

Addictive Disorders 01

Abstract

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EPP0001

Frequency and clinical characteristics of nitrous oxide use disorder among French health professions students

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Introduction: Nitrous oxide recreational use and abuse has significantly increased in recent years among youth. To our knowledge, no previous study investigated the frequency and characteristics of N₂O use disorder.

Objectives: To assess the frequency and the socio-demographic and clinical characteristics of nitrous oxide use disorder in a sample of health professions students.

Methods: An online survey was distributed to health professions students at Paris-Cité University, Paris-Sorbonne University, Paris-Saclay University, Lille University and Picardy University, France. The following data were collected: age, gender, frequency of nitrous oxide use, DSM-5 criteria for nitrous oxide use disorder, frequency (day/week/month/year/lifetime) of tobacco, alcohol, cannabis, cocaine, amphetamines, and hallucinogens use, Alcohol Use Disorders Identification Test scores (AUDIT), the Fagerström Tobacco Dependence Test scores, the Cannabis Abuse Screening Test scores, lifetime psychiatric or sleep disorders.

Results: 2067 participants (mean age 21.7±2.6 years, 75% female) completed the survey from September 2021 to May 2022. Among them, 38% (n=790) reported nitrous oxide lifetime use. Seven per cent of the subjects (n=137) fulfilled DSM-5 criteria for current nitrous oxide use disorder (114 mild use disorder, 16 moderate use disorder, 7 severe use disorder). In the group of patients with nitrous oxide use disorder, there were correlations between nitrous oxide use disorder and daily alcohol use (Chi²=24.2, p<0.0001), daily tobacco use (Chi²=25.3, p<0.0001), AUDIT scores >12 (Chi²=7.9, p<0.0001), lifetime depressive disorders (Chi²=13.6, p=0.0001), anxiety disorders (Chi²=13.2, p=0.02), or sleep disorders (Chi²=14.4, p=0.006), compared to the group of subjects without nitrous oxide use or the group of subjects without nitrous oxide use disorders.

Conclusions: Nitrous oxide use and nitrous oxide use disorder were common among the health professions students included in the present study and correlated with daily alcohol or tobacco use.

Disclosure of Interest: None Declared

EPP0002

Use of tianeptine sulfate over-the-counter, literature review, and case report

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Introduction: Tianeptine is prescribed as an antidepressant in Europe. The prescription drug is produced as tianeptine sodium. However, it can also be found on the Internet as tianeptine sulfate sold as a nootropic. Misuse of tianeptine sodium has been documented, but there's little scientific evidence of tianeptine sulfate use.

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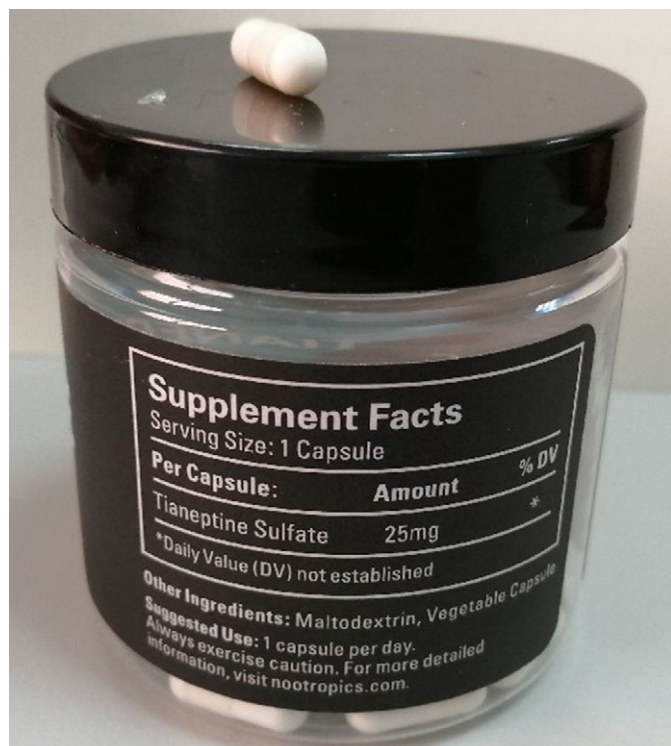
Objectives: Review the use of tianeptine sulfate without prescription. Present a clinical report of tianeptine sulfate use.

Methods: PubMed review of tianeptine use without prescription. Clinical report of a patient using tianeptine sulfate acquired on the Internet.

Results: Systematic review on PubMed using the search term "tianeptine abuse" conducted on 01/10/2022. A total of 71 articles were found from which 33 mentioned the use of tianeptine use without prescription. A total of 23 case reports of tianeptine use without prescription were found. None of them made the difference between tianeptine sodium or tianeptine sulfate. Only one article mentioned the use of tianeptine sulfate from an Internet search on Internet fora (Smith et al. Am J Drug Alcohol Abuse 2021 47(4), 455–466).

The case report of a 23 years old patient is presented. Diagnoses: ADHD (F98.8); Psychotic episodes four (F23) and two (F16.150) years ago; Major depressive disorder (F32.2). Use of psychedelics, cannabis, psychoestimulants and opioids meeting substance use disorder (SUD) criteria. The patient brought proof of the tianeptine sulfate bought on the Internet (image 1) for self-treatment of his depressive symptoms. Tianeptine sodium is prescribed. The patient then restarts opioid use with fear of a new opioid use disorder episode and an oxycodone prescription is maintained. The patient then interrupts the antipsychotic medication and suffers a psychotic relapse. After this psychotic episode a LAI treatment with paliperidone is started. Currently, the patient is recovered and maintains psychopathological stability and abstinence from other substances. Blood test result unaltered. Current treatment: lisdex-amphetamine 70mg /day, tianeptine sodium 12.5mg/day; oxycodone 40mg/12h and paliperidone 150mg /28d.

Image:



Conclusions: Tianeptine sulfate is believed to present some differences versus tianeptine sodium: it is sold only through the Internet without prescription, the daily dose is 25mg per day versus 12.5mg every 8 hours and it might be more potent and long lasting. Those differences were confirmed by the patient after the prescription of tianeptine sodium.

Self-medication with psychoactive substances is one of the theories for substance use and might lead to a substance use disorder. This case shows how the prescription of a drug similar to the one used without prescription might favour the therapeutic alliance and reduce the risk associated to the use of non-regulated substances. Further research is needed to better understand the use of tianeptine sulfate.

Disclosure of Interest: None Declared

EPP0003

Addictive behaviors among healthcare workers: A bicentric Tunisian Study

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Introduction: Addiction is a disease that comes with a range of consequences. Its physical, mental, personal, social and financial repercussions could not be neglected. Yet, this issue is still stigmatized. It is a public health problem that may affect people from different backgrounds including healthcare professionals.

Objectives: To investigate the risk factors for a substance addiction: cigarette addiction and behavioral addiction: internet addiction among health care professionals.

Methods: A cross-sectional bi-centric study was conducted among healthcare workers from two public hospitals in the center-east of Tunisia. A questionnaire was distributed to those who gave their oral consent to take part in the study. It included items related to participants' socio-demographic characteristics, medical history, self-esteem and mood assessment. It combined questions from the Rosenberg self-esteem scale (RSES) and the Beck Depression Inventory alongside with validated tests: Adverse Childhood Experiences (ACE-IQ), the Fagerstrom Test for Cigarette Dependence and the Internet Addiction Test (IAT).

Results: Among respondents, 16.1% were smokers. Risk factors for smoking were: being a male (OR=9.62), being in contact with patients (OR=4.75), a job tenure exceeding ten years (OR=3.11), having regular alcohol consumption (OR=7.27), unprotected sex (OR=9.24), depression (OR=3.87) or having suffered from sexual abuse during childhood (3.07). Nevertheless, practicing sport regularly (OR=0.32) and anxiety (OR=0.23) were identified protective factors. A high level of cigarette addiction was observed with 34.3% of cigarette smokers. Predictors of high cigarette dependence were: job tenure over ten years (OR=20.69), regular alcohol consumption (OR=6.11) and unprotected sex (OR=7.14). Among healthcare workers, 70.8% reported a normal internet use. Internet addiction