EPV0025

Breaking the Cycle: Understanding Frequent Relapses in Alcohol Treatment – The Impact of Patient Engagement and Prevention Strategies through Retrospective Analysis

M. Cameira[1]*, Â. Ferreira[2], I. Pereira[1], M. Andrade[1], S. Morais[3] and J. Teixeira[1]

[1]ULS São José - Hospital Júlio de Matos, Lisboa; [2]ULS Arrábida - Hospital de São Bernardo, Setúbal and [3]ULS Almada-Seixal- Hospital Garcia de Orta, Almada, Portugal
*Corresponding author.
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Introduction: Alcohol use disorder is a significant Public Health issue with substantial socioeconomic impact, morbidity, and mortality. Achieving therapeutic success remains challenging due to frequent treatment dropouts, relapses, and readmissions. It is estimated that 20-40% of patients discontinue detoxification treatment prematurely, with some studies highlighting the influence of psychiatric comorbidities, polysubstance use, unemployment, and impulsivity. Premature discontinuation increases the risk of medical complications and worsens prognosis. Although anti-craving medications have demonstrated efficacy in preventing relapse, they remain underprescribed.
Objectives: This study aims to identify and analyze determinants of readmissions, particularly in patients with a history of treatment dropout, and propose strategies to enhance therapeutic success.
Methods: A two-year retrospective analysis was conducted on readmitted patients, with a focus on previous dropouts, within the 12 months prior to their last hospitalization for alcohol detoxification at ULS São José - Hospital Júlio de Matos. The analysis included sociodemographic data, comorbidities, anti-craving therapy, integration into therapeutic communities (TC), and post-discharge outcomes.
Results: A total of 37 patients were identified with readmissions in the past 12 months. Of these, 9 (24.3%) had left their previous admission against medical advice, most of whom had experienced 4 or more admissions. There was a similar gender distribution, with all patients being single or divorced, 66.7% unemployed, and the same percentage experiencing economic hardship. Two-thirds had psychiatric comorbidities. None had recently received anti-craving medication, and only 2 (22.2%) had prior involvement with a TC. During their readmission, 44% were discharged to a TC or Day Center, and 2 left again against medical advice.
Conclusions: It was found that many frequent users discharged themselves against medical advice from previous hospitalizations. These patients showed a high prevalence of socioeconomic problems and psychiatric comorbidities, with none receiving anti-craving therapy. In the future, it will be essential to analyze the reasons for these dropouts to improve the effectiveness of treatment during hospitalization. It is concluded that therapeutic plans must be personalized and tailored to the patients' multiple needs to ensure better adherence.

Disclosure of Interest: None Declared

EPV0027

Addictive Behaviors among University Students in Kenitra, of Internet and Social Media: An Exploratory Study

A. CHAKER LAMRANI[1]*, S. BOULBAROUD[2], M. RMILI[1], M. ALAYACHI[1] and F.-Z. AZZAOUI[1]

[1]Ibn Tofail University, Laboratory of Biology and Health, KENITRA and [2]Sultan My. Slimane University, Polydisciplinary Faculty, BeniMellal, Morocco
*Corresponding author.
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Introduction: As the accessibility of new technology becomes easier and its usage longer, especially among university students, the repercussions on content consumption and behaviors must be examined and addressed, both for prevention and remediation.
Objectives: The aim of this study is to assess the degree of addictive behaviors associated with the use of the internet and social media. Through a questionnaire, data was collected from a random sample of university students in Kenitra.
Methods: 58 students participated in the study (21.29 ± 1.69) (38 women and 20 men), distributed as follows: 31% in the first year, 32% in the second year, and 36% in the third year. Of these, 94% reported owning a smartphone for at least one year.
Results: 17% reported using internet for more than 12 hours per day. 37% recharge their balance immediately after it is depleted, and 41% become frustrated when they receive no response to a message, 38% are constantly awaiting new notifications. Nearly 30% reported that internet use affects their studies, health, and causes conflicts with their parents.
Girls are more connected than boys and cannot tolerate being without internet access ($p < 0.05$, respectively). The number of repeated semesters is highly correlated with the duration of smartphone ownership and significantly correlated with age ($p < 0.05$). Furthermore, a strong correlation is observed between the duration of internet use and the allocated budget ($p < 0.05$), as well as the ability to tolerate the absence of internet access ($p < 0.05$).
The regression test shows that an increase in the allocated budget for internet connection leads to an increase in the time spent using smartphone applications ($\beta = 0.42$), and the model explains 47% of this relationship. Additionally, the nature of the application used can explain 30% of the increase in the number of repeated semesters among university students ($\beta = 0.30$), this parameter is also explained by the duration of smartphone ownership by 10% ($\beta = 0.33$).
Conclusions: Internet access is facilitated by smartphones, which fosters attachment behaviors among university students that can lead to addiction and certainly have an influence on academic progress, health, and family relationships.

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