

## E-mental Health, Emergency Psychiatry and Post-Traumatic Stress Disorder

O0096

### Avatar Intervention for cannabis use disorder in patients with psychotic and mood disorders

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**Introduction:** Cannabis use disorder (CUD) is a complex issue, even more so when it is comorbid with a psychotic disorder or a mood disorder. Indeed, this population seems more vulnerable to this substance since the incidence of developing CUD is five to six times higher. Psychotherapies have only shown a modest short-term effect that is not maintained in the long term. The emergence of the use of virtual reality (VR) in psychiatry could be the tool that will make it possible to overcome this lack of efficiency. Indeed, VR has shown its considerable potential in a variety of psychiatric conditions. However, this modality has not been investigated for treatment for CUD. The Avatar intervention for substance use disorder allows the creation of an avatar and voice transformation that represents a significant person in relation to the patient's substance use and is interpreted by the therapist. During the immersive sessions, patients are invited to work with their avatars on self-affirmation and refusal techniques, the management of negative emotions, stress and cravings, conflict resolution, self-esteem and motivation for change.

**Objectives:** The purpose of this pilot project is to collect preliminary data on a new intervention.

**Methods:** For the realization of this research project, we intend to recruit 40 participants, aged 18 and over, with a diagnosis of a CUD of at least moderate intensity, with a regular cannabis use and who also has a psychotic and/or mood disorder. The intervention consists of 8 weekly one-hour long sessions. Clinical research interviews were conducted and after therapy, and follow-ups occurred at 3, 6 and 12 months. These evaluations will allow us to analyze the quantity of consumption, the severity of CUD measured with the cannabis use problem identification test (CUPIT), as well as objectively the concentration of THC thanks to samples. urinary tests which are carried out at the first and last intervention session as well as at the 3-month follow-up. Also, the psychotic symptoms and the quality of life will be evaluated.

**Results:** In November 2022, 32 participants had been recruited of which 17 participants had completed the Avatar intervention. Preliminary results from this sample show that a decrease of moderate effect size for amount of cannabis consumed was observed, as well as on severity of the cannabis use problem after the intervention. The quantity of cannabis consumed and the severity of the problem was also significantly reduced at follow-up. Quality of life tends to increase and disease symptoms decreased significantly at 3 and 6 month follow-up.

**Conclusions:** To our knowledge, this intervention is a first in the world to target CUD in this particular population while using innovative technology. The Avatar intervention under study in this project presents itself as a new avenue for cannabis use disorders.

**Disclosure of Interest:** None Declared

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### The association between smart phone usage and body image distortion among adolescents and the effect of Social media

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**Introduction:** What adolescents watch affects their body image. Smartphone is one of the most used tool in them today, allowing users to interact each other and share not only pictures but also sights.

**Objectives:** The aim of this study is to evaluate the relationship between time/purpose (i.e. social media or the others) of smartphone usage and body image distortion revealed by weight control behavior. Differences in the effect of smartphone usage according to gender was also evaluated.

**Methods:** The cross-sectional study obtained data from the 2017 Korea Youth Risk Behavior Web-based Survey, a nationally representative survey targeting middle and high school students (N=62,276). We categorized the time using a smartphone into 4 groups: less than 1 h, 1-2 h, 3-4 h, and 5 h or more a day. The students were divided into two groups according to whether their main purpose of using a smartphone is social media or not. We defined that adolescents have body image distortion when they attempted to lose weight in the last 30 days, even though they were not obese (BMI < 95th percentile). We classified inappropriate weight control behavior as using: fasting for at least 24 hours, taking over-the-counter diet pills, taking laxatives or diuretics, vomiting, and eating only one food. We performed logistic regression analysis to evaluate the association between time using a smartphone and body image distortion expressed as all kinds of weight control behavior, adjusting for age, gender, residential area, family economic status, hours of sleep, current alcohol consumption, smoking and day time activity. Furthermore, we repeated logistic regression analysis to evaluate the association between time using a smartphone and inappropriate weight control behavior. Analyses were also stratified according to gender and main purpose of using a smart phone.

**Results:** Smartphone usage time was significantly associated with body image distortion and inappropriate weight control behavior in total group and female adolescents (P <0.05). The association between inappropriate weight control behavior and smartphone usage time is significant even in male adolescent if they use a smartphone more than 5 hours a day. The association between inappropriate weight control and smartphone usage time is also significant when they are not obese. The odd ratio of inappropriate weight control behavior in not obesity group was higher when social media is the main purpose of using a smartphone than the others (OR 1.390 in total group, 1.491 in girls, P <0.001).

**Conclusions:** Using a smartphone and social media too much is associated with body image distortion and inappropriate weight control behavior in adolescents. It is necessary to reduce excessive smartphone use and educate media literacy for healthy body awareness.

**Disclosure of Interest:** None Declared