

R. Hernández Antón<sup>1</sup>, S. Gómez Sánchez<sup>1</sup>, C. Noval Canga<sup>1</sup>, M.S. Hernández García<sup>1</sup>, L. Rodríguez Andrés<sup>1</sup>

<sup>1</sup> *Clinical University Hospital, Psychiatry, Valladolid, Spain*

<sup>2</sup> *Plaza del Ejército Health Center, Primary Care, Valladolid, Spain*

<sup>3</sup> *Toreno Health Center, Primary Care, Toreno, Spain*

<sup>4</sup> *Valladolid Oeste, Primary Care, Valladolid, Spain*

<sup>5</sup> *Casa del Barco Health Center, Primary Care, Valladolid, Spain*

<sup>6</sup> *Parquesol Health Center, Primary Care, Valladolid, Spain*

<sup>7</sup> *Páramo del Sil Health Center, Primary Care, Páramo del Sil, Spain*

\* *Corresponding author.*

**Introduction** Smoking is an addictive and chronic disease. Twenty-four percent of the Spanish population in 2012 smoked daily.

**Aims and objectives** To evaluate a smoking cessation program in a Primary Care Center.

**Methods** Observational, prospective study. We describe an individualized smoking cessation in Plaza del Ejército Health Center (Valladolid). Inclusion criteria: active smoker,  $\geq 18$  years old and belonging to the Health Center. Exclusion: severe mental illness. Included patients from November 2013 until January 2014. Ended in July 2014. Four Medical residents participated, we present the results of one of them. During the first consultation motivational interviewing was conducted, physical examination and treatment was prescribed (cognitive behavioral therapy or drug treatment: varenicline). In subsequent consultations interview and follow-up. Variables: age, gender, pack-years, nicotine dependence (Fagerstrom) and Prochaska and DiClemente phase, weight, treatment used, dropout rate and final withdrawal of snuff.

**Results** Eleven patients, mean age 48.18 (13.61), 7 (63.6) women. Comorbidity: 6 (54.5) anxious-depressive pathology, 1 (9.1) dysthymia, 2 (18.2) endocrine pathology and 1 (9.1) respiratory disease. Four (36.4) showed high dependency and 2 (18.2) extreme. Media packages 20.50/year (19,20). Seven (63.6) were in action phase of Prochaska and DiClemente and 2 (18.2) in preparation. Visits range: 1-11. The average was 4.55 (3.64). Three (27.27) patients attended only the first visit. Four (36.4) achieved complete abstinence, 3 (27.27) met maintenance phase. One (9.1) reduced consumption in half. Patients gained average 0.5 kg (2.47).

**Conclusions** The results are similar to those reported in other series. Modest dropout rate. No pharmacological treatment was used due to high coexistence of comorbidities, the only patient who used varenicline suffered insomnia. Average age and media packages were superior to other series.

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### EV30

#### Smoking reduction/cessation and psychiatric patients: What about weight control?

I. Ganhaio<sup>1,\*</sup>, M. Trigo<sup>2</sup>, A. Paixao<sup>2</sup>, J. Cardoso<sup>2</sup>

<sup>1</sup> *Qta do Anjo, Portugal*

<sup>2</sup> *Centro Hospitalar Psiquiátrico de Lisboa, Smoking Reduction/Cessation Program, Lisbon, Portugal*

\* *Corresponding author.*

**Introduction** Smoking cessation has long been associated with weight gain and is one of the many reasons that smokers invoke for not giving up smoking. Many psychiatric medications are also associated with increased weight gain and metabolic syndrome. Unhealthy lifestyles reflect symptoms of illness with poor coping strategies and financial and social difficulties.

There are many reasons why smoking cessation may be viewed as much more difficult for psychiatric patients and weight gain is one of them.

**Objective** To study how patients' weight evolves during smoking reduction and cessation in a smoking reduction/cessation program in a psychiatric hospital.

**Aims** To demystify weight gain as a significant problem in smoking reduction and cessation in this patient population.

**Methods** Every patient entering the smoking reduction/cessation program is evaluated initially with regard to weight and BMI.

Patients' weights are evaluated during the duration of the program for each patient as is smoking status.

**Results** We are still collecting data at this time.

**Conclusions** There are three groups of patient according to weight changes during the program: those who gain weight, those who maintain the same weight ( $\pm 1$  kg) and those who lose weight.

Most patients who gain weight end up recuperating their initial weight or are able to lose weight later.

Some patients had weight control issues and their fear of gaining weight led them to overcompensate leading to weight loss.

We have included interventions on healthy lifestyles that have aided patients in controlling their weight.

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### EV31

#### Personality dimensions and drug of choice: A descriptive study using Cloninger's temperament and character inventory revised

G. Hurtado<sup>1,\*</sup>, G. Mateu<sup>1</sup>, R. Martínez<sup>2</sup>, A. Farre<sup>1</sup>, J. Martí<sup>1</sup>, R. Sanchez<sup>2</sup>, L. Diaz<sup>2</sup>, M. Campillo<sup>1</sup>

<sup>1</sup> *Parc de Salut Mar, Institut de Neuropsiquiatria i Addiccions Centre Emili Mira, Santa Coloma Gramenet, Spain*

<sup>2</sup> *Parc de Salut Mar, Institut de Neuropsiquiatria i Addiccions Centre Emili Mira, Barcelona, Spain*

\* *Corresponding author.*

Personality dimensions related with drug use are novelty seeking, impulsivity and harm avoidance. Studies predicting drug of choice over personality variables are controversial.

**Objective** To describe personality profile of drug users in relation to substance of choice.

**Aims** To know personality dimension differences according to drug used.

**Methods** Cloninger's TCI-R was administered to 218 patients in a dual diagnosis unit. SPSS was applied.

**Results** Of the patients, 33.94% had personality disorder. Principal substances used were alcohol, cocaine and cannabis.

Most of drug users had normal scores in each dimension. No high scores were found in reward dependence, self-directedness and cooperativeness with any drug.

High scores were observed for novelty seeking in 42.9% of stimulants users; for harm avoidance in a quarter of cocaine, alcohol and methadone users and for persistence in 18.2% of hypnotics users.

Low scores were observed for reward dependence in 45% of heroine and hypnotics users; for persistence in 50% of methadone and 32% of cocaine users; for self-directedness in most of types of drug users and for cooperativeness in up to 50% in heroine, hypnotics, stimulants and cocaine users.

Statistical significant differences were observed for cocaine use and high novelty seeking and low cooperation; for non cannabis use and high harm avoidance; for non amphetamine use and low scores in reward dependence; for opiate use and low self-directedness.

**Conclusions** Most of patients had normal scores in the different dimensions.

Presence of comorbid personality disorder led us to consider the results with caution.