

**Conclusions:** Generalized problematic Internet use, especially their Negative Consequences, is associated with higher emotional dysregulation, low self-esteem, lower age and lower age of Internet onset, being divorced or single without a relationship and being student, and it is more prevalent in males.

**Disclosure:** No significant relationships.

**Keywords:** generalized problematic internet use; adults; emotional regulation; self-esteem

## EPV1502

### Effect of original anticonvulsant ortho-fluoro-benzonal on immune cells functional properties at chronic ethanol intoxication

E. Markova<sup>1\*</sup>, I. Savkin<sup>1</sup> and T. Shushpanova<sup>2</sup>

<sup>1</sup>Federal State Research Institute of Fundamental and Clinical Immunology Russian Academy of Sciences, Neuroimmunology Lab., Novosibirsk, Russian Federation and <sup>2</sup>Mental Health Research Institute of Tomsk National Investigation Medical Center of Russian Academy of Sciences, Clinical Psychoneuroimmunology And Neurobiology, Tomsk, Russian Federation

\*Corresponding author.

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**Introduction:** GABA<sub>A</sub>-receptors proved to be the molecular targets of ethanol on immune and nervous cells, potentiating alcohol influence. *ortho*-Fluoro-benzonal is known to be a circular urea derivative and an artificial ligand of GABA/BD-receptor and thus a potential candidate drug for alcoholism treatment.

**Objectives:** We have shown the alcohol motivation decrease under *ortho*-fluoro-benzonal influence in experiment. The investigation of molecular mechanisms and functional targets of this substance is an important step in understanding of molecular pathogenesis and approaches to managing alcohol addiction.

**Methods:** Splenocytes from male (CBAx57Bl/6) F1 mice in a state of alcohol dependence owing to 6-month 10% ethanol exposure were aseptically obtained and cultured in presence of GABA, *ortho*-fluoro-benzonal and mitogens (LPS or concanavalin A). Proliferative activity of immune cells *in vitro* was estimated by means of radioactive <sup>3</sup>H-thymidine incorporation.

**Results:** The intact animals' splenocytes revealed increased spontaneous proliferation, increased T-mitogen stimulated and decreased B-mitogen stimulated proliferation in the presence of *ortho*-fluoro-benzonal. The immune cells from alcoholized animals, demonstrating increased spontaneous proliferative activity and weakened susceptibility to the mitogens, showed normal response patterns, except B-mitogen response case, under *ortho*-fluoro-benzonal influence. Addition of GABA into the cultures didn't cancel most positive effects of *ortho*-fluoro-benzonal influence, proving existence of their GABA<sub>A</sub>R-independent pathways, mediated by other barbiturate receptors in addition to GABA<sub>A</sub>R-dependent ones.

**Conclusions:** Immunomodulating properties of artificial GABA receptor ligand, *ortho*-fluoro-benzonal, *in vitro* has been shown. The compound may correct immune cells dysregulation caused by chronic ethanol exposure, so the original anticonvulsant has promise in the treatment of alcoholism.

**Disclosure:** The authors have not supplied a conflict-of-interest statement.

**Keywords:** original anticonvulsant; alcoholism; immune cells

## EPV1504

### Film or mirror? The exploration of narratives during the road from recognition to recovery of addictive disorders

M. Krupa<sup>1\*</sup>, E. Kiss<sup>2</sup> and K. Kapornai<sup>2</sup>

<sup>1</sup>University of Szeged Doctoral School, Educational Of Doctoral School, Szeged, Hungary and <sup>2</sup>University of Szeged, Department Of Pediatrics And Child Health Center, Szeged, Hungary

\*Corresponding author.

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**Introduction:** The examination of the cinematic metanarrative provides many possibilities for recovery-oriented addiction consultation. The key to efficiency can be the approach of the recipient's point of view and attitude, with which the client can interpret his own traumas and life story retrospectively.

**Objectives:** Our aim is to show that the recognition, the turning points, the acknowledgement and the recovery from addiction can be described as a model in the deep structure of recovery stories. Can narrative research explore more deeply the main stages of recovery and identity shaping, with the possible use of the film's narrative technique?

**Methods:** 12 recovering addicts were interviewed who have been clean for at least 4 years. Interviews covered the years spent as addicts and the path to recovery using the method of deductive metanarrative analysis.

**Results:** Based on the results of the analysis, elements of the film narrative could be found together major psychoanalysis concepts and literary theory models in the semi-structured interviews. Emotion control dysregulation all appear in the stories. Together these can be traced to a summary narrative and a historical line. Furthermore, the addicted person as a hero, the compulsion to repeat and its spookiness, and the role of the helpers also appear in the retrospective narratives without exception.

**Conclusions:** The well-structured, coherent recovery stories help the recoverer to reconstruct their self, to make the behavioral change permanent, thus reducing the chances of relapse. The film narrative and toolkit provide an opportunity based on similarities with the narrator's framework, which can strengthen the recovering identity.

**Disclosure:** No significant relationships.

**Keywords:** addictive disorders; narrative of film; recovery; identity

## EPV1505

### The relationship between sleep problems and gaming addiction in adults

C. Neily\*, M. Maalej, I. Gassara, R. Feki, N. Smaoui, L. Zouari, J. Ben Thabet, S. Omri and N. Charfi

Hedi Chaker hospital, Psychiatry Department, Sfax, Tunisia

\*Corresponding author.

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**Introduction:** Prolonged exposure to Video games may have several negative cognitive and emotional consequences. However, a few investigations have explored the effects of video games addiction on sleep.

**Objectives:** To study the effects of gaming addiction on sleep patterns in young adults

**Methods:** We conducted a cross-sectional, descriptive and analytical study. Data were collected using a self-administered questionnaire on

social networks targeting young adults between 18–40 years. We used the gaming addiction scale (GAS) in its validated Arabic short version. We also used the validated Arabic version of the Pittsburgh Sleep Quality Index (PSQI) to assess the sleep quality of our participants.

**Results:** One hundred and nine participants were included. The mean age was  $29.6 \pm 10.3$ . Males accounted for 60.6% of the study population. The mean Gas score was  $13.11 \pm 6.08$ . According to the GAS, 25.7% were addicted gamers. The mean PSQI score was  $7.25 \pm 3.15$ . A poor sleep quality pattern (score > 6) was found in 59.6% of the participants. We found that the GAS score was significantly correlated to the total score of PSQI ( $P=0.003$ ). We also found that the group with poor sleep quality had higher GAS scores ( $p=0.014$ ). We found a correlation between the GAS score and the following components of the PSQI: subjective sleep quality ( $p=0.01$ ), sleep disturbances ( $p=0.024$ ) and the use of sleep-promoting medication ( $p=0.046$ ).

**Conclusions:** Our study showed that video gaming behavior had a significant effect on sleep quality. This can have negative consequences on life quality, together with an impaired performance at awakening.

**Disclosure:** No significant relationships.

**Keywords:** gaming; adults; Addiction; sleep

## EPV1506

### Internet addiction: Gender-associated differences in psychological characteristics

P. Ponizovsky<sup>1\*</sup>, E. Skurat<sup>2</sup>, A. Trusova<sup>3</sup>, A. Shmukler<sup>4</sup>, S. Grechany<sup>5</sup>, R. Ilyuk<sup>2</sup>, V. Soldatkin<sup>6</sup>, A. Yakovlev<sup>7</sup> and A. Kibitov<sup>8</sup>

<sup>1</sup>Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Therapy Of Mental Disorders Complicated By Addiction Diseases, Moscow, Russian Federation; <sup>2</sup>Bekhterev National Medical Research Center for Psychiatry and Neurology, Department Of Addictology, Saint Petersburg, Russian Federation; <sup>3</sup>Saint Petersburg State University, Department Of Medical Psychology And Psychophysiology, Saint Petersburg, Russian Federation; <sup>4</sup>Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Psychiatry, Moscow, Russian Federation; <sup>5</sup>Saint Petersburg State Pediatric Medical University, Department Of Psychiatry And Addictology, Saint Petersburg, Russian Federation; <sup>6</sup>Rostov State Medical University, Department Of Psychiatry, Addictology And Medical Psychology, Rostov-on-Don, Russian Federation; <sup>7</sup>Lipetsk Regional Addiction Hospital, Department Of Addictology, Lipetsk, Russian Federation and <sup>8</sup>Serbsky National Medical Research Center on Psychiatry and Addictions, Molecular Genetics Laboratory, Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Internet addiction (IA) is reported to cause significant negative psychosocial consequences. The gender specificity of psychological characteristics that are potentially significant for the formation of IA remains understudied.

**Objectives:** To identify gender-related differences in the psychological characteristics of people with IA.

**Methods:** 100 subjects aged 16–34 years who scored 65 points or more on the Chinese Internet Addiction Scale (CIAS) were identified and divided into 2 groups by gender: group 1 (54 men) and group 2 (46 women). The individual psychological characteristics were assessed with: the Liebowitz Social Anxiety Scale (LSAS); the

Bass-Perry Aggression Questionnaire (BPAQ); the Emotional Regulation Questionnaire (ERQ); the Adverse Childhood Experiences International Questionnaire (ACE-IQ); a short version of the Five-factor Personality Questionnaire (TIPI-RU) and the Cloninger Temperament and Character Inventory (TCI-125).

**Results:** Women were significantly more likely to experience fear of situations of interpersonal contact and action in public places ( $p=0.027$ ). They experienced significantly more sexual violence in childhood ( $p=0.032$ ) and were more likely to have personality traits such as “reward dependence” ( $p=0.002$ ), “persistence” ( $p=0.046$ ), and “self-transcendence” ( $p=0.002$ ). Men demonstrated physical aggression ( $p=0.009$ ), suppressed emotions ( $p=0.019$ ) significantly more often than women and characterized themselves as emotionally stable ( $p=0.048$ ).

**Conclusions:** The gender differences identified in the cohort of individuals with IA can potentially be considered specific for this contingent, although such gender relationships can be observed in other forms of addiction and in the general population. The specificity of gender differences may reflect individual psychological markers of increased vulnerability to developing IA.

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**Keywords:** internet addiction; psychological characteristics; Gender differences

## EPV1507

### Mindfulness based relapse prevention (MBRP, Marlatt) in a naturalistic setting for patients with substance use disorder (SUD)

J. Veaser<sup>1\*</sup>, C. Hanak<sup>2</sup>, A. Rogiers<sup>3,4</sup>, M. Devos<sup>5</sup> and N. Page<sup>5</sup>

<sup>1</sup>Brugmann University Hospital and Enaden addiction center, Brussels, Belgium, Psychiatry, Brussels, Belgium; <sup>2</sup>Brugmann University Hospital, Psychiatry, Brussels, Belgium; <sup>3</sup>Vrije Universiteit Brussel, Faculty Of Medicine, Brussels, Belgium; <sup>4</sup>CHU Brugmann, Psychiatry, Brussels, Belgium and <sup>5</sup>Enaden, Psychiatry, BRUSSELS, Belgium

\*Corresponding author.

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**Introduction:** MBRP has become an established treatment in the field of addiction, but implementing the program in an outpatient setting remains a challenge.

**Objectives:** We investigated the feasibility of MBRP in a naturalistic outpatient setting and the effect of mindfulness on underlying factors of addiction.

**Methods:** All patients treated between 2015 and 2019 in the MBRP program at Brugmann University Hospital and Addiction Center Enaden were eligible to participate. Patients were asked to fill in a questionnaire about underlying factors of SUD in the domains of pleasure, emotion regulation, stress, relationship with others and relationship with oneself as well as the effect of the completed training on these factors.

**Results:** Of the 147 (74 F) recruited patients; 32 patients completed the questionnaire. The study population differed in terms of substance (mainly alcohol but also cocaine, cannabis, heroine) as well in their aims towards the substance (reduce, stop or maintaining abstinence). Participation of at least 4 of the 8 sessions was 63 % and overall satisfaction of patients was high. We found a positive effect