

Conclusions: The results of the study showed that receiving substitution maintenance therapy did not significantly increase the level of personal anxiety and the risk of anxiety disorders in patients on methadone therapy, the vast majority of patients showed very low, low and mild levels of manifestations. However, the level of personal anxiety may vary, but it is important to provide a comprehensive approach to treatment, including psychological support and social integration, to improve patients' quality of life and reduce anxiety.

Disclosure of Interest: None Declared

EPV0050

Characteristics of gambling among Tunisian students

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doi: 10.1192/j.eurpsy.2025.952

Introduction: Nowadays, gambling has become a common form of entertainment for many young people. Gambling is essentially divided into dice games, card games (especially poker), casino games, sports betting, lotteries and, in recent years, online gambling. As a result, gambling has become a major international business, especially among young students.

Objectives: Evaluate the practice of gambling in a population of young students and describe its characteristics.

Methods: We conducted a descriptive and analytical cross-sectional study among university students.

This survey involved a population of Tunisian students recruited through students' Facebook groups.

A questionnaire was designed to collect information related to participants' background characteristics and gambling-related details.

DSM-5 criteria were used to screen for pathological gamblers.

Results: A total of 151 students responded to our questionnaire. Gambling was found in 29.1% of the students in our study (n=44). Thirty players (68.4%) were occasional players. The lottery (54.5%), followed by sports betting (29.5%) and blackjack (27.3%) were the most reported gambling games by students.

Among the players, nineteen (43.2%) experienced a Big Win. The average amount of money spent on gambling per month was 107.14 ± 123.58 TND, with extremes of 4 and 600 TND.

The majority (77.3%; N=34) played online. Among players, 61.4% (N=27) were used to play with friends.

Almost the half of gamblers (45.5%) have started gambling for less than a year and 6.8% have been gambling for 4 to 5 years.

Pathological gamblers represented 13.9% (n=21) of the students in our population.

Conclusions: Our study highlights the prevalence and characteristics of gambling among university students in Tunisia. With nearly 30% of participants engaging in various forms of gambling. These findings suggest a need for targeted awareness and prevention strategies to address potential risks associated with gambling among young adults, particularly in educational settings. Further researches are essential to explore the long-term implications of gambling behaviors on student well-being and academic performance.

Disclosure of Interest: None Declared

EPV0052

Chronotype in individuals with exercise addiction – preliminary analysis

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doi: 10.1192/j.eurpsy.2025.953

Introduction: Exercise addiction (EA) is conceptualized as the uncontrolled practice of physical activity, with repetition of that behavior despite the negative effects on the individual [Khazaal et al. Rev Med Suisse. 2024; 20(882):1354-1359]. According to current systems, EA is included in the group of behavioral addictions [Martyniak et al. Psychiatr Pol 2021;55(6):1357-1372]. The prevalence of EA is understudies, with data from athlete samples ranging from 5-17% [Weinstein et al. Dialogues Clin Neurosci. 2023; 25(1): 1-13]. No prior studies investigated the links between chronotype and EA.

Objectives: This work aimed to assess the relationship between EA and chronotype.

Methods: This is a preliminary analysis of data from a larger online survey that assessed the links between behavioral addictions and psychopathology in an online community sample. The inclusion criteria were 1) age ≥18-35 and 2) consent to participate. A local bioethical committee approved the study. Responders completed self-report questionnaires to assess EA: EAI (Exercise Addiction Inventory-Short Form), and chronotype Composite Scale of Morningness (CSM). The participants were divided into subgroups based on their EAI scores: 1) with negative EA screen (EA [-]) [scores ≤12], 2) with positive EA screen (EA [+]) [scores >12]. EA [-] and EA [+] were compared in terms of general characteristics and chronotype (continuous measure). The quantitative data were evaluated with a T-test. The qualitative data were analyzed using the X2 test.

Results: 183 subjects were EA [-] and 99 were EA [+]. There were no significant differences between the groups regarding the mean age: EA [-] 27.36±10.74 years; EA [+] 25.55±7.47 years [t (2, 262) =1.661, p<0.09]. EA [+] were more likely to be male (40.4%) than EA [-] (27.3%) (X2=5.060, df=1, p=0.026). There were no differences in the levels of education (primary/secondary/ college student/ university student/ completed higher education) in the studied groups (X2=1.78, df=4, p=0.786). EA [+] showed a higher level of morningness measured with the CSM total score (34.13 ±6.48) than EA [-] (30.62±8.63)[t (2, 251.8) = 3.855, p<0.001].

Conclusions: EA was linked to male sex in the studied sample. Individuals with positive exercise addiction screen present higher levels of morningness.

Disclosure of Interest: None Declared

EPV0054

Attachment style and food addiction: Exploring psychological links

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