

of mindfulness on all of the underlying factors for SUD. Underlying factors of SUD, as well as the effect of mindfulness on these factors showed strong individual variation. The most frequently observed negative effect was acute craving; 1 patient became acute suicidal. **Conclusions:** MBRP is feasible and has a clinically relevant impact on underlying factors of SUD. Negative effects were also observed and should be carefully monitored.

**Disclosure:** No significant relationships.

**Keywords:** mindfulness; addiction; negative effects; MBRP

## EPV1511

### Personalized Care in Opioid Use Disorder maintained on Buprenorphine

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**Introduction:** Effectiveness of buprenorphine (BUP) is moderated by medication misuse diversion and non-adherence, and poor retention and high cost. Contingency Management has added benefit to BUP with Take-home doses as the most preferred reward by Opioid Use Disorder patients.

**Objectives:** Examine the clinical effectiveness of a novel incentivised medication adherence and abstinence monitoring to enable contingent access to increasing BUP take-home doses. Explore associations with opioid use and retention. Contrast characteristics of polysubstance abusers (PSA) and response to BUP, with single opioid users.

**Methods:** Two-arm, pragmatic, 16-week outpatient RCT of BUP maintenance. Takehome doses were provided as stepped-approach upto 4-weeks contingent of abstinence (UDS) and adherence according to Therapeutic Drug Monitoring-TDM. Primary outcome and secondary outcomes were % negative UDS for opioids and retention, respectively.

**Results:** Opioid % negative UDS was 76.7% (SD 25.0%) in I-AAM versus 63.5% (SD 34.7%) in TAU (13.3%; 95% [CI] 3.2%–23.3%; Cohen's d 0.44; 95% CI 0.10–0.87). In I-AAM, 40 participants (57.1%) were retained versus 33 (46.4%) in TAU [OR: 1.54; 95% CI 0.79–2.98]. PSA (73.7%, n=104) and carisprodol use increases non-fatal overdose (OR) 3.83, 95% CI 1.25 to 11.71) and 5.31, 95% CI 1.92 to 14.65], respectively. Opioid and non-opioid UDS are positively associated. BUP elimination rate (BUP-EL.R) predicts 26.5% to 65% of negative opioid UDS [Beta - 89.95, 95% CI -154.20 to -25.70, R<sup>2</sup> 0.22]. Family engagement increases retention by 3-fold.

**Conclusions:** BUP + incentivised TDM for contingent access to increasing take-home doses increased abstinence. BUP-EL.R seems promising in BUP treatment precision and BUP is clinically valuable in polysubstance abusers. Engaging family enhances retention.

**Disclosure:** No significant relationships.

## EPV1512

### Differences in addictive beliefs in people with psychostimulant addiction and in opioid addicts

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**Introduction:** Today, a number of researchers consider the problem of addictive behavior as one of the most global problems for Kazakhstan and Russia. Some scientists consider CBT to be the most effective way to work with addictions. In our country there are no scientific works devoted to the study of addictive beliefs, so we decided to conduct such a study

**Objectives:** The Objective of the study was to identify the characteristic addictive beliefs of drug addicts with different type of addiction: opioids and synthetic cathinones (designer drugs called "salts", "bath salts")

**Methods:** Questionnaire of addictive beliefs by A. Beck, questionnaire of beliefs about cravings by A. Beck and F. Wright, clinical interview. Descriptive statistics and chi-square test were used for data processing

**Results:** People with opioid addiction are more likely to believe that their lives will become more depressive if they stop using drugs (p= 0.0347); that drug use is the only way to cope with pain in their life (p= 0.0347) and that they cannot cope with anxiety without drugs (p=0.009). Respondents who use synthetic psychostimulants endorse to believe that addiction is not a problem for them (p= 0.0358).

**Conclusions:** Having categorized these beliefs in accordance with A. Beck's classification, we came to the conclusion that "relief-oriented beliefs" are more typical for people who use opiates. The motive for use is often the desire to alleviate a negative emotional or physical state. For people using psychostimulants "salt", "anticipatory beliefs" are more characteristic - the desire to experience euphoria and pleasant experiences

**Disclosure:** No significant relationships.

**Keywords:** cognitive therapy; substance use; Addiction; addictive beliefs

## EPV1513

### Psychosocial contributors to Internet and social media addiction among adult women

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**Introduction:** When speaking of behavioral addictions (especially to the Internet and social media), it is emphasized that it is not the