Of Addictology, Saint Petersburg, Russian Federation; [3]Saint Petersburg State University, Department Of Medical Psychology And Psychophysiology, Saint Petersburg, Russian Federation; [4]Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Psychiatry, Moscow, Russian Federation; [5]Saint Petersburg State Pediatric Medical University, Department Of Psychiatry And Addictology, Saint Petersburg, Russian Federation; [6]Rostov State Medical University, Department Of Psychiatry, Addictology And Medical Psychology, Rostov-on-Don, Russian Federation; [7]Lipetsk Regional Addiction Hospital, Department Of Addictology, Lipetsk, Russian Federation and [8]Serbsky National Medical Research Center on Psychiatry and Addictions, Molecular Genetics Laboratory, Moscow, Russian Federation
*Corresponding author.
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Introduction: Internet addiction (IA) is reported to cause significant negative psychosocial consequences. The gender specificity of psychological characteristics that are potentially significant for the formation of IA remains understudied.
Objectives: To identify gender-related differences in the psychological characteristics of people with IA.
Methods: 100 subjects aged 16-34 years who scored 65 points or more on the Chinese Internet Addiction Scale (CIAS) were identified and divided into 2 groups by gender: group 1 (54 men) and group 2 (46 women). The individual psychological characteristics were assessed with: the Liebowitz Social Anxiety Scale (LSAS); the Bass-Perry Aggression Questionnaire (BPAQ); the Emotional Regulation Questionnaire (ERQ); the Adverse Childhood Experiences International Questionnaire (ACE-IQ); a short version of the Five-factor Personality Questionnaire (TIPI-RU) and the Cloninger Temperament and Character Inventory (TCI-125).
Results: Women were significantly more likely to experience fear of situations of interpersonal contact and action in public places (p=0.027). They experienced significantly more sexual violence in childhood (p=0.032) and were more likely to have personality traits such as "reward dependence" (p=0.002), "persistence" (p = 0.046), and "self-transcendence" (p=0.002). Men demonstrated physical aggression (p=0.009), suppressed emotions (p=0.019) significantly more often than women and characterized themselves as emotionally stable (p=0.048).
Conclusions: The gender differences identified in the cohort of individuals with IA can potentially be considered specific for this contingent, although such gender relationships can be observed in other forms of addiction and in the general population. The specificity of gender differences may reflect individual psychological markers of increased vulnerability to developing IA.

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Keywords: internet addiction; psychological characteristics; Gender differences

EPV1507

Mindfulness based relapse prevention (MBRP, Marlatt) in a naturalistic setting for patients with substance use disorder (SUD)

J. Veeser[1]*, C. Hanak[2], A. Rogiers[3,4], M. Devos[5] and N. Page[5]

[1]Brugmann University Hospital and Enaden addiction center, Brussels, Belgium, Psychiatry, Brussels, Belgium; [2]Brugmann University Hospital, Psychiatry, Brussels, Belgium; [3]Vrije Universiteit Brussel, Faculty Of Medicine, Brussels, Belgium; [4]CHU Brugmann, Psychiatry, Brussels, Belgium and [5]Enaden, Psychiatry, BRUSSELS, Belgium
*Corresponding author.
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Introduction: MBRP has become an established treatment in the field of addiction, but implementing the program in an outpatient setting remains a challenge.
Objectives: We investigated the feasibility of MBRP in an naturalistic outpatient setting and the effect of mindfulness on underlying factors of addiction.
Methods: All patients treated between 2015 and 2019 in the MBRP program at Brugmann University Hospital and Addiction Center Enaden were eligible to participate. Patients were asked to fill in a questionnaire about underlying factors of SUD in the domains of pleasure, emotion regulation, stress, relationship with others and relationship with oneself as well as the effect of the completed training on these factors.
Results: Of the 147(74 F) recruited patients; 32 patients completed the questionnaire. The study population differed in terms of substance (mainly alcohol but also cocaine, cannabis, heroine) as well in their aims towards the substance (reduce, stop or maintaining abstinence). Participation of at least 4 of the 8 sessions was 63 % and overall satisfaction of patients was high. We found a positive effect

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