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Substance Related and Addictive Disorders in Sports with a Focus on the Football Sector: a Narrative Review

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Introduction: Football is the world's most-watched and played sport. Even though sports psychiatry is steadily gaining importance, the stigma on mental illness in sports, especially football, and the limited number of articles on this topic means there is a pressing need for more study in this area. This narrative review begins to fill this gap. This review summarises the work on addictive disorders in sports, with a close focus on football, as well as mentioning some initiatives that are advancing our understanding of how mental illnesses in sports can be addressed.

Objectives: This view also contributes to understanding the reasons behind mental illness and sports, and raises awareness.

Methods: This review was conducted by searching for the keywords 'addiction' and 'football' on three different database search engines, namely, PubMed, Cochrane Library, and Medline. We found 26 articles based on this literature search with these keywords from 2005 to 2020. After data extraction, we cited 10 of them considering the specificity of addiction disorders in the football industry. 16 additional articles found by backwards citation chaining are also included in this review.

Results: The articles reviewed here investigate addictive disorders within the football sector by looking at the incidence of particular addictive disorders, their underlying reasons and their consequences. This piece concludes by showing the need for more research and new initiatives regarding addictive disorders within the target group of footballers.

Conclusions: A holistic, multidisciplinary and biopsychosocial approach is essential to provide long term solutions considering different factors contributing to addictive disorders in the football sector.

Disclosure: No significant relationships.

Keywords: sports medicine; Addiction; addictive disorders; football

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Quetiapine Addiction: A Case Report

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Introduction: Quetiapine has been the subject of case reports documenting its abuse. In Morocco, no study has been done showing the prevalence of this misuse. The methods of administration are diverse: oral or nasal, injection, inhalation, consumption

with cannabis (smoked) or alcohol, combination with other drugs. The abuse is associated in 75% of cases with another product.

Objectives: The objective of this work is to describe the management of quetiapine dependence, through a clinical vignette.

Methods: Through a clinical vignette, and by reviewing the literature, we will describe the management of quetiapine addiction.

Results: Treatment consists of reducing the consumption of this substance until stopping. When possible, it is recommended to change this antipsychotic to another with low abuse potential and low antihistamine properties such as haloperidol, risperidone or aripiprazole. If, however, this solution was inapplicable, then limit the quantity of tablets by prescribing smaller amounts of antipsychotics and increase the frequency of visits.

Cope and relieve:

Sometimes other medicines can be used to relieve potential withdrawal symptoms, including benzodiazepines or hypnotics to manage insomnia.

Warnings :

Ideally, the drug should be reduced gradually with a gradual and planned decrease in the dose taken over the months.

There should also be periodic evaluations.

Long term treatment:

Management must be biopsychosocial.

Treating comorbidities is a fundamental step in preventing relapse.

Conclusions: It is a "prescription" use disorder! Each prescription should be carefully weighed and time bound. It seems important to be vigilant with regard to the dosages administered and the treatment regimens offered to the patients.

Disclosure: No significant relationships.

Keywords: Addiction; quetiapine

EPV1533

Efficiency of the original flavonoids composition based on Curcumin in chronic alcohol intoxication

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Introduction: Multiple tissue and organ damage induced by ethanol toxic effects requires prescription of a wide range of drugs that have a positive symptomatic effect, while simultaneously increasing the toxic load on the body, which necessitates the search for new approaches to the therapy of alcoholism, possibly with the use of parapharmaceuticals.

Objectives: The anti-inflammatory, antioxidant and neuroprotective properties of curcuminoids, as well as their ability to influence the epigenetic mechanisms of gene expression regulation, can provide a positive therapeutic effect in alcoholism by influencing the pathogenetic mechanisms of this pathology, which determines the relevance and prospects of studying their effects during chronic ethanol intoxication.

Methods: (CBAXC57Bl/6) F1 male mice with 6-month 10% ethanol exposure were undergoing administration of original composition of flavonoids based on Curcumin for 40 days. Animal's alcohol consumption, behavior and immune parameters were estimated.

Results: As a result of flavonoids original composition administration, correction of the changes in the nervous system functional activity, caused by the chronic toxic effect of ethanol has been achieved (decrease in alcoholic motivation, exploratory behavior stimulation, modulation of the cytokines level in brain, indicating a neuroinflammation decrease). We also registered the immune system functional activity modulation (stimulation of immune response and lymphocytes proliferative activity) in mice with alcohol dependence.

Conclusions: The original composition of flavonoids against the background of long-term alcohol consumption has a positive psychoneuroimmunomodulatory effect, which serves as an experimental substantiation of the prospects of using the composition as an adjuvant in the treatment of chronic alcoholism.

Disclosure: No significant relationships.

Keywords: flavonoids; alcoholism

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Gender differences in a clinical sample of 60+ year old patients receiving treatment for alcohol use disorder

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Introduction: Gender differences have been found in treatment-seeking older adults with AUD, concerning areas such as quality of life, drinking patterns, and prevalence of AUD. However, little is known about how these gender differences may relate to treatment.

Objectives: To investigate gender differences in quality of life, problematic areas at treatment start, and subsequent choice of treatment, in a clinical sample of 60+ year old patients receiving treatment for AUD.

Methods: We will utilize data from the Elderly Study; a multinational (USA, Germany, and Denmark), single-blind randomized controlled trial. Participants (n=693) were randomized to brief, outpatient treatment based on motivational enhancement therapy alone (4 sessions) or motivational enhancement therapy followed by a community reinforcement approach age-adapted to older adults (up to 8 sessions). The latter was a module-based treatment where participants chose which module(s) they deemed most relevant. Modules focused on coping with aging, building sober networks, mood management, etc. The gender differences at baseline will be described by means of descriptive statistics (e.g. one-way analysis of variance, χ^2 statistics, etc.). Gender differences, including choice of modules, will be investigated by means of multivariate statistics, e.g. generalized linear models. Analyses will be controlled for relevant confounders such as age, country, education, work situation, marital status, family and friends, type of housing, etc.

Results: Will be presented at the EPA Congress.

Conclusions: Will be presented at the EPA Congress.

Disclosure: No significant relationships.

Keywords: Alcohol Treatment; Motivational enhancement therapy; Older Adults; Alcohol use disorder

EPV1537

A Case Report of Kratom-Induced Psychiatric Decompensation

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Introduction: Kratom (*Mitragyna speciosa*) is an herb found in South East Asia belonging to the Rubiaceae family, the active constituents being Mitragynine and 7-hydroxymitragynine. Sold as a dietary supplement in the form of a leaf, tablet, and powder, it has been gaining popularity as a natural supplement to alleviate pain, anxiety, depression, and manage opioid withdrawal symptoms. Our case report centers around a patient encountered with high-dose Kratom use who presented to our Psychiatric ER with psychosis.

Objectives: The objectives of this case report are to raise awareness regarding the use of a newly popular substance easily available over-the-counter and the potential impacts it has on mental health.

Methods: PubMed was searched for the criteria Kratom AND Intellectual Disability, with a secondary search for Kratom AND Psychosis.

Results: A 29-year-old male with a past psychiatric history of Schizoaffective Disorder, Borderline Intellectual Functioning, Poly-substance Use, ADHD, and six prior suicide attempts was brought to the Psychiatric ED by ambulance activated by his mother for severe psychiatric decompensation following ingestion of 270 pills of Kratom over the course of three days.

Conclusions: This case report further increases awareness of the dangers of Kratom use as well as brings to light the psychoactive properties of Kratom. This case report exposes areas where research can further expand understanding regarding the impacts Kratom can have on psychiatric populations.

Disclosure: No significant relationships.

Keywords: Kratom; intellectual disability; Addiction; Psychosis

EPV1538

A Structural Barrier to Healthcare: Stigma of Alcohol and Substance Use Disorders Among Health Care Workers

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Introduction: Individuals with substance use disorders are considered unpredictable and violent by the public. Besides, health care workers (HCW) may have negative attitudes towards them, despite their knowledge about addiction; which is related to lower quality of care. In Turkey, addiction service users are predominantly male, over ninety percent; while women make up a large percentage of psychiatrists.

Objectives: The present study aims to evaluate if the HCWs level of stigma towards individuals with substance use disorder changes due to gender and mental health sector experience of the HCWs.