EPV0021

Cyberaddiction in the medical setting: A study of 45 cases

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Introduction: Internet use can become uncontrollable, leading to physical and psychological suffering and what is known as cyberaddiction.
Objectives: To assess the frequency of cyberaddiction in a population of young doctors.
Methods: We conducted a cross-sectional, descriptive study of a population of young doctors. We collected socio-professional and medical data using a Google Forms self-questionnaire. The Young scale was recommended for screening for cyberaddiction. A score ≥5 indicates Internet addiction. The Hospital Anxiety and Depression Scale (HAD) was adopted to reveal anxiety-depressive disorders.
Results: A total of 45 physicians responded to our survey. The mean age was 29.93±4.8 years. The sex ratio (M/F) was 0.3. Participants were single in 69% of cases. Residents represented 64% of the population. Physicians were family medicine residents in 11% of cases. The mean Young's score was 3.13±1.97/8. Cyberaddiction was noted in 24% of cases. A definite anxiety-depressive disorder was found in 6.7% and 13.3% of cases respectively. Internet addiction was significantly associated with female gender (p<0.05) and a positive HAD (A) score (p=0.03).
Conclusions: According to the results of our study, cyberaddiction is common among medical staff. A preventive strategy is needed to counter the harmful effects of this addiction.

Disclosure of Interest: None Declared

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Alcohol and tobacco dependence among medical practitioners

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Introduction: Excessive use of tobacco, alcohol and other illicit drugs has a negative impact on the physical and mental health and work capacity of users. Physicians are no exception to these dreadful practices.

Objectives: To assess tobacco and alcohol use among medical staff and the factors associated with these uses.
Methods: Descriptive cross-sectional study of physicians practicing in different Tunisian hospitals. The levels of tobacco and alcohol dependence were assessed by the Fangeström and AUDIT tests. Anxiety and depression disorders were screened by the hospital anxiety and depression scale (HAD)
Results: A total of 45 physicians participated in our study. The average professional seniority was 3.36 ± 3.5 years. The mean age was 32.11 ± 6.08 years with a sex ratio (M/F) of 0.32. The participants were medical residents in 64% of the cases. The frequency of smoking was estimated at 24%. The level of smoking dependence was high in 9% of cases. Men were more addicted to nicotine than women (p=0.014). Alcohol consumption was 18%, made up of 62% of women; with a strong dependence rate in 25% of users. Definite anxiety disorders were found in 7% of cases and definite depressive disorders were present in 13% of cases. No correlation between medical specialty, grade, anxiety disorders and level of dependence was observed.
Conclusions: Doctors seem to be particularly affected by addictive behaviours and psycho-emotional disorders which could sustain these practices. Awareness-raising sessions and special monitoring must be introduced to combat these scourges.

Disclosure of Interest: None Declared

EPV0024

Prevalence and determinants of internet addiction among children with depression: A study in a school setting in Tunisia

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Introduction: Child depression is a public health problem. Its association with internet addiction (IA) could increase the frequency of complications and have a significant impact on the child's psychological well-being, schooling, family and social life.
Objectives: To study the clinical profile and associated factors of IA in a population of primary school children with depressive disorders.
Methods: This was a descriptive and analytical cross-sectional study of 182 children with depression attending four primary schools in the government of Sfax. The study took place from 1 March 2022 to 30 June 2022. In the present study, we administered the following psychometric scales: Internet Addiction Test (IAT), Revised Children's Anxiety and Depression Scale (RCADS- 47), Birleson Depression Scale Questionnaire and the Rosenberg Self-Esteem Scale.
Results: The mean age of the children studied was 9.9 ±1.17 years and the sex ratio was 0.8. Mean score of Internet Addiction Test was 40 ±4,46. In addition, Internet addiction was identified in 73.6% of students with depression (N=143). Following a univariate analysis, internet addiction among depressed Childrens was positively correlated to individual factors such as the absence of leisure activity, the number of hours per day spent on the internet (1.63 VS 3.25, P < 0.001) and interest in accessing Tiktok (p=0.002). Internet addiction in depressed children also depended on family factors. Internet addiction was more common among childrens with a medium to