EPP0799

Food addiction behaviour and family relationship : about 360 cases

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Introduction: For several years, strong theoretical and clinical links have been established between intra-family relationships and eating disorders.

Objectives: To study intra-family relationships in adolescent with food addictive behaviour.

Methods: This was a cross-sectional, descriptive and analytical study conducted among a sample of adolescents randomly collected in 6 schools in the region of Sfax-Tunisia, during the month of February 2022. The food addiction symptomatology was assessed by the "Dimensional Yale Food Addiction Scale version 2.0 For Children" (dYFAS-C 2.0) and the family attitude was studied by the "Brief Family Relationship Scale" (BFRS) which evaluates three dimensions: cohesion, expressiveness and conflict, each having a separate score. Both scales are validated in Arabic.

Results: The study involved 360 high school students, with a mean age of 16.62 +/- 0.822 years. The sex ratio was 1.09.

The total score for food addiction symptomatology in our sample ranged from 0 to 56 with an average of 16.37 +/- 12.380.

Of the three dimensions of the quality of intra-family relationships studied, conflict had the highest mean score: 25.29+/-9.027.

A high food dependence score was significantly related to these three dimensions of the intrafamily relationship: lack of conflict (p=0.044), cohesion (p=0.011) and expressiveness (p=0.005) presence.

Conclusions: The present study shows that the symptomatology of food addiction is influenced by the quality of the intra-family relationship.

Enhanced perception of the family environment and involvement of the family in possible care can help to prevent the onset of eating disorders and to plan an appropriate intervention.

Disclosure of Interest: None Declared

EPP0800

Cyber gaming addiction and impulsivity in adolescents

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Introduction: The relationship between cyber video game addiction and impulsivity is controversial. Some studies have shown a significant link, others have found no association between the two behaviours.

Objectives: To study impulsivity in adolescents with problematic use of internet video games.

Methods: This was a cross-sectional, descriptive and analytical study, conducted among a sample of adolescents randomly collected in 6 schools in the region of Sfax-Tunisia, during the month of February 2022. The rate of addiction to video games was assessed by the 20-item "Internet Gaming Disorder-20" (IGD-20) scale and impulsivity by the 30-item "Barratt Impulsivity Scale" (BIS-11). Both scales are validated in Arabic.

Results: The study involved 360 secondary school students, with a mean age of 16.62 +/- 0.822 years. The sex ratio was 1.09.

A gaming addiction was found in 4.7% of cases.

Similarly, impulse control disorder was noted in 23.6% of adolescents. Problematic internet game use was significantly related to motor impulsivity (p=0.025).

There was no significant association between cyber video game addiction and cognitive or non-planning impulsivity.

Conclusions: According to the results, impulsiveness is a factor to consider for understanding the development of addiction to internet video games. Thus, impulsiveness should be taken into account to explain problematic gaming behaviour as well as to design preventive and treatment interventions.

Disclosure of Interest: None Declared

EPP0801

Stress and self-esteem in young high school students

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Introduction: The course of adolescence is marked by feelings of insecurity, vulnerability and can be accompanied by the emergence of several mental health problems.

Having a good self-esteem brings many benefits such as security, well-being and a strong sense of confidence. Low self-esteem is often accompanied by psychological distress such as stress.

Objectives: To assess the level of stress and self-esteem in young high school students and to identify the risk factors associated with low self-esteem in these adolescents.

Methods: This was a cross-sectional, descriptive and analytical study conducted among a sample of adolescents randomly collected in 6 schools in the region of Sfax-Tunisia, during the month of February 2022. The level of stress was assessed using the Lovibond Depression Anxiety Stress Scale (DASS-21) and self-esteem by the Rosenberg Self-Esteem Scale, both scales are validated in Arabic.

Results: We collected 396 adolescents. The mean age was 16.65+/- 0.897 years and the sex ratio was 0.82.

Of these adolescents, 102 had stress symptoms according to the DASS-21 scale, i.e. 26% of the sample. Stress was severe to extremely severe in 37.2% of cases.

Low to very low self-esteem was found in 65.7% of cases compared to 14.7% with high self-esteem.

In addition to the association with high levels of stress in these adolescents (p=0.002), low self-esteem was associated with other psycho-social factors such as intra-family relationship problems (p=0.014), a history of repeating a year (p=0.026), low to average school performance (p=0.027) and behavioural problems in the school environment (p=0.032).