

socio-demographic information, physical and information about the internet access and use.

**Results:** The sample consisted of 90 males and 62 females with a mean age of  $13.14 \pm 1.2$  years. The majority of participants had their own smartphone (83.6%). The average duration of connection among participants was 5.3 hours per day. The prevalence of IA was 14.5%. Results showed that 46.8% feel their internet use significantly hinders their family relationships. Twenty participants (13.2%) reported that they connected to the internet while they were in classroom. The prevalence of IA was higher among boys than girls ( $p=0.018$ ). There was, also, a significant relation between IA and having academic difficulties ( $p=0.037$ ).

**Conclusions:** The prevalence of IA is elevated in Tunisia. Many negative consequences are identified. Urgent measures should be taken to counter the problem.

**Keywords:** Addiction; Internet; adolescents

### EPP1366

#### Chemsex drugs: More than ghb, mephedrone and methamphetamine?

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**Introduction:** The intentional use of drugs before or during sexual intercourse (chemsex), due to its impact on mental health, is a phenomenon of high importance in men who have sex with men. The main drugs usually described in chemsex related research are methamphetamine, mephedrone and GHB/GBL.

**Objectives:** We present a narrative review of the evidence about the mechanisms of action of different drugs used in chemsex context.

**Methods:** Narrative Review.

**Results:** Different drugs have been associated with chemsex use: stimulants such as cocaine, stimulants with empathogenic properties such as mephedrone, methamphetamine, MDMA; stimulants with a psychedelic effect such as 2C-B; depressants such as GHB/GBL and ethyl chloride; and dissociative hallucinogens such as ketamine.

**Conclusions:** Classical chemsex research includes only mephedrone, methamphetamine and GHB as “chemsex drugs”. Recently, different drugs have been described associated with chemsex practice. Clinicians may encounter polydrug chemsex users and the different mechanisms of action, mental health problems related to every drug and polydrug use must be taken into account.

**Keywords:** chemsex; MSM; sexuality

### EPP1367

#### Emotional regulation in alcohol use disorder (AUD)

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**Introduction:** The process of emotional regulation allows the patient to deal with various situations throughout life, since it includes the ability to create and control emotions, in order to guide action and interaction with others. However, people with alcohol use disorder (AUD) is not always able to give appropriate responses to surrounding situations in the face of certain specific emotions.

**Objectives:** We aimed to evaluate the use of emotional regulation strategies in people with AUD.

**Methods:** A descriptive and correlational study was conducted. A sociodemographic questionnaire, that included variables to assess aspects related to AUD, and the Emotion Regulation Questionnaire were used.

**Results:** The sample had 25 participants, mostly male, average age of 46.68 years. 44% were married, and most cases had an withdrawal time larger than 3 months. Regarding emotional regulation strategies, it was found that the participants resort more to cognitive reassessment ( $M=26.59, SD = 7.54$ ), compared to emotional suppression ( $M = 15.16, SD = 5.03$ ). Statistically significant differences were found between genders in relation to cognitive reassessment ( $U = 29.00; p = 0.02$ ). No correlations were found between withdrawal time, treatment time, cognitive reevaluation and emotional suppression.

**Conclusions:** Results show differences between gender, and the absence of a relationship between educational qualifications in cognitive reassessment, contradicting previous findings on general Portuguese population. This data points to the need to implement intervention programs in this population, taking into account the gender variable, and including the development of the ability to identify and express emotions, as well as of strategies to deal with emotional aspects.

**Keywords:** emotions; alcohol use disorders; emotional regulation

### EPP1368

#### Online gaming dependency, attention levels and sleep quality among online gamers

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**Introduction:** The persistent and recurrent use of the internet to engage in games, often with other players, which leads to clinically considerable deficits and online dependency still lacks more research support its impact of attentional levels and Sleep Quality.

**Objectives:** To assess levels of Online Gaming Dependency, its impact on attention levels and quality of sleep among online gamers.

**Methods:** The following instruments were used: a sociodemographic questionnaire, as well as the Video Game Behavior Assessment Scale ( $\alpha = .842$ ) and the Portuguese version of Color and Words Stroop Test. The sample consists of 66 individuals, 92.3% male and 7.7% female, with an average age of 23.1 ( $SD \pm 4.07$ ).

**Results:** Mild levels of online gaming dependency were obtained. Male gamers presented higher motivation to play online games, and higher levels of Stroop interference. Regarding the association between gaming behaviors and quality of sleep, results show that individuals who have difficulty falling asleep show greater motivation to play online games, a greater degree of concern with daily life