

**Results:** Patients receiving trazodone perceived better sleep quality than those receiving the placebo with a non-significantly moderate heterogeneity. As to secondary efficacy outcomes, we only found a significant reduction for trazodone in the number of awakenings compared to the placebo. Trazodone was effective in sleep maintenance by decreasing the number of early awakenings and it could significantly improve perceived sleep quality, although there were no significant improvements in sleep efficiency or other objective measures. Importantly, lemborexant improves latency to sleep onset and sleep maintenance and is able to help people who experience early morning awakenings. Safety data reveal that lemborexant has minimal residual effects on morning alertness or next day function.

**Conclusions:** Unfortunately, treatment of insomnia is not always that simple. The disorder's complex underlying pathophysiology warrants consideration of different nonpharmacologic and pharmacologic treatment options. Indeed, recent insights gained from research into the pathophysiology of insomnia have facilitated development of newer treatment approaches with more efficacious outcomes.

**Disclosure:** No significant relationships.

**Keywords:** sleep disorder; new drugs; Insomnia

## EPV1490

### Sleep disorders among prison officers in Poland

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**Introduction:** Workplace conditions have a documented effect on employee health including sleep. Occupational stress and burnout are more frequent among penitentiary personnel than the general population.

**Objectives:** The aim of the current study was to examine the phenomenon of insomnia and its relationship with occupational burnout in a sample of Polish prison officers.

**Methods:** The study was carried out on a sample of Polish prison officers using the Athens Insomnia Scale (AIS), the Coping Orientation to Problems Experienced (COPE), and the Oldenburg Burnout Inventory (OLBI).

**Results:** showed that the Polish prison officers exhibited early symptoms of insomnia. Sleep disorders had a significant role in developing occupational burnout. Coping strategies such as help-seeking and engagement were revealed to have a mediating role in the relationship between insomnia and occupational burnout dimensions. The coping strategy of help-seeking was the only predictor of insomnia.

**Conclusions:** The results can constitute a significant argument for health promotion campaigns highlighting sleep hygiene directed at penitentiary personnel. A research model created for the purposes of future studies would allow for measuring the frequency of health behaviors, including the general category of preventive behaviors. The study warrants continuation.

**Disclosure:** No significant relationships.

**Keywords:** job burnout; prison officers; Insomnia; coping with stress

## Addictive Disorders

### EPV1492

#### Self-Regulation Processes in Patients with Alcohol Dependence (Pilot Study)

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**Introduction:** The first stage of the psychological intervention is related to diagnostics

**Objectives:** Purpose of the study was to explore features of mental self-regulation processes in patients with diagnosis "Mental and behavioral disorders due to use of alcohol".

**Methods:** The study involved 39 male patients with alcohol dependence, the average age of  $43.6 \pm 6$  years. The experimental group (20 patients) was taking part in in-patient rehabilitation program, the duration of rehabilitation ranged 4-6 months. The control group included 19 patients of the in-patient addiction treatment department, with average duration of treatment 21 days. To assess self-regulation processes, questionnaires "Style of behavior self-regulation" (Morosanova V.) and questionnaire of volitional self-control (Zverkov A., Eydman E.) were used. To compare differences between two independent groups Mann-Whitney U-test was used

**Results:** There was a significant difference for the subscale "Persistence and perseverance" in "Volitional self-control" test ( $p \leq 0.05$ ) for the control and experimental groups. Patients, involved in clinical rehabilitation program, have higher ranks comparing to patients got clinical treatment (22.2 and 17.7). The comparison of the results of the questionnaire "Style of behavior self-regulation" showed that there is a significant difference for subscales "Modeling of significant conditions" and "Independence" ( $p \leq 0.05$ ); participants from the experimental group had higher mean rank in both cases.

**Conclusions:** Patients who took part in the long-term in-patient rehabilitation program had more stable motivation to achieve their goals, better self-regulation and activity planning skills, higher independence and self-confidence, they were less dependent on opinion of others. The identified features can be used in psychological programs aimed at improving planning skills, reducing behavioral rigidity, stabilizing self-esteem and improving adaptive capacity.

**Disclosure:** No significant relationships.

**Keywords:** alcohol dependence; self-regulation processes; patients

### EPV1493

#### Danish Feasibility Study of a New Innovation for Screening and Brief Intervention for Alcohol Problems in Primary Care: The 15-method

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