

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%) reported that 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 in several 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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**Introduction:** Tunisian emigrants may consume psychoactive substances in other countries. This community is exposed to sociocultural and legal contexts different from those in Tunisia and the degree of acculturation would tend to increase over time. However, data on the use of psychoactive substances, particularly cannabis, in this particular population are scarce.

**Objectives:** This study aims to determine the profile of Tunisian young adults residing abroad who use cannabis.

**Methods:** We conducted a cross-sectional, descriptive and analytic study. It was carried out in the form of an online survey. We focused on young Tunisians people who have completed their secondary studies at the pilot high school of Sfax and currently residing abroad. Data collection was through Google Forms administered questionnaire.

**Results:** Thirty-five participants were included in our study. Cannabis use behavior affected 48.6% of them (N=17) and it was done with friends in a festive setting in 88% of cases (N=15). Cannabis use was more common among people who were single (p=0.001), living alone (p=0.047), had a psychiatric history (p=0.032) and hanging out with friends who also smoked cannabis (p=0.032). Cannabis use was also more common among cigarette smokers (p=0.000) and alcohol consumers (p=0.000). It was significantly more common among people who shared erroneous beliefs about cannabis, that it is a mild drug (p= 0.024) and that it does not cause dependence (p= p=0.042).

**Conclusions:** Cannabis use among Tunisian young adults residing abroad seems to be a form of poly-consumption, more common among singles, living alone and having a psychiatric vulnerability. These findings underscore the need for targeted interventions and educational initiatives to address cannabis use within this specific population.

**Disclosure of Interest:** None Declared

### EPV0033

#### HCV screening, investigation and management in persons with SUD admitted to Mount Carmel Hospital, Malta

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**Introduction:** Individuals who suffer from substance use disorder (SUD) are at increased risk of Hepatitis C (HCV). Mount Carmel Hospital (MCH) is the only public service in-patient mental health care facility on the island of Malta. Individuals with SUD are referred to MCH for support with comorbid mental health conditions.

**Objectives:** To assess whether current practice meets the UK Clinical Guidelines on Drug Misuse and Dependence (2017) recommendations- yearly screening for HCV, further testing and referral to infectious disease specialists for those who screen positive for HCV. To compare current practice at MCH, Malta with other countries in the European Union and United Kingdom.

**Methods:** Retrospective analysis of HCV screening, investigation and referral practices as recorded on iSoft Clinical Manager records for SUD-related admissions to MCH under the care of addiction specialists in 2022 (n=120). Admissions data were provided by the data protection office, with permission from the Chairman of the Department of Psychiatry, and de-identified at source to safeguard patient confidentiality.

**Results:** 60% (n=72) of the SUD inpatient population underwent screening for HCV according to guideline recommendations. 37% (n=44) of this cohort has received a positive HCV antibody result. 32 persons had HCV RNA load records, 34% (n=11) of whom had a detectable viral load. 50% (n=17) of those who screened positive for HCV were offered an appointment with an infectious disease specialist within the year, 7 attended. The table below compares HCV status between our group and published data for the UK, Austria and Greece. Despite heterogeneity in study designs and populations (we describe an inpatient cohort with diagnosed SUD, not all of whom inject drugs) comparable proportions have undergone HCV screening in the preceding twelve months and similar proportions have chronic HCV infection.

|                                        | % Tested in past year for HCV | % HCV antibody positive | % HCV RNA detectable | % HCV cleared |
|----------------------------------------|-------------------------------|-------------------------|----------------------|---------------|
| Malta (MCH 2022)                       | 60                            | 37                      | 34                   | 66            |
| England, Wales, N. Ireland (UAMS 2021) | 43                            | 57                      | 26                   | 74            |
| Scotland (NESI 2020)                   | 58                            | 55                      | 81                   | 19            |
| Austria (EMCDDA 2019)                  | 59                            | 85                      | 44                   | 56            |
| Greece (EMCDDA 2019)                   | /                             | 61                      | 54                   | 46            |

**Conclusions:** Most SUD inpatients at MCH undergo HCV screening according to guideline recommendations but current practice falls short of ideal coverage and follow-up care. Current screening practices and chronic HCV infection rates at MCH are comparable to other countries in the EU and UK.

**Disclosure of Interest:** None Declared

### EPV0034

#### Prevalence, sociodemographic factors and psychological distress related to compulsive buying online

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**Introduction:** Since that the online commerce provides an important shopping environment, it has been argued that traditional buying-shopping disorder may migrate into the online market.

**Objectives:** The aims of the current study were to investigate the prevalence of online buying-shopping disorder, and to determine sociodemographic and psychological factors related to this addictive behavior.