

Disclosure of Interest: None Declared

EPP270

The effect of experienced discrimination and internalized homophobia level in gay and bisexual men on social anxiety level, self-esteem and quality of life

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Introduction: Minority groups in terms of sexual orientation are exposed to specific stressors, unlike the stressors of the general population. Discrimination, stigma, prejudice and violence are more common in minority groups in terms of sexual orientation than heterosexuals, and they affect mental health negatively. Minority stress factors such as perceived discrimination, self-stigmatization and internalized homophobia have negative effects on mental health.

Objectives: External and internal minority stressors, which are associated with social anxiety like many mental illnesses, are also associated with self-esteem and quality of life. Minority stress factors should also be well understood in order to understand the consequences they cause. In this study, it was aimed to examine the relationship between discrimination and internalized homophobia experienced in gay and bisexual men with social anxiety, self-esteem and quality of life.

Methods: 85 participants who defined themselves as gay or bisexual man were included in the study. The study is cross-sectional and descriptive, and the participants were reached by the snowball method. Sociodemographic and clinical data form, including the experienced discrimination questions prepared by the researcher, Internalized Homophobia Scale, Libowitz Social Anxiety Scale, Social Interaction Anxiety Scale, Rosenberg Self-Esteem Scale, World Health Organization Quality of Life Scale Short Form Turkish Version (Whoqol-bref Tr) has been applied. The relationship between experienced discrimination in the sample and internalized homophobia; social anxiety, self-esteem and quality of life were examined separately.

Results: It was found a significant relationship between experienced discrimination and social anxiety levels, an inverse relationship was found with self-esteem. A same-way relationship was found between internalized homophobia and social anxiety levels, while an inverse relationship was found with self-esteem. Experienced discrimination and internalized homophobia were both found to be inversely related to quality of life.

Conclusions: In our study, it was found and discussed that experienced discrimination in gay and bisexual men was positively related to the level of social anxiety, and negatively related to self-esteem and quality of life; similarly there was a positive relationship between the level of internalized homophobia and the level of social anxiety, and a negative relationship between self-esteem and quality of life. When these results are evaluated, it is understood that discrimination experiences and negative mental consequences should be taken into account when evaluating homosexual and bisexual men who are minorities in terms of sexual orientation in mental health clinics and practices, psychological support process, preventive mental health practices and policies to be developed.

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Addictive Disorders

EPP271

Prevalence of drug abuse and its perceived effect on the mental health and academic performance of secondary school students in Bauchi State Nigeria.

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Introduction: The study was designed to determine the prevalence of drug abuse and its perceived effect on the mental health and academic performance of secondary school students in Bauchi State, Nigeria.

Objectives: Objectives of the Study

The aim of this study is to examine the prevalence of drug abuse and its perceived effects on the mental health and academic performance of secondary schools student in Bauchi state. The specific objectives are:

1. To determine the prevalence of drug abuse among secondary school students in Bauchi metropolis.
2. To identify the perceived drugs commonly abused by students in secondary schools.
3. To investigate perceived reasons secondary school students abuse drug in Bauchi metropolis.
4. To investigate the perceived negative effect of drug abuse on the mental health and school performance of the students in secondary schools of Bauchi metropolis.

Methods: The study adopted a cross sectional descriptive design. Multistage sampling procedure was used to select 26 Secondary Schools in Bauchi state. The schools have a combined population of 11,439 students. The instrument for Data collection was a WHO Youth Drug Survey (WHYOYDSQ) and drug abuse screening test (DAST) adapted questionnaire and a sample size of 399 was obtained using Yamane formula. The reliability of the instrument was established using a test and re-test. Data generated analysed using frequency distribution tables, cross tabulation and chi square.

Results: Out of 399 copies of the questionnaire distributed, 372 were correctly filled and analyzed. Majority (80%) of the respondents were between 18-20 years. More than half, 208 respondents (55.9%) reported to have used drug for non-medical reasons once or more in the past one year. The commonest substances abused were codeine, cough syrup, cannabis and tramadol. More than half of the users of each of the substances take it occasionally. Among the respondents, 42.8% who used psychoactive substances were introduced to the substance by their friends. Major reasons for using psychoactive substance include reduction of stress (37.1%), out of curiosity (28%) and memory improvement and retention (26.6%). There was significant difference ($p < 0.05$) in the academic performance of the respondents that abuse drug and those that do not.

Conclusions: In conclusion the prevalence of substance abuse among Secondary School students was high (55.9%) as such