

increasing mental energy and time, and how participants felt their freedom was restricted by the need to “hunt” for medication. In theme two, participants described facing a crossroads regarding their benzodiazepine use as the effectiveness decreased. Some participants defined addiction in relation to the negative cycle of dose escalation and withdrawal symptoms they experienced, which also motivated them to seek treatment. Theme three discusses the ways that benzodiazepines negatively impacted different psychosocial and practical aspects of daily life, including conflicts related to changes in personality and negative impacts on relationships, which resulted in further areas of motivation.

Conclusions: The results suggest that individuals with addiction to benzodiazepines reach the decision to seek treatment both through processes of change over time and through individual factors that act as a tipping point. These motivational factors are of clinical importance in the decision to seek treatment and should be identified by healthcare providers and cultivated in individuals with addiction to benzodiazepines.

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EPP620

From prevention to treatment of addiction: Porto's comprehensive approach through the Municipal Health Plan

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Introduction: The Porto Municipal Health Plan for 2022-2024 prioritized initiatives targeting addictions within the community. Built in the collaboration between the Public Health Unit, the Faculty of Psychology (FPCEUP), and the Drug Addiction Intervention and Reduction Division (DICAD), Porto aimed to comprehensively address addiction-related challenges. This includes developing monitoring tools, identifying areas lacking intervention, and promoting innovative social programs.

Objectives: To define and implement a plan from prevention to treatment of addictive behaviors and addiction within the Porto Municipal Health Plan.

Methods: After defining priorities within this scope, tasks were defined together with the different institutions of the Municipality, including disseminating information on tobacco and alcohol legislation and improving community literacy on health-conscious environments. Additionally, integrated projects focus on evaluating existing interventions, identifying best practices, and fostering collaboration among entities to address addiction effectively were listed as main steps.

Results: By aligning with strategic objectives outlined in the Porto Municipal Health Plan, such as building citizen and professionals' capacity, improving prevention strategies, and facilitating access to resources, Porto is addressing addictive behaviors comprehensively. Initiatives include capacity building, implementing intervention strategies, and promoting harm reduction approaches in recreational settings.

Conclusions: Porto's efforts to combat addiction highlight its commitment to public health. Through targeted communication, integrated projects, and resource optimization, Porto aims to mitigate the impact of addictive behaviors and promote a healthier community, aligning with the Municipal Health Plan.

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EPP621

Sociodemographic characteristics and quality of life between persons with addiction disorders and their caregivers

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Introduction: Disorders caused by alcohol and opiate addiction lead to physical, mental and socioeconomic deterioration not only of the patient, but also of their families. Family caregivers are persons who provide unpaid care to other family members who need supervision or help in case of illness or disability, as well as to persons with special needs (1). Studies have shown that the illness of one family member affects the quality of life of other family members, especially the caregiver of the patient (2). Previous studies indicate that the support of family members is of great importance and influence on the initiation of addiction treatment, compliance and participation in it, but also on the outcome itself, i.e. the success of the treatment (3).

Objectives: Primary aims of this study included sociodemographic characteristics and analysis of the quality of life between persons with addiction disorders and their caregivers.

Methods: The study included 136 patients who were being treated at the Special Hospital for Addiction Diseases in Belgrade, for the treatment of addiction to psychoactive substances (opiates and opioids or alcohol), and 136 of their caregivers. Data on respondents were collected in the period from April to October 2014. During this research, a cross-sectional study was conducted. As measuring instruments in this research, in addition to the general questionnaire, specific questionnaire was used for assessment of quality of life (36 item Short-Form Health Survey – SF-36 (4,5)).

Results: Sociodemographic characteristics indicate that there are more male addicts, as well as female caregivers ($p < 0.001$). Psychoactive substance addicts belong to the age group ≤ 39 years, compared to caregivers who belong to the group older than 50 years ($p < 0.001$). The marital status of the respondents showed that the largest percentage of patients were without a partner, while the same number of guardians were married ($p < 0.001$). The socioeconomic status of the respondents showed a statistically significant difference in relation to the socioeconomic conditions of the patients and their caregivers. SF-36 domain scores in caregivers were similar to those in with addictive disorder, with the exception that 2 domains were significantly lower, related to physical functioning ($p < 0.001$) and bodily pain ($p = 0.003$). A greater number of patients report a better state of health compared to last year compared to caregivers who consider their health to be the same or worse in the mentioned period ($p < 0.001$).

Conclusions: Assessment of the quality of life of persons addicted to psychoactive substances, as well as their caregivers, is an important