

higher risk of developing alcohol use disorder (AUD) in patients undergoing bariatric surgery that is not better explained by differences in baseline characteristics such as socioeconomic factors. This reinforces the need to optimize mental health professionals' intervention in these patients.

Objectives: Report a clinical case and conduct a literature review on the etiology of the increased risk of alcohol use disorder in patients after bariatric surgery.

Methods: Description of a clinical case and a non-systematic review of literature on the PubMed database, selecting articles published in the last decade and their included reference lists, combining the following MESH terms: "bariatric surgery" and "abuse, alcohol".

Results: The clinical case presented is a 45 years old woman, with a college degree, that was diagnosed with AUD in 2020, 6 years after being submitted to bariatric surgery. She didn't have any alcohol-related problems before the procedure but she describes the death of her mother in 2020 as the trigger for her current heavy drinking habits. Injuries induced by alcohol intoxication have since then caused multiple visits to the emergency room and she has now a reported cognitive impairment that severely compromises her ability for self-care. The association between AUD and bariatric surgery, as presented in the reported clinical case, is well established in current literature. The switch of patient's coping mechanisms from eating to drinking, surgical-induced alcohol pharmacokinetics changes or adaptations of neuroendocrine mechanisms (such as ghrelin and its impact on the mesolimbic dopamine system) that contribute to the augmentation of brain reward signaling are all factors that could play a role in the increased reinforcing value of alcohol in these patients. Psychosocial factors were also identified as variables that could impact alcohol-misuse post-operatively. Furthermore, data suggests differences between surgical procedures: while both Roux-en-Y-Gastric Bypass (RYGB) and Sleeve Gastrectomy (SG) dramatically impact alcohol pharmacokinetics, Laparoscopic Adjustable Gastric Banding (LAGB) does not.

Conclusions: There is a strong possibility that the patient's drinking habits started as a coping mechanism, but her surgery may have also contributed to her AUD. Our review found multiple biopsychosocial factors that could explain the link between bariatric surgery and AUD and some predictors for its development, but future research is needed to fully elucidate its complexities. Nonetheless, health professionals must be well informed for the timely prevention, diagnosis and treatment of eventual AUD in these patients.

Disclosure of Interest: None Declared

EPP0523

Sex-specific associations of different risk behaviors with socio-demographic, health status and lifestyle factors

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doi: 10.1192/j.eurpsy.2023.825

Introduction: Knowledge about concurrent substance use and other risk behaviors - as well as their determinants - in the general population is insufficient.

Objectives: To investigate socio-demographic, health status, and lifestyle determinants of habit-forming risk behaviors among French men and women.

Methods: We analyzed data collected in 2021–2022 from 32,622 participants (74.5% female; mean age=57.9±14.2 years) of the NutriNet-Santé web-cohort who had completed the Alcohol Use Disorders Identification Test, the 12-item Cigarette Dependence Scale, the modified Yale Food Addiction Scale 2.0, and the Internet Addiction Test. Using established cutoff values, participants were first split into 2 groups (Yes/No) for each risk behavior (alcohol use disorders, nicotine dependence, food addiction, and Internet addiction) and then placed into 3 groups (no risk behavior, 1 risk behavior (reference), and ≥2 risk behaviors) before fitting polytomous logistic regression models according to sex.

Results: Younger age (Odds Ratio: OR_{male}=2.07; OR_{female}=2.04), self-perceived poor health (OR_{male}=2.06; OR_{female}=1.61), having obesity (OR=1.56; OR_{female}=1.30), lack of affection during childhood (OR_{male}=1.56; OR_{female}=1.39), and a lifetime prevalence or medication use for a mental disorder (OR_{male}=1.73; OR_{female}=1.38) were significantly associated with having ≥2 versus 1 habit-forming risk behavior in both sexes (all $p < 0.05$). Results for experiencing current financial difficulties (OR_{female}=1.34), self-perceived poor dietary quality (OR_{female}=3.23), being underweight (OR_{female}=1.58) and overweight (OR_{female}=1.30) were significant only in females (all $p < 0.05$). The same factors plus current e-cigarette use (OR_{male}=0.54; OR_{female}=0.77) in both sexes, having a higher educational attainment (OR_{female}=0.75), being physically active at work (OR_{female}=0.78) in females were inversely associated with having none versus 1 risk behavior (all $p < 0.05$).

Conclusions: To our knowledge, this is the first study to explore determinants of concurrent habit-forming risk behaviors among men and women in a large, population-based study. The findings could serve as impetus for future research in this domain and ultimately help guide addiction prevention efforts.

Disclosure of Interest: None Declared

EPP0524

Correlations between smartphone addiction and depressiveness, daytime sleepiness as well as perceived social support in adolescents

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doi: 10.1192/j.eurpsy.2023.826

Introduction: Background of behavioral addictions, which include smartphone addiction, is complicated and unclear. Belonging to an Internet community that shows many forms of virtual pathology and generates new, artificial trends also favors the development of mental implications which include lowered mental immunity, emotional lability, increased depressiveness, aggression, inadequate self-esteem, lowered self-value and personality disorders. Implications regarding the social sphere are above all related to the gradual

alienation from the closest environment as a result of preoccupation with the subject of dependence. Those consequences include deterioration of social relations, loss of interpersonal skills and former interests, as well as the minimization of contacts with the closest ones which lead to the sense of social isolation and loneliness.

Objectives: The aim of this study was to estimate the scale of mobile phone addiction among young adults as well as to establish whether the low level of perceived social support is related to the problematic smartphone use, and whether an addictive pattern of smartphone use is related to the prevalence of depressiveness and excessive daytime sleepiness.

Methods: The study involved 567 young-adult respondents from West Pomeranian Voivodship in Poland. The study was carried out using the diagnostic poll method via questionnaire technique. Both the author's own questionnaire and the following standardized research tools were used: the Mobile Phone Problem Use Scale for Adolescents (MPPUSA), the Beck Depression Inventory (BDI), the Epworth Sleepiness Scale (ESS), the Multidimensional Scale of Perceived Social Support (MSPSS).

Results: Perceived social support was significantly lower in the group of respondents who problematically used their smartphones in comparison with the ones who used them in a correct way ($p < 0.05$). Severity of depressive symptoms and daytime sleepiness ($p < 0.05$) was significantly greater in respondents addicted to their mobiles in comparison with non-addicted ones.

Conclusions: The scale of the mobile phone addiction phenomenon in respondents was low. Many respondents though expressed a subjective sense of being addicted to their smartphones in comparison with the obtained results. Problematic smartphone use concerns to the same degree members of both sexes, residents of villages and cities, as well as singles and ones in relationships (both formal and informal). The mobile phone addiction is associated with the risk of severe symptoms of depression and excessive daytime sleepiness. Pathologic pattern of smartphone use much more frequently concerned individuals who perceived their social support level as low.

Disclosure of Interest: None Declared

EPP0525

Implications of COVID-19 pandemic on internet addiction among Croatian university students

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doi: 10.1192/j.eurpsy.2023.827

Introduction: During the COVID-19 pandemic the internet has become an important medium for learning and communication for university students. Increased time spent online during the pandemic is a significant risk factor for the development of internet addiction (IA) in this population.

Objectives: This study aimed to investigate the influence of pandemics on IA among Croatian university students and to evaluate the characteristics of IA during the pandemic in comparison to pre-pandemic time.

Methods: Two cross-sectional studies, one in April 2016 and another in April 2022 were conducted. As part of these studies, a validated, anonymous questionnaire that contained questions regarding demographic data, as well as Young's Internet Addiction Test, was self-administered to a cross-faculty representative student sample of the University of Osijek in Eastern Croatia.

Results: The study sample included 1602 university students (810 in the year 2016 and 792 in the year 2022), the median age was 21 years (interquartile range 20-22), 34.5% males, and 65.5% females. There was no statistically significant difference in the median age of the two students' samples ($p=0.234$). The main reasons for internet usage were learning and faculty assignments (25.0%), social networking and entertainment (71.0%), and online gaming (4.0%), and there was no statistically significant difference between observed students' samples ($p=0.075$). The overall prevalence of IA in 2016 was 41.4% and 39.8% in 2022 but this difference was not statistically significant ($p=0.542$). The proportions of students with mild, moderate, and severe IA in 2016 were 32.8%, 8.4%, and 0.1% respectively, while in 2022 they were 27.4%, 11.9%, and 0.5%, and observed differences were statistically significant ($p=0.011$).

Conclusions: The COVID-19 pandemic has changed the pattern of IA among Croatian university students where proportions of students with moderate and severe IA were significantly higher in comparison to pre-pandemic time. To successfully manage this important public health challenge during the pandemic and post-pandemic time specific preventive measures intended for this population should be developed.

Disclosure of Interest: None Declared

EPP0526

Assessment of the Short Grit Scale in patients with substance use disorder: Reliability and patient characteristics

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doi: 10.1192/j.eurpsy.2023.828

Introduction: Recovery from substance use disorder requires sustained effort and perseverance. Grit is a resilience factor that may be important for people in recovery. Little research has been conducted on grit in patients with substance use disorder, especially in a large and varied sample.

Objectives: To examine the Short Grit Scale (Grit-S) in patients with substance use disorder, our aims were to analyze its psychometric properties and use demographic and clinical characteristics to predict variance in Grit-S scores.

Methods: In this study of patients in treatment for substance use disorder, participants completed the Grit-S and other self-report measures. The psychometric properties of the Grit-S were assessed in outpatients (N=94) and a hierarchical regression was used to predict Grit-S variance in inpatients (N=1238).

Results: The Grit-S demonstrated good internal consistency ($\alpha=.75$) and strong test-retest reliability (unadjusted $r=.81$, adjusted $r=.79$, p values $<.001$). The mean Grit-S score was 3.15, which was lower than other clinical samples reported in the literature. Regression modeling indicated a moderate, statistically