

## EPP1384

**“New” drugs associated with chemsex? 2C-B in sexual context. A case report and review**

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**Introduction:** The intentional use of drugs before or during sexual intercourse (chemsex), due to its impact on mental health, is a phenomenon of high importance in men who have sex with men.

**Objectives:** We report the case of a patient with polysubstance acute intoxication, including 2C-B, in order to review the evidence about the mechanisms of action of 2C-B, its effects on sexual pleasure, toxicity, patterns of abuse and somatic and mental health related consequences it may present.

**Methods:** Case report and narrative review.

**Results:** We present the case of a patient using 2C-B as a substance in chemsex practice. As the patient presented in our emergency with psychotic symptoms, he was diagnosed with “stimulant acute intoxication” and “acute psychotic symptoms induced by stimulants”. 2C-B increases dopamine (DA) serotonin (5-HT) and norepinephrine (NE) and cause stimulating and hallucinogenic effects.

**Conclusions:** MSM is a group vulnerable to the problematic use of drugs in a sexual context. Several mental health problems have been associated with chemsex users such as psychotic symptoms, suicidal ideation, encephalopathy, delirium. Polysubstance use is common in chemsex practice and it can be difficult to identify the drugs used in states of acute intoxication but psychiatrists must explore the use of different drugs from the “classic chemsex drugs” (mephedrone, GHB and methamphetamine) including 2C-B and other substances such as cocaine, MDMA, ketamine, and other cathinones different from mephedrone.

**Keywords:** chemsex; NPS; MSM

## EPP1382

**N-acetylcysteine can be the key to tackling substance use disorders**

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**Introduction:** N-acetylcysteine (NAC) is a precursor of cysteine and glutathione, widely known as an antidote to paracetamol overdose. Its role as precursor of an antioxidant and modulating agent of glutamatergic, dopaminergic, neurotropic and inflammatory pathways, raised interest in its application in psychiatric disorders. NAC emerges as a promising therapeutic agent in substance use disorders (SUD) and provides a treatment option in a field with limited and suboptimal therapies.

**Objectives:** To describe the use of NAC in SUD (tobacco, cocaine, cannabis, methamphetamine and alcohol), its potential mechanisms and clinical application.

**Methods:** The literature was searched using the Pubmed database with the following keywords “N-acetylcysteine”, “Substance use disorders” and “Psychiatry”. Retrieved papers (2011-2018) were selected according to their relevance.

**Results:** SUD results in disruption of glutamate system, in nucleus accumbens, a critical brain area in the rewarding system. NAC reestablishes glutamate homeostasis restoring function of the cysteine-glutamate exchange in glial cells and reversing the down-regulated GLT-1 receptor. Concerning its properties, evidence suggests that NAC is able to decrease drive, craving or compulsion to consume, making it particularly useful in relapse prevention after achieving abstinence.

**Conclusions:** NAC has revealed itself as a promising therapeutic agent in SUD and its safety profile and favourable tolerability, as well as being an over-the-counter medication, adds to its interest. Data is still preliminary for the use of NAC in psychiatry disorders, due to the relatively small number of trials and their heterogeneous methodology. Larger studies are needed to confirm efficacy, optimal doses, long-term tolerability and side effects.

**Keywords:** N-acetylcysteine; psychiatry; Substance Use Disorder

## EPP1383

**Management of tobacco dependence in patients with severe mental illness in german-speaking countries: A literature review.**

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**Introduction:** A standardized approach to reduce or decrease the tobacco consumption is not performed. It is being used as a medium to socialize having an educational character on nursing and medical relationship.

**Objectives:** Current cessation programs are thought for patients without relevant cognitive impairments. Evidence about alternative management for this patient subgroup was collected.

**Methods:** This investigation examined the state of the implementation of nicotine cessation therapy for chronic psychiatric patients in Germany, Austria and Switzerland. German- and English-speaking publications since 2010 were selected. 12 different reviews and control trials were included.

**Results:** Inpatient experiences from maximum hospital care in Germany have been published in the last 10 years, but mostly by oncologist departments in collaboration with pulmonologists and cardiologists showing a poor interest from psychiatrists, not even for harm reduction strategies in patients with severe mental illness. Therefore, the identification and treatment of nicotine addiction remains very low in patients with mental health conditions. Cognitive and pharmacological interventions are not covered by the German health system.

**Conclusions:** Latest evidence suggests that more flexible, open-ended, combination approaches of pharmacotherapy and counseling may be more successful. It will hence contribute to redressing the significant health and social inequities experienced by this population sub-group as a consequence of tobacco smoking.

**Keywords:** nicotine dependence; Severe mental illness

## EPP1384

**Pornography cyberaddiction and impulsivity among medical tunisian students**

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**Introduction:** Medical studies have always been considered as very stressful. Although these students are generally among the most academically successful students, they are not spared from developing both substance and behavioral addictions, particularly pornography cyberaddiction.

**Objectives:** To evaluate the pornography cyberaddiction in a group of tunisian students, to study their impulsivity and determinate the link between these two entities.

**Methods:** A descriptive and analytical cross-sectional study including 155 medical students. We used the S-IAT sex : to evaluate pornography cyberaddiction and Barrat bis 10 : to evaluate impulsivity.

**Results:** The average age of students was  $25.8 \pm 3.5$  years old. The sex ratio (M/W) was 0,72. This medical students were single in 76.8%, had a high socio-economic status in 99.4% of case. They had a personal psychiatric history in 15.0%. They are smokers in 20%, consume alcohol in 30.3% and cannabis in 9% of case. The mean score of : the BIS 10 was 63.3 and the S-IAT was 15.6. The viewing of pornographic movies started around the age of 15 years old. Pornographic sites are the most frequently used tool (58.2%). The factors correlated with this addiction are: male sex ( $p=0.014$ ), tobacco consumption ( $p=0.012$ ), alcohol consumption ( $p=0.02$ ) and impulsivity ( $p=0.03$ ).

**Conclusions:** It resort from our study that medical students may suffer from pornography cyberaddiction. This increased use may be associated with impulsivity and substance use. Psychological support aimed specifically should be used to protect medical students.

**Keywords:** pornography; Cyberaddiction; Impulsivity; Medical Students

## EPP1385

**Spice related catatonia and its treatment: The case study**

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**Introduction:** Synthetic Cannabinoids were recognized as drugs of abuse since 2008, they are sold under various names (Kush, K2, Spice).

**Objectives:** The Patient N., 17 years old male was admitted to the hospital with a first-time psychotic episode. He is fond of extreme sports (ski jumping, gymnastic and acrobatic elements).

**Methods:** The patient was fully examined.

**Results:** Then he was taken to the admission department. About a week before admission he fell, injuring his leg and head. After that he did not sleep, became excited, aggressive, "said strange things". During the admission patient showed disorganized behavior, agitation, paranoid ideation, beliefs that others were inserting thoughts into his head ("thought insertion") and that his thoughts could be read by others ("thought broadcasting"), imperative "voices", bizarre delusional thoughts. The UDT showed positive K2 analysis. The patient was prescribed Diazepam, Zuclopenthixol, Valproic acid. No improvement observed. Haloperidol was prescribed next day. Then Haloperidol was changed to Quetiapine, and after 10 days of treatment no improvement was observed. The patient started to show catatonia symptoms such as elective mutism, mild rigidity, signs of cog-wheeling or clasp-knife rigidity. He experienced anxiety, fear, did not take care of himself. Every day he started to be aggressive, impulsive, started to experience auditory hallucinations. Due to that fact it was decided to prescribe Haloperidol, Chlorpromazine, Phenazepam, Diphenhydramine. That treatment improved behavior.

**Conclusions:** Thus, the intensive treatment with antipsychotic medications in combination with benzodiazepines and diphenhydramine is much more preferable for the management of the cases of oneiroid catatonia due to the usage of Spice.

**Keywords:** synthetic cannabinoids; oneiroid catatonia; management; Spice

## EPP1385a

**Analysis of the content consumed by internet addicted adolescents of central siberia: Gender and age differences**

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**Introduction:** Teenagers' Internet addiction can be supported by a wide variety of Internet content.

**Objectives:** To study the structure of the content consumed by Siberian adolescents with Internet addiction.

**Methods:** 200 (69 boys and 131 girls) Internet addicted adolescents aged 11-18 years and living in the urban area of Central Siberia (Krasnoyarsk) were surveyed. Content consumption was studied using Game Addiction Scale for Adolescents and The Social Media Disorder Scale.

**Results:** 19.0% of adolescents were addicted to Internet games, 22.5% of adolescents were addicted to social media. A combination of both types of addictions was found in 23.5% of adolescents. Other types of content addiction was found in 35% of adolescents. Boys prefer Internet games (62.3% of boys vs. 32.1% of girls), while girls prefer communication on social media (55.0% of girls vs. 29.0% of boys),  $p < 0.001$ . Combined addiction is observed equally in both sexes (23.2% and 23.7% respectively). For older