

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.

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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

aspect of the therapeutic protocol in order to provide the necessary help and more successful treatment.

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Child and Adolescent Psychiatry

EPP623

The Association Between Internet Game Addiction and Social Anxiety Symptoms Among Adolescents in The Kingdom of Saudi Arabia

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Introduction: Internet gaming addiction (IGA) can have a significant impact on the characteristics of individual gamers, and may even be a contributing factor to the development of social anxiety symptoms. This study of adolescent Saudi Arabian Internet gamers examined the influences of Internet gaming time and probable Internet Gaming Disorders (IGDs). It investigated the association between Internet game addiction and social anxiety symptoms among them.

Objectives: The aim of this study was to investigate the association between internet game addiction and social anxiety symptoms among Saudi adolescents. Since very few researches examined the association between internet game addiction and psychiatric illnesses among Saudi youth, Our study focused on social anxiety symptoms which has not been done so far.

Methods: A cross-sectional, survey was conducted from March to June of 2023 among adolescents in the Saudi population. Probable Internet Game Addiction was measured by using the DSM-5 checklist and the Arabic version of the Social Phobia Inventory (SPIN) was used to evaluate social phobia or anxiety.

Results: A total of 764 participants were enrolled in the current study, majority of gaming addiction participants were 15-16 years old. There was a significant association between gender and gaming addiction (p -value ≤ 0.05). 86.6% of Saudis have been significantly associated with gaming addiction. The majority of the participants have moderate social phobia compared to severe social phobia. There was a significant association between social phobia and age (p -value ≤ 0.05). 34.9% of male participants have moderate social phobia and 24.6% of females have moderate social phobia. There was an insignificant association between social phobia and nationality. The participants with gaming addiction showed 37.2% had mild, 60.5% had moderate, 68.1% had severe and 79.5% had very severe social phobia. There was a significant association between Social Phobia and gaming Addiction (p -value ≤ 0.05).

Conclusions: This study examines the association between video game addiction and social anxiety among adolescents in Saudi Arabia. Despite its limitations of less sample size and small setting, the findings imply a significant correlation between IGA and these psychological concerns, particularly among male adolescents. Excessive video gaming use leads to higher levels of social anxiety. Future research should adopt experimental or longitudinal designs to establish causal relationships and consider the potential reciprocal nature of the association. Mental health educators and

practitioners should be mindful of the adverse impacts of excessive video gaming, with a specific focus on male adolescents who might be more susceptible to heightened social anxiety.

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EPP625

Circle of Security (COSP) Implementation in a Public Clinical Setting in Spain

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Introduction: Evidence shows that attachment insecurity and disorganization increase the risk of developing psychopathology. The Circle of Security-Parenting Intervention (COSP; Cooper, Hoffman & Powell 2009) is designed to enhance secure attachment between caregivers and children under six years old, based on decades of attachment research. This evidence-based program has been translated into 14 languages and is present in almost 30 countries. However, in Spain, it is not currently offered in the public system, despite having a public health, education, and social services system intended to provide universal coverage.

Our team works in a Child Psychiatry Consultation, where we evaluate toddlers when Autism Spectrum Disorder (ASD) is suspected by general pediatricians or schools. Over the years, we've found that many children do not have ASD but instead present attachment difficulties that the system does not currently support.

Objectives:

- To provide parents whose children present difficulties that don't meet the criteria for disorders receiving resources from the educational or social system with tools to help their children.
- To implement an intervention in a public clinical setting in Spain, specifically in a Child Psychiatry Consultation, that could help caregivers with attachment difficulties.

Methods: From the patients referred to our hospital for ASD evaluations, we identified seven parents whose children didn't meet the criteria for a neurodevelopmental disorder but presented attachment difficulties and could benefit from COSP.

We conducted a group with these parents, consisting of 90-minute sessions over eight weeks. The program provides caregivers with relationship tools, with each chapter building on the previous one. COSP uses visual support and offers participants opportunities to reflect and learn how to better understand and respond to both children's and caregivers' needs.

Results: Six of the seven caregivers who began the group completed it. The caregiver who didn't finish had to leave due to medical issues but requested to rejoin future sessions to complete all eight chapters.