

## Abstract

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### EPV0001

#### Eating disorders and smartphone addiction among university students: Which relationship?

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**Introduction:** Nowadays, most of the university youth use smartphones resembling a mini-computer. Despite its benefits, it has been shown that smartphone use is associated with increased anxiety, insomnia, lack of self-confidence, emotional disturbances, as well as negative effects on energy level, body weight and eating habits.

**Objectives:** This study aimed to assess the relationship between smartphone addiction and eating disorders in university students.

**Methods:** It was a cross-sectional web-based study, conducted among 108 university students in Tunisia. Data were collected using an online questionnaire spread throughout social media (Facebook), using the Google Forms® platform. Eating disorders were assessed via “EATING ATTITUDES TEST-26” (EAT-26) and smartphone addiction via “SMARTPHONE ADDICTION SCALE-SHORT VERSION” (SAS-SV).

**Results:** The mean age of participants was  $22.11 \pm 2.2$  years, with a sex-ratio(F/M) of 3.7. The mean score SAS-SV was 38.3. Among the students, 75.9% were considered at high risk of Smartphone addiction.

The mean score EAT-26 was 20.45. A problematic eating behavior was noted in 32.4% of participants.

Students with higher SAS-SV scores were more likely to have higher EAT-26 scores ( $p=0.013$ ;  $r=0.237$ ). Students being at risk of eating disorder were found to have higher SAS-SV scores (40.9 vs 37;  $p=0.033$ ).

**Conclusions:** Our findings suggested that smartphone addiction seems to be associated with the development of eating disorders. Thus, university students should be encouraged to join social communities so that they may take a break from technology and spend their leisure time developing meaningful relationships.

**Disclosure of Interest:** None Declared

### EPV0002

#### Smartphone addiction among university students in Tunisia

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**Introduction:** Popularity and availability of smartphones have dramatically increased in the past years, and have led to a great impact on people’s daily lives changing their habits and behaviors. This trend is accompanied by increased concerns regarding potentially adverse effects of problematic smartphone use, particularly with respect to physical and mental health.

**Objectives:** In this study, we investigated prevalence and associated factors of smartphone addiction among Tunisian university students.

**Methods:** It was a cross-sectional, descriptive and analytical web-based study, conducted among 144 university students in Tunisia. Data were collected using an online questionnaire spread throughout social media (Facebook), using the Google Forms® platform, during September and October 2022. We used the “Smartphone Addiction Scale-Short Version” (SAS-SV).

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**Results:** The mean age of participants was  $23.38 \pm 3.27$  years, with a sex-ratio of (F/M) of 2.8.

Tobacco, alcohol and cannabis use was noted respectively in 12.5%, 3.5% and 3.5% of cases.

The mean score SAS-SV was  $37.92 \pm 8.82$ . Among the students, 68.8% were considered at high risk of Smartphone addiction.

Male students were more likely to be at higher risk of smartphone addiction than females, without a significant relationship.

Scores of SAS-SV were significantly higher among cannabis users ( $48.4$  vs  $37.54$ ;  $p=0.006$ ) and non-medical students ( $39.07$  vs  $36.11$ ;  $p=0.049$ )

**Conclusions:** University students are a particularly vulnerable population to smartphone addiction, and this may lead to negative psychosocial effects. Educational awareness and preventive measures should be implemented.

**Disclosure of Interest:** None Declared

### EPV0003

#### INHALANT USE AND PSYCHOSIS: EXPERIENCE OF A MOROCCAN ADDICTION DEPARTEMENT

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**Introduction:** Inhalants are volatile psychoactive compounds whose effect varies from disorientation, excitement, euphoria to hallucinations. Different opinions have been raised concerning the relationship between inhalant use and psychosis and several publications have studied the incidence of psychotic disorders in the context of inhalant use. These studies concluded that using inhalants was independently associated with the development of psychosis

**Objectives:** our aim is to determine the demographic and psychiatric profile of inhalant users previously hospitalized in our department

**Methods:** This is a retrospective descriptive study carried out by analyzing hospitalization records in the addictology department of the psychiatric university hospital Ar-Razi in Salé over a period of one year (from August 2020 to August 2021). The diagnoses are established according to the DSM 5 diagnostic criteria.

**Results:** Seventeen patients, inhalant users, were recruited after chart review, including 5 women and 11 men (68.7 %). The average age was 24.7 years (16; 41). The majority of the patients were single (81.2%), 62.5 % had a secondary education and 62.5 % were unemployed.

The psychiatric evaluation showed that 87% of these patients had a history of incarceration, 50% had a diagnosis of schizophrenia, 12.5% had bipolar disorder and 14.2% had a cluster B personality disorder (DSM 5).

The average age of onset of the addictive disorder in this population was 14.4 years and the entire sample was polyaddictive.

**Conclusions:** More than half of our sample had psychosis associated with their inhalant use disorder. these results are consistent with literature data.

**Disclosure of Interest:** None Declared

### EPV0004

#### EVALUATION OF ADDICTIVE BEHAVIOR IN DEPRESSIVE DISORDERS

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**Introduction:** The comorbidity between depressive disorders and addiction is far from being random. Through substances, users try to ameliorate their feelings of sadness, reduce present anxiety. The phenomena of tolerance and dependence quickly worsen the situation, and make any attempt at withdrawal more difficult.

**Objectives:** The objective of this study is to analyze the addictive behavior in patients diagnosed with depressive disorder.

**Methods:** This is a retrospective descriptive study carried out by analyzing hospitalization records in the addictology department of the psychiatric university hospital Ar-Razi in Salé over a period of one year (from August 2020 to August 2021). The diagnoses are established according to the DSM 5 diagnostic criteria.

**Results:** Of 141 patient records initially entered, nine records were not usable and 54 patients had a diagnosis of depressive disorder constituting 40.9% of admissions to the service. The average age was 37.9 years (16; 69).

Among our depressed and substance-using patients, the most frequent comorbidity was personality disorders (29.6%) followed by anxiety disorders (11.1% of cases). Thirty-five percent of patients reported at least one suicide attempt in the past and 11.1% had experienced sexual abuse.

The average age of onset of addiction in our sample was 17.8 years (11; 31). The most used substance was tobacco (n=44) followed by alcohol (n=43), cannabis and then benzodiazepines.

**Conclusions:** The relationship between depression and substance use remains complex. Although depressed patients often turn to drugs in search of a state of well-being, withdrawal from these substances can also aggravate or cause the depression.

**Disclosure of Interest:** None Declared

### EPV0005

#### COULD WE PREDICT AN EPISODE OF DELIRIUM TREMENS? CASE REPORT

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**Introduction:** Delirium tremens is one of the most serious complications associated with alcohol withdrawal. It affects a percentage of 5 to 20% of users and is not related to the duration of consumption nor to the quantities taken. An early diagnosis will facilitate a quick treatment without putting at risk the vital prognosis.