

## EPP0009

### Descriptive study of adolescents hospitalized in the Psychiatric Unit of a hospital in Madrid, Spain

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doi: 10.1192/j.eurpsy.2024.249

**Introduction:** An increase in suicidal behavior among the adolescent population is reflected in the literature and in clinical practice. According to a study of suicidal behavior and mental health by the Spanish ANAR Foundation, the number of cases with suicidal behavior has experienced an accentuated growth in the period 2012-2022 (1,921.3%), highlighting the increase produced in the post-COVID-19 period, between 2020 and 2022 (128%)

**Objectives:** To analyze the reasons for admission to the short hospitalization unit. To describe the sociodemographic characteristics of hospitalized adolescents.

**Methods:** Descriptive observational study of the sample of adolescents admitted to the inpatient psychiatric unit of the Hospital Universitario Puerta de Hierro between January 1, 2023 and June 30, 2023. It is carried out through the information obtained in the clinical history of the patients.

**Results:** During this period of time 113 adolescents were admitted, 80.2% were female. The mean age was 15.16 years. The main reason for admission was autolytic ideation, occurring in 33.3% of the patients. The second most frequent reason for admission was suicide attempt (29.7%) and behavioral disturbance (17.1%) was the third most frequent. Of the methods used in suicide attempts, drug overeating stands out among the methods used in suicide attempts. (75.8%), followed by attempted hanging (12.1%) or cutting (12.1%).

**Image:**

Reason for admission	Total		Male		Female	
	N	Percent aje (%)	N	Percent aje (%)	N	Percent aje (%)
Suicidal ideation	37	33,3	2	10	35	40,2
Suicide attempt	33	29,7	4	20	29	33,3
Behavioral disturbance	19	17,1	11	55	8	9,2
Self-aggressiveness	8	7,2	2	10	6	6,9
Eating disorders	3	2,7	0	0	3	3,4
Psychotic symptoms	2	1,8	0	0	2	2,3
Dissociative symptoms	1	0,9	1	5	0	0
Conversive symptoms	1	0,9	0	0	1	1,1

**Conclusions:** The results corroborate what is reported in the scientific literature, where self-harm and self-injury attempts have increased and are the most frequent reasons for admission. This

shows that suicide is a public health problem of the first order, where prevention and early intervention programs are necessary.

**Disclosure of Interest:** None Declared

## EPP0010

### Sleep quality mediates the relationship between problematic social media use and attention-deficit/hyperactivity symptoms

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doi: 10.1192/j.eurpsy.2024.250

**Introduction:** Commencing in 2019, the onset of the COVID-19 pandemic prompted an upsurge in online engagement, drawing attention to the advantages and perils associated with the use of social media. Existing research emphasizes that elevated symptom levels of attention deficit/hyperactivity disorder (ADHD) are linked not to the extent (time) of usage but to its addictive nature. However, scant research has explored its relationship with sleep quality.

**Objectives:** In this study, we scrutinized the correlation between problematic social media usage, sleep quality, and ADHD symptoms in a non-clinical sample of young individuals during the third wave of the pandemic.

**Methods:** We administered an online survey to 139 participants (mean age: 21.37 years, standard deviation: 2.68 years, range: 15-27). The survey encompassed various assessments, including the Bergen Social Media Addiction Scale (BSMAS), the Athens Insomnia Scale (AIS), and the self-report version of the SWAN scale (Strengths and Weaknesses of ADHD Symptoms and Normal Behavior). Participants also reported on the extent of their social media use.

**Results:** Significant distinctions emerged in the extent of social media usage between online (M=3.12; SD=1.08) and in-person educational settings (M=2.47; SD=0.78) (t(73)=6.01; p<0.001; d=0.70). While ADHD symptom levels exhibited no correlation with the extent of social media engagement, they did exhibit a significant positive correlation with problematic usage (r=0.32; p<0.001). Likewise, the extent of social media usage displayed no correlation with sleep quality; however, problematic usage was linked to poorer sleep quality (r=0.27; p=0.002). In our mediation analysis, problematic usage correlated both directly (c'=-0.61; p=0.02) and indirectly (ab=-0.36; 95% CI: -0.60 - -0.10) with heightened ADHD symptoms through diminished sleep quality (F(1,120)=21.94; p<0.001; R<sup>2</sup>=0.27).

**Conclusions:** Our findings affirm that it is not the extent but rather the problematic nature of social media usage that assumes significance. Moreover, our results propose that problematic usage may