

Introduction: First-episode psychosis (FEP) provides a crucial opportunity to investigate these biological markers before the influence of long-term treatment or disease progression. Both bipolar disorders with psychotic features and schizophrenia spectrum disorders are linked to systemic inflammation, and examining blood cell counts and inflammatory ratios may provide insights into the biological foundations of these conditions.

Objectives: This study aims to compare key hematological parameters and inflammation markers (neutrophil/lymphocyte ratio (NLR), platelet/lymphocyte ratio (PLR), monocyte/lymphocyte ratio (MLR)) between untreated first-episode psychosis patients diagnosed with psychotic mania, schizophrenia spectrum disorders, and healthy controls, examining potential differences between these groups.

Methods: 55 patients (F:28, M:27) diagnosed with schizophrenia spectrum disorder, 68 patients (F:38, M:30) diagnosed with bipolar disorder, all without a history of treatment, who were admitted to psychiatric clinics due to a first-episode psychosis, and 61 healthy volunteer individuals (F:24, M:37) matched for age and gender were included in the study. Hemogram data were obtained from medical records, and the hemograms taken within the first 48 hours of the patients' admissions were used in the study.

Results: The white blood cell, neutrophil, and monocyte counts were significantly higher in both patient groups than healthy individuals. The eosinophil count varied between the groups, with patients diagnosed with schizophrenia spectrum disorder having significantly lower counts compared to healthy individuals ($p=0.003$). When the analysis was conducted by gender, white blood cell, neutrophil, and monocyte counts were found to differ in women from both patient groups compared to healthy individuals, while in men, only the eosinophil count was lower in patients diagnosed with schizophrenia spectrum disorder ($p=0.023$). There were no significant differences in the NLR and PLR between the groups. The MLR value showed no difference between male patients and healthy individuals, but it varied between the groups in women, with patients diagnosed with psychotic mania having higher MLR compared to the other groups ($p=0.01$).

Conclusions: Changes observed in specific hematological parameters in both bipolar disorder and schizophrenia spectrum patients may contribute to understanding the pathophysiology of these disorders. However, given the heterogeneity in the presentation and etiology of these conditions, larger-scale and prospective studies are needed to determine the roles of these parameters in their pathophysiology. It may also be necessary to consider gender-based differences when assessing the potential roles of these hemogram parameters in the pathophysiology of the diseases.

Disclosure of Interest: None Declared

Addictive Disorders

EPP615

The Laughing Gas Trap: Subacute Spinal Degeneration with Normal B12 levels and Co-Morbid Functional Gait Disorder

A. G. Buciu^{1*} and M. Hadjikyriakou²

¹Psychiatry, University of Miami/Jackson Health System and ²Psychiatry and Behavioral Sciences, Bruce W. Carter Department of Veterans Affairs Medical Center, Miami, United States

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.832

Introduction: Subacute combined degeneration (SCD) of the spinal cord is a well-known neurological disorder commonly associated with vitamin B12 deficiency. However, the condition can also present in individuals with normal B12 levels, making diagnosis more difficult.

Objectives: This paper aims to examine the diagnostic challenges posed by subacute combined degeneration of the spinal cord in patients with normal B12 levels. Specifically, it aims to highlight the importance of early screening for nitrous oxide use and the complexities introduced by co-occurring functional gait disorders.

Methods: Literature research was conducted using PubMed databases. The following keywords were used "whippets" or "nitrous oxide" or "inhalant use disorder", and "subacute degeneration of spinal cord" and/ or "normal B12 levels". Furthermore, a comprehensive clinical evaluation was conducted, including a detailed inquiry into the patient's substance use history.

Results: The 56-year-old patient developed symptoms of subacute combined degeneration (SCD) despite normal B12 levels. He experienced worsening tingling sensations, starting in the extremities and moving upward, along with new gait instability requiring a cane. Initially denying substance use, he later admitted to daily nitrous oxide inhalation, which disrupts B12 metabolism and causes spinal demyelination, leading to neurological deficits even with normal B12 levels. The presence of a functional gait disorder complicated the diagnosis, but persistent questioning about substance use and recognizing the effects of nitrous oxide were key to accurate diagnosis.

Conclusions: This case highlights the importance of early and comprehensive substance use screening, particularly in patients presenting with unexplained neurological symptoms. The disruption of B12 metabolism by nitrous oxide can cause significant spinal cord degeneration, even when serum B12 levels are normal. This underscores the need for detailed, persistent questioning about substance use in clinical settings, particularly for patients with risk factors for inhalant abuse. Additionally, an awareness of the multifaceted nature of functional gait disorders is essential for accurate diagnosis and optimal patient outcomes. Routine screening for nitrous oxide use and a thorough examination of gait abnormalities can aid in the timely detection and treatment of subacute spinal degeneration, preventing further neurological damage. By incorporating recommended screening questions and being vigilant about the neurological effects of nitrous oxide, clinicians can better address the diagnostic challenges of SCD and functional gait disorders.

Disclosure of Interest: None Declared

EPP617

Nomophobia and other psychological symptoms among nursing students community

M. Efstathiou^{1*}, A. Grammeniati¹, K. M. Panoutsopoulou¹, V. Kakaidi², S. Mantzoukas², M. Gouva¹ and E. Dragioti¹

¹Department of Nursing, Research Laboratory Psychology of Patients, Families & Health Professionals, School of Health Sciences, University of Ioannina and ²Department of Nursing, Research Laboratory Integrated Care, Health & Well-being, School of Health Sciences, University of Ioannina, Ioannina, Greece

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.833

Introduction: Nomophobia among university students is recognized as an addictive issue, as their attention is often difficult to divert from smartphones, especially during class. This issue is increasingly evident among nursing students, who frequently check

their smartphones during class ($p < 0.001$), making nomophobia an important concern.

Objectives: We conducted an umbrella review aimed at assessing the prevalence of different psychological and behavioral symptoms among nursing students, including nomophobia, anxiety, sleep disturbances, fear, and stress.

Methods: This meta-synthesis combined evidence from 20 systematic reviews and meta-analyses, incorporating 354 primary studies. Publication records were retrieved from PubMed, CINAHL, PsycINFO, and Scopus. The methodological quality of each meta-analysis was assessed using the AMSTAR-2 tool. Reporting followed the PRISMA guideline checklist.

Results: Our synthesis revealed that 28% (95% CI: 24%–33%) of nursing students experience psychological and behavioral symptoms. Nomophobia/smartphone addiction was observed at 30% (95% CI: 12%–49%). Other prevalent symptoms included anxiety at 29% (95% CI: 17%–40%), sleep disturbances at 48% (95% CI: 5%–91%), stress at 27% (95% CI: 17%–37%), and fear at 41% (95% CI: 7%–75%).

Conclusions: Our findings suggest that nursing students are increasingly involved in nomophobia. As smartphones play a central role in daily life, digital detoxification is not easy. Although our research did not explore the relationship between nomophobia and other symptoms, the presence of issues such as anxiety, sleep disturbances, fear, and stress in nursing students warrants further investigation.

Disclosure of Interest: None Declared

EPP618

Tunisian Parental Perspectives on Smartphone Use: Assessing Its Impact on Children

S. Hamzaoui^{1*}, K. Mahfoudh¹, D. Mezri¹, U. Ouali¹, A. Aissa¹ and R. Jomli¹

¹Razi Hospital, Manouba, Tunisia

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.834

Introduction: The rapid increase in smartphone usage among minors raises significant concerns about problematic smartphone use in children and adolescents. As the first generations immersed in high-tech media, today's youth may be more vulnerable to its negative effects compared to older age groups. Understanding these impacts is essential as smartphones become integral to daily life.

Objectives: This study seeks to assess the prevalence of problematic smartphone usage among a group of children, explore its impact on social, emotional, and academic outcomes, identify associated risk factors, and above all evaluate parental awareness and intervention strategies.

Methods: An online questionnaire was administered to parents of children aged from 1 to 18 years. It included sociodemographic information, the Smartphone Addiction Proneness Scale (SAPS) and additional questions designed to explore various aspects of smartphone use.

Results: In total, 100 parents participated in the study. The preliminary results revealed that 60% of children started using smartphones before the age of 6 years and displayed signs of problematic smartphone use, with a notable negative correlation between high usage and academic performance. Additionally, half of parents

expressed concerns about their children's social skills, reporting that excessive smartphone use often diminished social interactions, communication and attention. Withdrawal symptoms were common, with 30% of parents indicating that their children experienced anxiety or restlessness when separated from their devices. Finally, 86% of parents expressed interest in receiving expert advice on healthy and balanced smartphone use for their children.

Conclusions: The results indicate a troubling trend of smartphone addiction among children. This highlights the urgent need for greater parental awareness and active strategies to manage smartphone use. Future research should focus on developing and evaluating intervention programs aimed at fostering healthier technology habits in children.

Disclosure of Interest: None Declared

EPP619

Motivation to treatment-seeking among individuals with addiction to benzodiazepines: a qualitative study

C. Krüger^{1*}, S. Burmester^{1,2}, J. Franck^{2,3}, M. Hedlund Lindberg^{1,4} and J. Westman^{1,5,6}

¹Department of Neurobiology, Care Sciences and Society, Karolinska Institutet, Huddinge; ²The Stockholm Centre for Dependency Disorders, Stockholm Health Care Services, Region Stockholm;

³Department of Clinical Neuroscience, Karolinska Institutet, Stockholm;

⁴Department of Medical Sciences, Psychiatry, Uppsala University, Uppsala;

⁵Academic Primary Care Centre, Region Stockholm and ⁶Department of Health Care Sciences, Marie Cederschiöld University, Stockholm, Sweden

*Corresponding author.

doi: 10.1192/j.eurpsy.2025.835

Introduction: Many individuals with long-term use benzodiazepines and benzodiazepine-like hypnotics, commonly prescribed for the short-term management of anxiety or sleeping problems, develop addiction. It is therefore important to better understand what motivates individuals with addiction to quit. Few prior qualitative studies have explored patients' perceptions and experiences of addiction to benzodiazepines in the context of motivation to seek treatment.

Objectives: This study explored how individuals perceive addiction to benzodiazepines and aimed to describe the experiences that motivated them to seek treatment.

Methods: This exploratory qualitative study was conducted among nineteen adults (≥ 18 years) diagnosed with sedative, hypnotic, or anxiolytic use disorder. Participants were purposively recruited from a publicly funded outpatient addiction clinic in Sweden and were undergoing tapering treatment at the time of their in-depth interviews. The interviews, which followed a semi-structured guide, were completed between April 2021 and February 2023. Transcripts were analyzed using reflexive thematic analysis by a multi-disciplinary team. All participants provided written informed consent and the study was approved by the Swedish Ethical Review Authority (Dnr. 2019-05302).

Results: Participants described perceptions of addiction and motivation to quit in terms of the growing harms they experienced from continued use of benzodiazepines. We identified three themes that reflect the nonlinear process and multifaceted consequences which to a "tipping point" where individuals made the decision to seek treatment. Theme one described how benzodiazepine use required