Results: A total of 92 computer engineers were included. The average age was 27 ± 4.7 years with extremes ranging from 23 to 55 years. The sex ratio (M / F) was equal to 1.48. Sixty-nine percent (69%) of engineers considered that their work takes so much energy and time that it had a negative impact on their private lives (less time spent with family, more marital conflicts, etc…). Fifty-four percent (54%) of engineers suffered from sleep disorders (difficulty falling asleep, repetitive nocturnal awakenings, etc). The results of the WART questionnaire showed that 58% of engineers were at risk of work addiction, of which 27% had a high risk. This group of engineers with a medium to high risk of work addiction had an average age of 26 ± 3.6 years with extremes ranging from 23 to 42 years. The sex ratio was equal to 1.52. They reported more negative impact of their work on their personal lives (p=0.010) and more reproaches from family members (p= 0.038). They were at risk of burnout syndrome (p=0.038). No statistically significant relationship between the risk of work addiction and the occupational characteristics (occupational category, seniority in the engineering position, number of hours spent at work / week, etc.) was found.

Conclusions: The occupational physician has a crucial role in screening work addiction and its consequences among engineers. Early detection among at-risk populations must be carried out by a multidisciplinary team for appropriate management of workaholic employees.

Disclosure of Interest: None Declared

EPP0296

Internet addiction and psychological distress in highly schizotypal students

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Introduction: There is some limited evidence of an association between technology addictions and the emergence of pre-psychotic symptoms, high psychoticism , psychotic like experiences, and high schizotypy among young non-clinical adults. These addictions and their subsequent distress are likely to contribute to transition to psychosis in individuals at risk .

Objectives: we aimed to explore the association between Internet addiction and distress in the high schizotypy group , expecting that the two would be associated .

Methods: From a pool of 700 students, the final sample consisted of 74 low schizotypal and 70 high schizotypal students. Data were collected using a self-administered questionnaire which contained five research scales: The Schizotypal Personality Questionnaire (SPQ) , the Depression, Anxiety and Stress Scales (DASS-21) , the Internet Addiction Test (IAT).

Results: Bivariate analyses revealed significant positive correlations between Internet addiction and depression (r=.344, p<.0001), anxiety (r=.320, p<.0001) and stress (r=.336, p<.0001) in the high schizotypy group. In this same group, positive symptoms of schizotypy correlated positively with internet addiction (r=.294 ;p=.014). After controlling for demographics, psychosocial factors and schizotypy symptoms, Internet addiction predicted psychological distress in the high schizotypy group (R2= 0.380, F (13, 55) = 2.597, p<0.001) and explained an additional 19.7% of variation in DASS total scores in the final model (R2 Δ= 0.197)

Conclusions: This study's results portrayed a statistically significant relationship between addiction to Internet and psychological distress in this at risk group.Although preliminary, our findings shed light on relatively new avenues for prevention and early intervention in psychosis. Given the widespread use of Internet among individuals with schizotypy, clinicians and researchers should find ways to utilize it as a potential resource to help these vulnerable individuals in their care pathways, by turning it into a protective rather than stressor factor.Finally, our findings highlight the need for further studies to better understand Internet use patterns and effects on young individuals in order to help mitigate its risks and increase its benefits.

Disclosure of Interest: None Declared

EPP0297

Facebook addictions in low and high schizotypal individuals

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Introduction: Over the past decades, the digital landscape has been rapidly changing worldwide, and the number of social media users has been constantly increasing. social media usage is widespread among the age groups going from Adolescents (aged 16-24 years) to young adults (aged 25-34 years) the vast majority of Tunisian students (98.4%) reported using social media platforms, with Facebook being the most widely used (94.3%), followed by YouTube (90.5%) and Instagram (65.0%) (Feten Fekih-Romdhane et al., 2021)

Objectives: We aimed to compare Facebook addiction between low and high schizotypal individuals

Methods: the final sample included in this study was comprised of 700 students. Based on the Schizotypal Personality Questionnaire (SPQ) total scores, the sample was classified into two groups of low (the lower 10% of a standardization sample) and high (the upper 10%) schizotypy(Raine, 1991).

Results: From the overall pool of 700 students (67.6% females, mean age of 21.5 ± 2.5 years), 74 identified as belonging to the low schizotypy group and 70 were classified as having high schizotypal traits .

Students of the high schizotypy group displayed significantly greater scores on Facebook (p=.001) addiction scales, as compared to those of the low schizotypy group

High schizotypal participants spent in average 7.4 hours on on social media use per day, as compared 3.9 hours on social media in their low schizotypal counterparts

Conclusions: Our study showcases that schizotypy is related to a certain level of addiction to social media. These results can be used as a way to help this at risk population by making social media into a safe space where we can provide help lines and protection

Disclosure of Interest: None Declared