

increased need of psychoeducation and social support in many areas of life. Future research should be considered.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1087>

EV104

Problem-solving appraisal as mediator, moderator and predictor of smoking-abstinence effects

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Introduction There are extensive investigations explaining smoking abstinence effect, yet little is known about the cognitive and metacognitive mechanisms that underlie the severity of smoking abstinence effects. Several studies reported that problem-solving appraisal is associated with psychological maladaptive behaviors, such as depression, anxiety.

Objectives Examining the role of problem-solving appraisal as mediator, moderator and/or predictor of the severity of withdrawal symptoms and probably relapse.

Aims Studying the role of problem-solving appraisal in the severity of smoking abstinence withdrawal symptoms.

Methods The present study utilized a two-group pretest and posttest design to examine the mediating, moderating and predicting role of problem-appraisal of smoking-abstinence effects. A total of 92 adult men smokers were administered the problem-solving inventory (PSI-Ar) as well as several self-report measures of most reported smoking abstinence effects (pre-test), and then were asked to stop smoking for 48 h and administered again the same measures except the PSI-Ar (post-test).

Results The results revealed that problem-solving appraisal acts as a possible mediator and predictor but not moderator of the severity of smoking-abstinence effects. The individuals with who appraised themselves as ineffective problem solvers have shown more severe abstinence effects i.e. somatization, depression, general anxiety, panic, mood states, smoking urges, insomnia and habitual sleep duration.

Conclusions Problem-solving appraisal plays a key role in severity of smoking-abstinence effects by means of mediating the relationship between abstinence effects before and after smoking abstinence. The findings are discussed in the context of future research and possible intervention recommendations.

Keywords Appraisal; Problem-solving appraisal; Problem-solving inventory; PSI-Ar; Smoking abstinence effects

Disclosure of interest The author has not supplied his declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1089>

EV108

Metacognitive factors in a sample of Greek alcohol dependent patients

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Introduction The harmful use of alcohol causes a large disease, social and economic burden in societies. Metacognition is a complex concept referring to the cognitive control and regulation of many types of cognitive processes.

Objectives Metacognitions are considered to be an important factor in the development and continuance of psychological disorders.

Aims The purpose of this study is to examine the probable relations between alcohol abuse and Metacognitions with the Metacognitions Questionnaire – 30 (MCQ-30).

Method Twenty-three men and 16 women, aged between 22 and 64 years, inpatients in Eginition Hospital, due to alcohol dependence, completed the Greek-Version of the MCQ-30.

Results The mean total scores of alcoholics were higher than the ones of the healthy subjects. Namely, the group of the alcohol abused patients presented a higher score in comparison with the normal group in three of the five metacognitive dimensions. Additionally, alcoholic men outscored alcoholic women in two of the five factors. Specifically, alcoholic men appeared to be less confident about their memory and attention than alcoholic women. Furthermore, alcoholic men, compared to alcoholic women claimed in a significant greater level that worrying helped them to function.

Conclusions The above findings suggest that metacognitions could play a role in the orientation and maintenance of alcoholic abuse behavior. Moreover, these results may pose the question of whether these metacognitive beliefs could be seen as an indicator of differentiating alcoholic men from women. Overall, further research could provide additional information concerning the relation between Metacognitions and alcoholic dependence.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1093>

EV109

Transformation of social networking sites' usage patterns – a threat to health?

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Introduction Internet as a vast global network, consisting of commercial, educational, informational and communicational facilities, has a huge impact on human behavior. Designed simultaneously by the needs of users and technical capacity, has become an addictive medium thanks to low cost of usage and broad availability. Social networking sites (SNSs) have a special place in the cyberspace. Due to the wide range of services, additionally differing on latitude, age and other variables, SNSs' impact on a life of an average user is difficult to assess.

Aim The study assess the changes between 2013 and 2015 in usage patterns and impact of the social networking sites on users with focus on possibility of dependence development and emphasis on gender differences.

Materials and methods Anonymous questionnaire, available online, was prepared solely for the purpose of the study. Questions were related to the types and frequency of specific activities undertaken by the private profiles of users and based on pilot study conducted in January 2013.

Results The first stage (March–April 2013) consisted of 1248 respondents, the second stage (August–September 2015) gathered 1112 respondents. Research showed changes in age of users, type of information looked for and tools used to browse SNSs.

Conclusions Private profiles are no longer used only for communication or personal expression; it is a new way of getting to know what is happening and sharing voices of communities. As a tool of making money, which is more and more visible, SNSs interfere with previous patterns of portals' usage.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1094>