and a greater frequency of negative behaviors in relation to online gambling.

**Conclusions:** The results show the importance of an increase in investigations in this area, as well as to the development of psychological assessment instruments and psychological intervention strategies, based on scientific evidence, on the different variables under study, in order to improve the quality of life in of individuals.

**Keywords:** Online gaming dependency; Level of attention; Quality of sleep

## EPP1369

### Mc Donalds' model of deliverance of opioid substitution treatment in COVID-19 crisis in opioid belt in rural India : A retrospective - comparative study

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doi: 10.1192/j.eurpsy.2021.1531

**Introduction:** COVID-19 has been declared as a pandemic by the World Health Organization on March, 2020. Opioid substitution therapy (OST) for opioid-dependent patients is an evidence-based, effective outpatient (OPD) based treatment maintained on medications(, buprenorphine-naloxone combination). These are difficult times for patients with addictive disorders. Authors came up with an idea of implementing "walk through" out patient model inspired by "Drive through" model of Mc Donalds in which Doctor and Nurses run open space OPD near to Medical record section to reduce the waiting time of patient, quick delivery and minimize droplet exposure.
**Objectives:** To study the efficacy of Mc Donald's model of OST in OST centre in Tarn Taran, india.
**Methods:** This was a restrospective-comparative study. We studied records of our patients using streatment as usual from September 2019 to March 2020 and using Mc Donald's model (From April 2020 to October, 2020) for a period of 6 months during and before lockdown.
**Results:** The average number of patients attending OST clinics during Covid lockdown was 352.8. The compliance rates significantly improved (57.82%), The drop out rates were much lower (20.78%), using Mc Donald's model than usual treatment.
**Conclusions:** As per our knowledge, this study is first of its kind to study the efficacy of OST drug deliverance in pre Covid and Covid times and suggest, the new findings which can be inculcated in the other OSTs.

**Keywords:** COVID-19; Buprenorphine -naloxone; Substance; opioid substitution therapy

## EPP1370

### Adapting to COVID-19 at arch

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doi: 10.1192/j.eurpsy.2021.1532

**Introduction:** The Addictions Recovery Community Hillingdon (ARCH) is a specialist addictions treatment service, providing a range of inteventions for substance use disorders. The onset of the COVID-19 pandemic required healthcare services to rapidly adapt clinical care in order to safeguard patients and staff from contracting the virus whilst managing clinical risk. Key changes were made to treatment pathways at ARCH.
**Objectives:** 1. Reduce face-to-face contact between patients and staff (including community pharmacists) 2. To get feedback from patients and staff about changes implemented
**Methods:** To reduce face-to-face contact, we aimed to decrease the number of patients having supervised consumption of Opiate Substitute Treatment (OST). Furthermore, telephone consultations were encouraged for keyworking and reviews. Patients were randomly selected and interviewed about their experiences and focus groups were be completed with staff.
**Results:** Supervised consumption of OST was reduced from 41.5% to 6%. Face-to-face appointments were significantly reduced and telephone consultations were introduced as standard. Telephone reviews became the standard method of contact for keyworking sessions and medical reviews. 53% of services whose interval between instalment collection of OST at community pharmacies was extended found it 'easy' or 'very easy' to adapt to. 61% of service users who had access virtual platforms finding it 'easy' or 'very easy' to access support. Focus groups of staff members revealed that stafff felt the changes in instalment collection of OST was positive for patients.
**Conclusions:** ARCH implemented a number of changes to treatment pathways and inteventions to minimise the risk of virus transmission amongst patients and staff whilst managing clinical risk.

**Keywords:** addictions; COVID-19; supervised consumption

## EPP1371

### Exploring the relationship between problematic internet use and emotion regulation skills in tunisian medical students

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doi: 10.1192/j.eurpsy.2021.1533

**Introduction:** There is paucity of researches addressing the relationship between individuals struggling to identify, express and communicate their emotions and problematic internet use, especially among medical students.
**Objectives:** To assess problematic internet use in Tunisian medical students and to address its relationship with emotion regulation skills.
**Methods:** First to fifth-year undergraduate medical students registered in the medical school of Sousse, Tunisia, were offered to answer an online questionnaire survey, involving sociodemographic and clinical data, Internet Addiction Test (IAT) and Difficulties in Emotion Regulation Scale (DERS).
**Results:** A total of 175 medical students participated in the study with a median age of 22 (20-23) years and a gender ratio of 0.3. Median score of IAT was 40 (30-48). Twenty-four percent of medical students (n=42) reported problematic Internet use. Higher scores of IAT were significantly associated with the perception of an unsatisfactory relationship with parents, not having a leisure activity, family history of psychiatric disorders, personal health conditions and regular alcohol consumption. Scores of IAT

were strongly and positively correlated with the following DERS subscores: Non acceptance of emotional responses (r=0.328**), Difficulties engaging in goal directed behaviors (r=0.366**), Impulse control difficulties (r=0.238**), Limited access to emotional regulation strategies (r=0.311**), and Lack of emotional clarity (r=0.311**).

**Conclusions:** Problematic internet use seems to emerge as part of a cluster of symptoms related to ineffective emotion regulation skills. Hence, training for affective regulation abilities appears strategically useful in the control of Internet use.

**Keywords:** Medical Students; Problematic Internet use; emotion regulation skills

## EPP1372

### Co-use of tobacco and cannabis: Complicated partnerships

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doi: 10.1192/j.eurpsy.2021.1534

**Introduction:** Treating addiction is more challenging when there are co-addictions. Tobacco smoking is commonly associated with substance abuse, alcohol use disorders, excessive caffeine intake and pathological gambling among other addictions. Smoking reduction and cessation programmes´ objectives benefit from interventions targeting co-addictions.

**Objectives:** Difficulties arising from smoking reduction and cessation in the context of co-use of cannabis prompt literature review and reflection of a smoking cessation programme team.

**Methods:** Pubmed and Google Scholar literature search using terms smoking cessation / tobacco cessation and cannabis.

**Results:** Co-use of tobacco and cannabis is: 1) very common, 2) associated with greater prevalence of morbidity and social problems, 3) associated with greater dependence of the other substances, 4) negatively influences quit outcomes of either, 5) increases the risk of relapse. Co-users are more likely to perceive the harmful effects of tobacco, have greater motivation and are more likely to quit tobacco than cannabis, which may be perceived as low risk. Treatment of either tobacco smoking or cannabis use may lead to compensatory increase in use of the other substance. There is a significant lack of literature on co-use treatment strategies.

**Conclusions:** Co-use of tobacco and cannabis makes cessation and relapse prevention of either addiction more difficult and should be taken into account in smoking reduction and cessation programmes and in cannabis treatment interventions. Treatment targetting both tobacco and cannabis use, either simultaneously or sequentially, is likely more successful than interventions targeting only either one. Much remais to be studied on how to treat co-use of tobacco and cannabis.

**Keywords:** tobacco smoking; cannabis; smoking cessation

## EPP1373

### Comparative study of psychoactive substance use pattern in romania and hungary

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doi: 10.1192/j.eurpsy.2021.1535

**Introduction:** Europe's drug situation is facing an increasing trend.

**Objectives:** To compare the psychoactive substance use pattern in Romania and Hungary.

**Methods:** Data was collected from the electronical databases of the 3rd Psychiatry Clinic of Cluj County Emergency Hospital, Cluj-Napoca, Romania and from the Psychiatry Department of Kenezy Gyula Hospital Debrecen, Hungary. We included adult patients who had at least one hospital admission for mental and behavioral disorders due to psychoactive substance use between 01/01/2013 and 31/12/2016.

**Results:** 96 patients from Romania (80.2% males, mean age 27.8 years (18, 82)) and 816 from Hungary (71.93% males, mean age 47 years (18, 90)) were included. Romanian patients consumed more opioids (31.52% vs 4.34%, p<0.05 Chi-square Test), cannabinoids (66.3% Ro vs 13.04%, p<0.001 Chi-square Test), and synthetic drugs (declared 73.91% vs 8.21%, p<0.001 Chi-square Test), an underlying personality disorder (52.08% vs 34.06% p=0.001 Chi-square test) was more often diagnosed. Hungarian patients consumed more alcohol (89.46% vs 30.43%, p<0.001 Chi-square Test), a comorbid bipolar disorder (18.75% vs 5.2%, p=0.001 Chi-square Test), a major depressive disorder (40.8% vs 16.6% p<0.001, Chi-square Test) or an anxiety spectrum disorder (55.26% vs 7.29%, p<0.001 Chi-square test) were more often diagnosed. Overall, more than 85% had a dependence use pattern, more than 65% having multiple admissions.

**Conclusions:** Romanian drug users are younger, prefer opioids, cannabinoids and synthetic drugs and have more often a comorbid personality disorder than Hungarian patients, who consume more alcohol and have a comorbid affective disorder.

**Keywords:** Substance use disorders; drug dependece; Romania; Hungary

## EPP1374

### Treating addiction with psychedelics - are we waking up?

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doi: 10.1192/j.eurpsy.2021.1536

**Introduction:** Classic psychedelics have been administered in sacramental contexts since ancient times. They were of prominent interest within psychiatry and neuroscience in the 1950s to 1960s, but the association between classic psychedelics and the emerging counterculture put an end to their research. Modern research with