

⁴ *Universitat Autònoma de Barcelona, Psychiatry, Barcelona, Spain*

⁵ *Servei de Farmacologia Clínica, Hospital Germans Triás i Pujol, Clinical Pharmacology, Barcelona, Spain*

* *Corresponding author.*

Introduction New psychoactive substances (NPS) are substances that have recently appeared on the market and are not under international control. NPS use is experiencing an unprecedented increase. DiPT, 4-HO-DiPT and 4-AcO-DiPT are new psychoactive tryptamines and their effects may differ from those of other psychoactive tryptamines.

Objective To explore the presence of DiPT, 4-HO-DiPT and 4-AcO-DiPT from samples delivered to and analyzed by Spanish harm reduction service Energy Control.

Materials and methods All samples analyzed from 2009 to 2014 delivered as DiPT, 4-HO-DiPT and 4-AcO-DiPT or containing these substances. Analysis was performed by gas chromatography–mass spectrometry.

Results From 17,432 samples, 4-HO-DiPT was found in 16, delivered as 4-HO-DiPT (6); 4-AcO-DiPT (7); DiPT (1); 4-AcO-DMT (1) and cocaine (1). 4-AcO-DiPT was found in 16, delivered as 4-AcO-DiPT (12); 5-MeO-DMT (1); 5-MeO-DiPT (1); 4-AcO-DMT (1) and cocaine (1). Only 4 samples contained DiPT, all presented as DiPT. Nine samples contained both 4-AcO-DiPT and 4-HO-DiPT. During the years of study, 4-HO-DiPT deliverance was increasing (4 samples in 2014) while deliverance of 4-AcO-DiPT and DiPT was decreasing (1 sample in 2014).

Conclusions Increasing 4-HO-DiPT presence could translate a progressive replacement of 4-AcO-DiPT and DiPT recreational use. Clinical relevance comes from its growing use and the absence of scientific evidence on humans, therefore relying on users subjective experience to predict the effects.

Disclosure of interest The authors declare that they have no competing interest.

Acknowledgement Supported in part by grants of Instituto de Salud Carlos III-FEDER (RTA RD12/0028/0009), and The European Commission (Drug Prevention and Information Programme 2014-16, contract no.: JUST/2013/DPIP/AG/4823, EU-MADNESS project). Liliana Galindo is a Rio Hortega fellowship (ISC-III; CM14/00111).

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.131>

EW15

Research assessments more important than duration of treatment? A systematic review and meta-analysis of the duration of psychosocial treatments for alcohol use disorders

L. Schmidt*, A.S. Nielsen, A.B. Bojesen, K. Andersen

Institute of Clinical Research- University of Southern Denmark, Psychiatry, Odense, Denmark

* *Corresponding author.*

Background and aims The recommendations of duration of treatment for alcohol use disorders (AUD) in clinical guidelines are based on consensus decisions. There is a risk that patients will receive too little or too much therapy. We hypothesize that there is an association between duration and effect up until a point where the effects of treatment diminish.

Methods A systematic review and meta-analysis of randomized controlled trials of psychosocial interventions in the alcohol outpatient treatment centers. Population: adults (> 17 years) suffering from AUD treated with at least two sessions of therapy.

Statistics Multiple linear regression analysis with outcome measured in percentage of days abstinent (PDA), percentage of heavy days drinking (PHD), drinks per drinking day (DDD) and/or proportion of participants abstinent (ABS) as a function of duration of treatment.

Results Forty-four studies with 8485 participants were included. Mean duration: 18 (8–82) weeks and 15 (2–36) sessions. Mean follow-up time: 43 (8–104) weeks with a mean of 5 (2–18) research assessments. Only ABS was significantly associated with duration of treatment; ABS increased with 1.6%-point ($P < 0.01$) with each additional week in treatment. Surprisingly the analysis showed that each research assessment increased PDA with 11%-point ($P < 0.001$), decreased PHD with 4%-point ($P < 0.05$) and decreased DDD with 8%-point ($P < 0.001$).

Conclusion Duration of treatment was associated positively with proportion of participants abstinent but not percentage of days abstinent drinks per drinking day or percentage of heavy drinking days. The three latter outcomes were affected positively by number of research assessments.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.133>

EW16

Cloninger's temperament dimensions and longitudinal alcohol use in early mid-life: A Northern Finland birth cohort 1966 study

D. Vladimirov^{1,*}, S. Niemelä², J. Auvinen³, M. Timonen³, S. Keinänen-Kiukaanniemi³, L. Ala-Mursula³, J. Laitinen⁴, J. Miettunen³

¹ *Oulu, Finland*

² *Research Unit of Clinical Neurosciences, Department of Psychiatry, Oulu, Finland*

³ *University of Oulu, Center for Life Course Epidemiology and Systems Medicine, Oulu, Finland*

⁴ *Finnish Institute of Occupational Health, Health and Work Capacity, Helsinki, Finland*

* *Corresponding author.*

Background Longitudinal studies on how temperament is related to alcohol use in general population are scarce.

Objectives Finding relations with temperament and problematic alcohol use using prospective birth cohort data.

Aims To investigate trends in self-reported alcohol consumption in adulthood.

Methods In the Northern Finland Birth Cohort 1966 ($n = 5247$), alcohol use was studied with questionnaires at ages 31 and 46. Participants were classified into abstainers, bingers, heavy drinkers, steady drinkers, increasers or reducers based on the change in consumption (g/day). Cloninger's TCI-scores were calculated for each group. Multinomial regression analysis was conducted with TCI-scores as factors influencing the change in alcohol consumption.

Results High novelty seeking was associated with increased consumption, bingeing and heavy drinking among both sexes at both time points ($P < 0.01$). Lower persistence was associated with increased consumption at both time points among men and among women at age 46. Baseline novelty seeking predicted both increasing (OR 1.1; 95% CI: 1.0–1.1) and reducing (1.1; 1.0–1.1) for men and for women also increasing (1.1; 1.0–1.1) and reducing (1.1; 1.0–1.1), but when adjusted with baseline alcohol use novelty seeking only predicted increasing for men (1.0; 1.0–1.1).

Conclusions High novelty seeking and low persistence are associated with problematic alcohol use among middle-aged Northern Finns. Gender differences in predictors existed: novelty seeking predicted increase only for men in the adjusted model. Temperament scores do not seem to affect strongly changes in alcohol use.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.134>