

**EPV0037****Exploring treatment specifics of addictive disorder in a young adult living in a post-war middle income country with rapid social and cultural transition: a qualitative case report**

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**Introduction:** Addictive disorder, characterized by the tendency to abuse an illicit substance or manifest a repeated risky behavior, is a fairly common phenomenon occurring in the last 50 years, predominantly in middle and high income countries. While psychotherapy has an evident positive impact in the treatment of the disorder, data has shown that it is often not sufficient to achieve full remission and have optimal positive impact in the quality of life compared to simultaneous use of psychotherapy, pharmacotherapy and psychosocial rehabilitation.

**Objectives:** The aim of the study is to highlight different specifics of the inpatient treatment of “Mr. E”, living in a post-war middle-income country with rapid social and cultural transition.

**Methods:** Subject of this case study is “Mr. E” a 17 year old student with a history of family trauma with a long history of abuse and ambulatory psychiatric treatment. Data has been analyzed from the medical history of the patient treated in 2023, in the substance abuse unit of the Department of Psychiatry, University Clinical Center of Kosova. Semi structured interviews, daily abstinence symptoms evaluation and self - report measures were used to gather qualitative data throughout the treatment process. Treatment protocol consisted on: detoxification, pharmacotherapy and simultaneous supportive individual and group psychotherapy, with the goal to evaluate, treat and reintegrate “Mr. E” into the society free of illicit substance abuse. Comorbidities are correlated with underlying causes, while a healthy lifestyles are promoted through the work on behavior changes that will support optimal social reintegration in a rapid changing social and cultural environment.

**Results:** The findings revealed several significant therapeutic objectives such as: Enhanced self – awareness; Reduced ruminations and increased self-control; Enhanced quality of life; and Decreased substance abuse. Detoxification protocol in the treatment of addictive disorder in inpatient psychiatric treatment was essential for abstinence symptom management during crisis. Strengthening the body parallel to healing the mind was found as an important stepping stone.

**Conclusions:** Combined, detoxification, psychopharmacological, and psychotherapeutic approach was essential for successful treatment of a young adult in a post-war middle income country with rapid social and cultural transition.

**Disclosure of Interest:** None Declared

**EPV0038****Orthorexia Nervosa and exercise addiction in a sample of Tunisian athlete students**

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**Introduction:** Orthorexia and exercise addiction can lead to serious health problems, such as malnutrition and exercise-related injuries.

**Objectives:** The aims of our study were to assess the prevalence of exercise addiction and orthorexia nervosa in Tunisian students at the Institute of Physical Education in order to investigate the relationship between these different health dimensions.

**Methods:** An anonymous self-administered questionnaire was distributed to students in the Sfax and Gafsa sports sections during March 2023. The orthorexic tendency was assessed using the ORTO-15 questionnaire. An ORTO-15 score below 40 points indicates orthorexic tendencies. The Exercise Addiction Inventory (EAI) was used to study exercise addiction

**Results:** In our study, 240 students were included. Mean scores on the ORTO-15 and EAI scales were  $38.6 \pm 8$  and  $16.6 \pm 4.1$  respectively. Participants at risk of exercise addiction had a statistically significant tendency towards orthorexia ( $p < 0.001$ ). Among the students, 82.5% had engaged in regular physical activity at a gym in the last two years. The reasons given by students for going to the gym were muscle strengthening (57.9%) and preparation for a sporting competition (37%).

Among students taking part in sports activities at the gym, the mean ORTHO-15 score was significantly lower among those doing so to prepare for a sports competition ( $p = 0.005$ ). Participants who believed that they were addicted to sport had a statistically greater tendency towards orthorexia ( $p = 0.012$ ).

**Conclusions:** Our study revealed an association between addictive exercise and orthorexic eating in Tunisian athlete students.

**Disclosure of Interest:** None Declared

**EPV0040****Liquor for breakfast, fighting against alcohol consumption**

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**Introduction:** The harmful consumption of alcohol is known for how tortuous its management can be in mental health, encouraging introspection of it as a serious problem is perhaps the main key to starting to battle against its damaging influence on the development of a functional and full life.

**Objectives:** To describe a clinical case showing an unpredictable complication in an alcohol detoxification process.

**Methods:** 54-year-old man, native of Cádiz, widowed for half a decade, without children. He resides with his parents in the family home. Currently unemployed for approximately a year. He has previously worked in the IT sector. As a notable somatic history, we found long-established arterial hypertension and a total hip