

AUDIT test (Alcohol Use Disorders Identification Test) to detect alcohol addiction.

Results: Our study enrolled 772 students. The average age of the study population was 23.29 ± 3.25 . Two hundred ninety-nine students (38.7%) consumed alcohol. The mean age at first use was 18.44 (3.09). Fifty-two alcohol users (17.4%) presented a risk of alcohol dependence. The first consumption contexts were mostly “between friends” (57.4%) and “party time” (23.5%). The main effects sought were the effect of disinhibition (64.5%) and social integration (41.1%) were predominant responses. The determining factors of alcohol consumption were age ($p < 10^{-3}$), male gender ($p < 10^{-3}$), and the presence of grade repetition ($p < 10^{-3}$), wealthy socioeconomic level ($p < 10^{-3}$), and participation in community life ($p < 10^{-3}$).

Conclusions: Alcohol use and especially alcohol dependence may have harmful effects on student’s life. It is relevant to screen this addiction to better its prevention.

Disclosure of Interest: None Declared

EPV0048

Progressive Muscle Relaxation: intervention program in people with alcohol dependence

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Introduction: Alcohol consumption is often used in an attempt to reduce anxiety, being an inadequate coping strategy, it can lead to alcohol abuse and dependence.

Anxiety is a transient emotional state of reaction to situations perceived as threatening, frequent in people with alcohol dependence during the abstinence period.

Progressive Muscle Relaxation (PMR) is a technique that allows the person to reduce levels of stress, anxiety, anger and reach an increased state of calm.

Objectives: To train people undergoing treatment for alcohol dependence to use the PMR after discharge.

To promote anxiety self-management.

To prevent relapse.

To evaluate the effect of the Therapeutic Relaxation Program (TRP) on the anxiety levels of people undergoing treatment for alcohol dependence.

Methods: A TRP was conceived and implemented, based on Jacobson’s PMR, consisting of 6 sessions lasting 40 minutes, including 21 participants hospitalized for treatment of alcohol dependence. Considering the inclusion criteria: clinical status favorable to participation; moderate or high level of anxiety; agree to participate voluntarily. Exclusion criteria: unfavorable clinical status (disorientation, confusion, agitation, delirium tremens, hypoacusis); level of mild anxiety or panic; not knowing how to read or write; refuse to participate voluntarily.

The experimental group (EG - in addition to the institution’s protocol treatment was included in the TRP) and the control group (CG - underwent the institution’s protocol treatment).

Participants gave informed consent.

In the TRP evaluation, the following were used: State-Trait Anxiety Inventory (STAI-form Y1) – before and after the intervention; physiological parameters (heart rate, respiratory rate and blood pressure) – before and after each session; and satisfaction questionnaire at the end of the program.

Results: The evaluation of the physiological parameters showed a decrease after each relaxation session.

Comparing the mean values of the anxiety score (STAI-form Y1) between the two evaluation times (before and after the TRP), in the EG, there was a significant decrease in the anxiety scores, and this decrease was even greater in the group masculine.

In the CG, comparing the average values of the anxiety score (STAI-form Y1) in the same timings as in the EG, an increase in anxiety was verified.

The evaluation of the participants’ satisfaction revealed an increase in well-being and comfort at the end of the TRP, being greater in the male group.

Conclusions: It is concluded that TRP produces positive effects in reducing anxiety levels, reducing physiological parameters and increasing the person’s well-being.

The TRP was effective in reducing the anxiety of people undergoing treatment for alcohol dependence, enabling them to use other coping tools/strategies that will contribute to maintaining alcohol abstinence and preventing relapse.

Disclosure of Interest: None Declared

EPV0049

Prevalence and psychosocial profile of instagram addiction among Tunisian doctors

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Introduction: Instagram is the most popular social media platform which is frequently used by population today. Besides, this subject has not been well discussed among doctors.

Objectives: To study the prevalence of addiction to instagram among tunisian doctors and to identify its associated factors.

Methods: This was a cross-sectional descriptive study carried out among doctors (interns, residents and university hospital doctor) during the months of septembre and octobre 2022.

A socio-demographic and clinical characteristics were collected using an online anonymous questionnaire from Google form that we distributed via facebook.

Instagram Addiction Scale (IAS) was used to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.

Results: Our sample included 106 patients. The mean age was 32.32 years (SD=5.66 years) and the sex ratio (M/F) was 0.60. More than half (56.6%) were married and lived with their husband. They were residents in 37% and they were using psychoactive substances in 42.5%.

All of participants used other socialnetwork, the most used was facebook (63.2%).

IAS : The mean score was 31.18 (SD=11.64). The prevalence of addiction to instagram was 42.5%.

The instagram addiction was significantly correlated with : age ($p=0.0001$), the female gender ($p=0.043$), the celibacy ($p=0.0001$), the number of children ($p=0.0001$) and the number of siblings ($p=0.049$). Residents were more likely to develop an addiction to instagram ($p=0.0001$).

Conclusions: The study highlighted the high level of instagram addiction among tunisian doctors and identified individuals who were at higher risk. Specific interventions were necessary to deal with the problem of addiction.

Disclosure of Interest: None Declared

EPV0050

The impact of instagram addiction on self esteem in Tunisian doctors

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Introduction: Instagram, one of the most widely used social media by population was changed the way individuals communicate around the world. It can be used to increase individual self popularity or increase self-esteem.

Objectives: To determine the relationship between the instagram addiction and self-esteem in a population of tunisian doctors.

Methods: A cross-sectional study was conducted online using the Google Forms platform, with a sample of tunisian doctors in september and october 2022. We used :

- Instagram Addiction Scale (IAS) : to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.
- Rosenberg Self-Esteem Scale : to measure the level of self-esteem. Higher scores indicate higher levels of self-esteem.

Results: The sample comprised 106 doctors.

- IAS : The mean score was 31.18 (SD=11.64). Less than half (42.5%) presented an addiction to instagram and 36.8% were mildly addicted.
- The mean self-esteem score was 29.70 (SD=3.57). Less than half (44%) had low to very low self-esteem.
- The instagram addiction score was negatively correlated with the self-esteem score ($r=-0.543$; $p=0.0001$).

It was found that these scores were significantly lower in the addicts ($p=0.0001$) indicating lower self-esteem. Among addicts, 80% had low to very low self-esteem. Among non addicts, 18% had low to very low self-esteem.

Conclusions: It was found that the higher the intensity of using instagram the lower the self esteem.

Further research is expected to be carried out with a wider population to verify the present findings and to study other factors related to instagram addiction such as loneliness and life satisfaction.

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EPV0051

Relationsheep between life satisfaction and instagram addiction among Tunisian doctors

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Introduction: Instagram is currently the fastest growing social networking site in the world. Its image-driven nature might encourage users to mainly share positive and idealized moments of their lives.

Objectives: To study the link between instagram addiction and the life satisfaction among tunisian doctors.

Methods: This was a cross-sectional, descriptive and analytical study conducted on 106 doctors during the months of september and october 2022. We used:

- An anonymous self-questionnaire via google-forms in order to collect data that co-occur the use of instagram.
- Instagram Addiction Scale (IAS) : to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.
- The Satisfaction With Life Scale (SWLS) : to measure an individual's global satisfaction with life. Higher score displayed higher satisfaction with life.

Results: The study included 106 doctors.

The mean age was 32.32 years (SD=5.66 years) and the sex ratio (M/F) was 0.60.

The mean score for addiction to instagram was 31.18 (SD=11.64).

The prevalence of instagram addiction was : 42.5%.

The mean life satisfaction score was 20.43 (± 4.21). More than forty percent (42.5%) were slightly satisfied and 30.2% were slightly dissatisfied. The instagram addiction was correlated negatively with life satisfaction ($r=-0.292$; $p=0.002$).

Instagram addiction was associated with low satisfaction ($p=0.0001$).

Among addicted doctors, 53.3% were slightly dissatisfied.

Among non-addicted doctors, 55.7% were slightly satisfied.

Conclusions: Our findings suggest that the higher the intensity of using instagram the lower the life satisfaction.

So, interventions targeting addiction to instagram should be integrated in order to ameliorate life satisfaction and quality of life.

Disclosure of Interest: None Declared

EPV0052

Instagram addiction among doctors : A tunisian cross-sectional study

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Introduction: Instagram is one of the most popular social media platforms among young people and it has specific features leading to problematic and addictive use.