

Introduction: Insomnia has been related to a more severe substance use disorder presentation (1). There are few longitudinal studies in outpatients center for SUD treatment that evaluate how insomnia impacts on relapses.

Objectives: To analyze how insomnia impacts on the time of the first substance relapse in SUD outpatients after the onset of addiction treatment.

Methods: This is a one-year follow-up study performed on 116 patients (73.3% males; mean age 43.4 ± 14.3) for whom we had information from baseline insomnia and the time for the first relapse. A Kaplan-Meier survival analysis was performed. This is part of a greater research on Alexithymia in SUD in a longitudinal study.

Results: The initial sample consisted of 116 patients, information on relapses was available for 113 patients. The main substances used at baseline were alcohol (62.1%), cocaine (56.0%), cannabis (42.2%), and opiates (30.2%).

		%	Time of abstinence in months (m)	Typical error	χ^2	p
Insomnia (any type)	Yes	47.8	3.7	0.5	10.103	0.001
	No	52.2	6.1	0.6		
Onset insomnia	Yes	32.7	3.5	0.6	8.126	0.004
	No	67.3	5.6	0.5		
Sleep fragmentation	Yes	37.2	3.8	0.6	5.521	0.019
	No	62.8	5.6	0.5		
Early morning awakening	Yes	17.7	3.6	0.8	2.212	0.137
	No	82.3	5.2	0.5		
Nightmares	Yes	13.3	3.8	0.9	1.642	0.200
	No	86.7	5.1	0.5		

Conclusions: It is important to evaluate insomnia at the onset of addiction treatment because insomnia may be related to earlier relapses. Furthermore, it should be analyzed further on how insomnia treatment impact on substance relapses. REFERENCES 1. Miller MB, Donahue ML, Carey KB, Scott-Sheldon LAJ. Insomnia treatment in the context of alcohol use disorder: A systematic review and meta-analysis. *Drug Alcohol Depend.* 2017;181:200-207. doi:10.1016/j.drugalcdep.2017.09.029

Keywords: Relapse; Addiction; Insomnia; Substance Use Disorder

EPP1319

Ethnic differences in the prevalence of online behaviors in adolescents in the southern regions of siberia

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Introduction: An urgent problem all over the world is the growing number of adolescents with maladaptive (Internet addicted) Internet use.

Objectives: To study the prevalence of various types of online behavior in adolescents in the southern regions of Siberia (Caucasians and Mongoloids).

Methods: 4351 adolescents aged 12-18 in the city of Krasnoyarsk and the city of Abakan (Republic of Khakassia) were surveyed. Ethnicity is determined by the nationality of the mother. Online behavior was studied using the Chen Internet Addiction Scale (CIAS): adaptive internet use (API) – 27-42 points, non-adaptive (NPI) – 43-64 points and pathological (PPI) ≥ 65 points. The indicators were compared in 2 groups: Caucasians and Mongoloids. The program “Statistica 12” was used, the percentage of the share, the significance of the differences (p) and the values of the Pearson χ^2 test were indicated.

Results: Caucasians by their mothers accounted for 3663 (84.2%) and the share of Mongoloids reached 688 (15.8%). AIP was recorded in 44.0% of Caucasians and 7.9% of Mongoloids ($p < 0.0001$; $\chi^2 = 1474.99$), NPI was recorded in 34.7% of Caucasians and 6.2% of Mongoloids ($p < 0.0001$; $\chi^2 = 1084.65$), PPI was found in 5.5% of Caucasians and 1.7% of Mongoloids ($p < 0.0001$; $\chi^2 = 90.49$).

Conclusions: Ethnic features of the prevalence of online behavior in adolescents in the southern regions of Siberia include a higher frequency of NPI and PPI in Caucasians compared to Mongoloids. The reported study was funded by RFBR according to the research project № 18-29-22032\18.

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Keywords: Internet; prevalence; ethnic; adolescents

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Method of relieving alcohol dysphoria in the structure of hypertoxic alcohol abuse state with compulsive craving manifestations

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Introduction: Alcohol dysphoria is a pathognomonic, severe, and therapeutically resistant syndrome considerable for alcohol and drug-addicted patients. The term “dysphoria” (from Greek δυσφορέω to suffer, torment, annoy) means an abnormally low type of mood, characterized by anger, gloom, irritability, feelings of hostility to others. In addictology, it is often identified in the withdrawal syndrome structure.

Objectives: To develop innovative improvement in treatment for alcohol dysphoria.

Methods: Valid clinical diagnostic, laboratory, biochemical, electrophysiological, psychological (scaling, testing), statistical methods identifying alcohol dependence complicated by dysphoria.

Results: The proposed method involves a complex of anti-affective, anti-abstinence, anti-craving pharmacological agents and drug-free methods, and differs from those conventional, along with psychotherapeutic potentiation, by additional targeted pharmacological triad (peroral Carbamazepine 200 mg twice a day: in the morning and in the evening; intramuscular Halopril (Haloperidol) 1 ml