

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

Disclosure of Interest: None Declared

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.