

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

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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.

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EPP619

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

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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

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.

Disclosure of Interest: None Declared

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