

compared to alcohol and cannabis, suggesting unique social dynamics associated with MDMA use. Conformity motives were also less significant for MDMA users, possibly due to the age of initiation and user maturity.

Understanding the motives behind MDMA use is essential for designing effective interventions and harm reduction strategies. The distinct motives for MDMA, as compared to alcohol and cannabis, highlight the need for tailored approaches to address its use. Further research should explore the complex interplay of motives, age of initiation, social context, and cultural factors to inform comprehensive strategies related to MDMA use.

**Disclosure of Interest:** None Declared

## EPP0354

### Kambó as a drug that can induce psychotic or manic symptoms. A case report

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**Introduction:** Kambó, also known as the “frog medicine,” is a traditional Amazonian medicine derived from the secretions of the Phyllomedusa bicolor tree frog. It has gained global attention for its purported therapeutic properties, including its use in addressing mental health issues. However, the psychiatric effects of kambó remain poorly understood, particularly concerning manic symptoms or psychosis.

**Objectives:** The primary objective of this review is to comprehensively analyze and evaluate the available literature regarding the connection between kambó use and psychosis or manic symptoms. Specifically, this review seeks to determine the prevalence of psychosis among kambó users, identify potential risk factors for the development of psychosis or manic symptoms in this context, explore the mechanisms underlying any observed psychiatric effects, and provide insights into the clinical implications of kambó use.

**Methods:** A case report of a 34-year-old man with chronic delusional disorder who presented to the emergency department with manic symptoms coinciding in time with the use of Kambó.

**Results:** The findings of this bibliographical review suggest that there is limited empirical evidence to establish a direct link between kambó use and psychosis. Most available studies are anecdotal or based on qualitative reports, making it challenging to draw definitive conclusions. While some case reports and interviews suggest that kambó use may be associated with transient psychotic-like symptoms, including visual and auditory hallucinations, more rigorous research is needed to confirm and characterize these effects. Several case reports and qualitative studies suggest that individuals who have undergone kambó ceremonies may experience transient manic-like symptoms, such as elevated mood, increased energy, and impulsivity. However, these reports lack systematic assessment and standardized measurement of manic symptoms. Mechanisms underlying these effects remain speculative, with some researchers proposing altered neurotransmitter systems as a potential explanation.

**Conclusions:** In conclusion, this review underscores the scarcity of scientific literature on the potential association between kambó use and psychosis or manic symptoms. Although anecdotal reports and qualitative studies suggest a link, there is a notable lack of robust empirical research to support or refute this claim. Future research should focus on conducting controlled studies to elucidate the psychiatric effects of kambó, including its potential to induce psychosis and manic symptoms, while also considering cultural and individual factors that may influence outcomes. Such research would contribute to a more comprehensive understanding of kambó’s psychopharmacological profile and its implications for mental health.

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## Anxiety Disorders and Somatoform Disorders

### EPV0071

#### Nomophobia and psychological distress in a sample of young adults and adults

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**Introduction:** Nomophobia comes from the term “no-mobile-phone phobia” and describes the discomfort, stress, or anxiety caused by the absence of a cell phone or any other virtual communication device in individuals who use these devices frequently. Research, although scarce, points to a statistically significant relationship between nomophobia and psychological distress factors such as anxiety, depression, and stress.

**Objectives:** To explore the relationship between nomophobia and psychological distress in a sample of young adults and adults

**Methods:** The sample was composed of 194 Portuguese subjects, aged between 18 and 30 years old ( $M = 22.08$ ,  $DP = 2.89$ ), who fulfilled a sociodemographic questionnaire, and the Portuguese version of the Nomophobia Questionnaire, and of the Anxiety, Depression, and Stress Scale.

**Results:** The entire sample showed some type of nomophobic symptomatology, specifically 59.3% ( $n = 106$ ) had moderate nomophobia and 24.2% ( $n = 40$ ) had severe nomophobia. Positive and statistically significant correlations, with strong magnitude, were found between nomophobia and anxiety (.46\*\*), depression (.58\*\*), and stress (.50\*\*) subscales. Females presented significantly higher nomophobia levels ( $Md = 109.35$ ) compared to males ( $Md = 71.66$ ),  $U = 2480.50$ ,  $p < .001$ , with a high effect size ( $d = .69$ ). A significant and negative correlation was found between nomophobia and age ( $-.18^*$ ).

**Conclusions:** Nomophobia was present in all the sample, and it is related to psychological distress. Females and younger subjects presented higher nomophobia levels. Further studies are needed to clarify their etiology, but some preventive and remedial actions need to be developed in order to minimize its emergence and their negative psychological impact.

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