

socio-demographic information, physical and information about the internet access and use.

Results: The sample consisted of 90 males and 62 females with a mean age of 13.14 ± 1.2 years. The majority of participants had their own smartphone (83.6%). The average duration of connection among participants was 5.3 hours per day. The prevalence of IA was 14.5%. Results showed that 46.8% feel their internet use significantly hinders their family relationships. Twenty participants (13.2%) reported that they connected to the internet while they were in classroom. The prevalence of IA was higher among boys than girls ($p = 0.018$). There was, also, a significant relation between IA and having academic difficulties ($p = 0.037$).

Conclusions: The prevalence of IA is elevated in Tunisia. Many negative consequences are identified. Urgent measures should be taken to counter the problem.

Keywords: Addiction; Internet; adolescents

EPP1366

Chemsex drugs: More than ghb, mephedrone and methamphetamine?

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Introduction: The intentional use of drugs before or during sexual intercourse (chemsex), due to its impact on mental health, is a phenomenon of high importance in men who have sex with men. The main drugs usually described in chemsex related research are methamphetamine, mephedrone and GHB/GBL.

Objectives: We present a narrative review of the evidence about the mechanisms of action of different drugs used in chemsex context.

Methods: Narrative Review.

Results: Different drugs have been associated with chemsex use: stimulants such as cocaine, stimulants with empathogenic properties such as mephedrone, methamphetamine, MDMA; stimulants with a psychedelic effect such as 2C-B; depressants such as GHB/GBL and ethyl chloride; and dissociative hallucinogens such as ketamine.

Conclusions: Classical chemsex research includes only mephedrone, methamphetamine and GHB as “chemsex drugs”. Recently, different drugs have been described associated with chemsex practice. Clinicians may encounter polydrug chemsex users and the different mechanisms of action, mental health problems related to every drug and polydrug use must be taken into account.

Keywords: chemsex; MSM; sexuality

EPP1367

Emotional regulation in alcohol use disorder (AUD)

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Introduction: The process of emotional regulation allows the patient to deal with various situations throughout life, since it includes the ability to create and control emotions, in order to guide action and interaction with others. However, people with alcohol use disorder (AUD) is not always able to give appropriate responses to surrounding situations in the face of certain specific emotions.

Objectives: We aimed to evaluate the use of emotional regulation strategies in people with AUD.

Methods: A descriptive and correlational study was conducted. A sociodemographic questionnaire, that included variables to assess aspects related to AUD, and the Emotion Regulation Questionnaire were used.

Results: The sample had 25 participants, mostly male, average age of 46.68 years. 44% were married, and most cases had an withdrawal time larger than 3 months. Regarding emotional regulation strategies, it was found that the participants resort more to cognitive reassessment ($M = 26.59, SD = 7.54$), compared to emotional suppression ($M = 15.16, SD = 5.03$). Statistically significant differences were found between genders in relation to cognitive reassessment ($U = 29.00; p = 0.02$). No correlations were found between withdrawal time, treatment time, cognitive reevaluation and emotional suppression.

Conclusions: Results show differences between gender, and the absence of a relationship between educational qualifications in cognitive reassessment, contradicting previous findings on general Portuguese population. This data points to the need to implement intervention programs in this population, taking into account the gender variable, and including the development of the ability to identify and express emotions, as well as of strategies to deal with emotional aspects.

Keywords: emotions; alcohol use disorders; emotional regulation

EPP1368

Online gaming dependency, attention levels and sleep quality among online gamers

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Introduction: The persistent and recurrent use of the internet to engage in games, often with other players, which leads to clinically considerable deficits and online dependency still lacks more research support its impact of attentional levels and Sleep Quality.

Objectives: To assess levels of Online Gaming Dependency, its impact on attention levels and quality of sleep among online gamers.

Methods: The following instruments were used: a sociodemographic questionnaire, as well as the Video Game Behavior Assessment Scale ($\alpha = .842$) and the Portuguese version of Color and Words Stroop Test. The sample consists of 66 individuals, 92.3% male and 7.7% female, with an average age of 23.1 ($SD \pm 4.07$).

Results: Mild levels of online gaming dependency were obtained. Male gamers presented higher motivation to play online games, and higher levels of Stroop interference. Regarding the association between gaming behaviors and quality of sleep, results show that individuals who have difficulty falling asleep show greater motivation to play online games, a greater degree of concern with daily life

and a greater frequency of negative behaviors in relation to online gambling.

Conclusions: The results show the importance of an increase in investigations in this area, as well as to the development of psychological assessment instruments and psychological intervention strategies, based on scientific evidence, on the different variables under study, in order to improve the quality of life in of individuals.

Keywords: Online gaming dependency; Level of attention; Quality of sleep

EPP1369

Mc Donalds' model of deliverance of opioid substitution treatment in COVID-19 crisis in opioid belt in rural India : A retrospective - comparative study

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Introduction: COVID-19 has been declared as a pandemic by the World Health Organization on March, 2020. Opioid substitution therapy (OST) for opioid-dependent patients is an evidence-based, effective outpatient (OPD) based treatment maintained on medications(, buprenorphine-naloxone combination). These are difficult times for patients with addictive disorders. Authors came up with an idea of implementing "walk through" out patient model inspired by "Drive through" model of Mc Donalds in which Doctor and Nurses run open space OPD near to Medical record section to reduce the waiting time of patient, quick delivery and minimize droplet exposure. **Objectives:** To study the efficacy of Mc Donald's model of OST in OST centre in Tarn Taran, india.

Methods: This was a restrospective-comparative study. We studied records of our patients using streatment as usual from September 2019 to March 2020 and using Mc Donald's model (From April 2020 to October, 2020) for a period of 6 months during and before lockdown.

Results: The average number of patients attending OST clinics during Covid lockdown was 352.8. The compliance rates significantly improved (57.82%), The drop out rates were much lower (20.78%), using Mc Donald's model than usual treatment.

Conclusions: As per our knowledge, this study is first of its kind to study the efficacy of OST drug deliverance in pre Covid and Covid times and suggest, the new findings which can be inculcated in the other OSTs.

Keywords: COVID-19; Buprenorphine -naloxone; Substance; opioid substitution therapy

EPP1370

Adapting to COVID-19 at arch

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Introduction: The Addictions Recovery Community Hillingdon (ARCH) is a specialist addictions treatment service, providing a

range of interventions for substance use disorders. The onset of the COVID-19 pandemic required healthcare services to rapidly adapt clinical care in order to safeguard patients and staff from contracting the virus whilst managing clinical risk. Key changes were made to treatment pathways at ARCH.

Objectives: 1. Reduce face-to-face contact between patients and staff (including community pharmacists) 2. To get feedback from patients and staff about changes implemented

Methods: To reduce face-to-face contact, we aimed to decrease the number of patients having supervised consumption of Opiate Substitute Treatment (OST). Furthermore, telephone consultations were encouraged for keyworking and reviews. Patients were randomly selected and interviewed about their experiences and focus groups were be completed with staff.

Results: Supervised consumption of OST was reduced from 41.5% to 6%. Face-to-face appointments were significantly reduced and telephone consultations were introduced as standard. Telephone reviews became the standard method of contact for keyworking sessions and medical reviews. 53% of services whose interval between instalment collection of OST at community pharmacies was extended found it 'easy' or 'very easy' to adapt to. 61% of service users who had access virtual platforms finding it 'easy' or 'very easy' to access support. Focus groups of staff members revealed that staff felt the changes in instalment collection of OST was positive for patients.

Conclusions: ARCH implemented a number of changes to treatment pathways and interventions to minimise the risk of virus transmission amongst patients and staff whilst managing clinical risk.

Keywords: addictions; COVID-19; supervised consumption

EPP1371

Exploring the relationship between problematic internet use and emotion regulation skills in tunisian medical students

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Introduction: There is paucity of researches addressing the relationship between individuals struggling to identify, express and communicate their emotions and problematic internet use, especially among medical students.

Objectives: To assess problematic internet use in Tunisian medical students and to address its relationship with emotion regulation skills.

Methods: First to fifth-year undergraduate medical students registered in the medical school of Sousse, Tunisia, were offered to answer an online questionnaire survey, involving sociodemographic and clinical data, Internet Addiction Test (IAT) and Difficulties in Emotion Regulation Scale (DERS).

Results: A total of 175 medical students participated in the study with a median age of 22 (20-23) years and a gender ratio of 0.3. Median score of IAT was 40 (30-48). Twenty-four percent of medical students (n=42) reported problematic Internet use. Higher scores of IAT were significantly associated with the perception of an unsatisfactory relationship with parents, not having a leisure activity, family history of psychiatric disorders, personal health conditions and regular alcohol consumption. Scores of IAT