including copper analysis, serum and CSF lactate were normal. The urine toxic screening, performed 20 days following the drug overdose, was negative. Both patients were treated with benzodiazepine and fluids without significative improvement. They were discharged with major cognitive and motor impairment.

Conclusions: cocaine toxicity is associated with high morbidity and mortality. Usually, cocaine abuse can lead to cardio-vascular, pulmonary and nervous complication. Neuropsychiatric sequelae are uncommon with less recovery potential. To date, there is no drug to prevent or cure cocaine addiction. The key is to educate the patient when he or she presents to the emergency department. Patients should be urged to seek drug counseling.

Disclosure of Interest: None Declared

EPV0045

Perceived stigma, self stigma and barriers to treatment in alcohol dependent individuals

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Introduction: Alcohol use disorder is a chronic relapsing disorder. It is a matter of global health concern affecting different countries, cultures, economic classes and ethnic groups. Although, many people benefit from alcohol related treatment, low occurrence of treatment seeking is a common denominator for the majority of people suffering from alcohol use disorder.

Objectives: The aim of the present study was to study barriers of treatment seeking and assess self and perceived stigma in alcohol dependent male patients in rural population of India

Methods: An observational study was conducted at a private de-addiction center in India. Male patients who were more than 18 years old, alcohol dependent with more than seven days of admission (not currently in withdrawal) were included in the study

Results: The mean age of the sample was 29.1 (7.8) years and age of onset of alcohol use was 18.5 (3.3) years. The mean quantity of alcohol used per day was around 550 millilitres of IMFL per day. The mean number of previous abstinent attempt were two. The most common barrier to treatment was financial (poor affordability). Not serious enough to change and being afraid of what others might think (stigma) were other common barriers. The mean value of perceived stigma was 21.9 (2.3). No co-relation was observed between stigma (both perceived and self stigma) and age of onset and quantity of alcohol consumed

Conclusions: These barriers and stigma needs to be addressed to improve treatment seeking and reduce relapse in our population

Disclosure of Interest: None Declared

EPV0046

Tobacco use: prevalence and associated factors in a sample of Tunisian students

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Introduction: Nowadays, tobacco consumption among the student population has become a very worrying phenomenon. Given the high rate of its morbidity and mortality, knowledge of the inventory of consumption and especially tobacco addiction seems necessary.

Objectives: To determine the prevalence of tobacco use and the main factors associated with it in a sample of Tunisian students.

Methods: This is a descriptive and analytical cross-sectional study carried out during the 2020/2021 academic year with a sample of Tunisian students.We used an anonymous self-administered questionnaire distributed online via social networks. Our questionnaire included a section focusing on socio-demographic characteristics and the Fagerström test to detect tobacco addiction.

Results: Our study enrolled 772 students .The average age of the study population was 23.29 3.25. The prevalence of tobacco consumption was 32.1%. Among the study population, 168 respondents (67.9%) were regular smokers.By evaluating our population with the Fagerström scale, 16.9% presented a strong dependence with a score >six.One hundred and six smokers (63.1%) began their smoking out of curiosity. The search for relaxation and the response to a need were the effects sought mainly (55.8% and 56.6%).The festive context and stress were the main elements increasing tobacco consumption (71% and 69.5%). The factors associated with smoking were age (p<0.005), male gender (p<10-3) and being single (p=0.035).

Conclusions: Tobacco consumption represents a public health problem, particularly among young people. Measures for the prevention and management of tobacco addiction should be put in place in the university environment.

Disclosure of Interest: None Declared

EPV0047

Alcohol use: prevalence and associated factors in a sample of Tunisian students

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Introduction: The use of alcohol, in particular its harmful use and alcohol dependence, represent a public health problem of interest to all age groups. Indeed, alcohol is responsible for a heavy burden of disease and a considerable socio-economic burden.

Objectives: To determine the prevalence of alcohol use and the main factors associated with it in a sample of Tunisian students.

Methods: This is an analytical cross-sectional study carried out during the 2020/2021 academic year with a sample of Tunisian students. We used an anonymous self-administered questionnaire distributed online via social networks. Our questionnaire included a section focusing on socio-demographic characteristics and the

AUDIT test (Alcohol Use Disorders Identification Test) to detect alcohol addiction.

Results: Our study enrolled 772 students .The average age of the study population was 23.29 ±3.25.Two hundred ninety-nine students (38.7%) consumed alcohol. The mean age at first use was 18.44 (3.09). Fifty-two alcohol users (17.4%) presented a risk of alcohol dependence. The first consumption contexts were mostly "between friends" (57.4%) and "party time "(23.5%).The main effects sought were the effect of disinhibition (64.5%) and social integration (41.1%) were predominant responses. The determining factors of alcohol consumption were age ($p<10^{-3}$), male gender ($p<10^{-3}$), and the presence of grade repetition ($p<10^{-3}$), wealthy socioeconomic level ($p<10^{-3}$), and participation in community life ($p<10^{-3}$).

Conclusions: Alcohol use and especially alcohol dependence may have harmful effects on student's life. It is relevant to screen this addiction to better its prevention.

Disclosure of Interest: None Declared

EPV0048

Progressive Muscle Relaxation: intervention program in people with alcohol dependence

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Introduction: Alcohol consumption is often used in an attempt to reduce anxiety, being an inadequate coping strategy, it can lead to alcohol abuse and dependence.

Anxiety is a transient emotional state of reaction to situations perceived as threatening, frequent in people with alcohol dependence during the abstinence period.

Progressive Muscle Relaxation (PMR) is a technique that allows the person to reduce levels of stress, anxiety, anger and reach an increased state of calm.

Objectives: To train people undergoing treatment for alcohol dependence to use the PMR after discharge.

To promote anxiety self-management.

To prevent relapse.

To evaluate the effect of the Therapeutic Relaxation Program (TRP) on the anxiety levels of people undergoing treatment for alcohol dependence.

Methods: A TRP was conceived and implemented, based on Jacobson's PMR, consisting of 6 sessions lasting 40 minutes, including 21 participants hospitalized for treatment of alcohol dependence. Considering the inclusion criteria: clinical status favorable to participation; moderate or high level of anxiety; agree to participate voluntarily. Exclusion criteria: unfavorable clinical status (disorientation, confusion, agitation, delirium tremens, hypoacusis); level of mild anxiety or panic; not knowing how to read or write; refuse to participate voluntarily.

The experimental group (EG - in addition to the institution's protocol treatment was included in the TRP) and the control group (CG - underwent the institution's protocol treatment).

Participants gave informed consent.

In the TRP evaluation, the following were used: State-Trait Anxiety Inventory (STAI-form Y1) – before and after the intervention; physiological parameters (heart rate, respiratory rate and blood pressure) – before and after each session; and satisfaction questionnaire at the end of the program.

Results: The evaluation of the physiological parameters showed a decrease after each relaxation session.

Comparing the mean values of the anxiety score (STAI-form Y1) between the two evaluation times (before and after the TRP), in the EG, there was a significant decrease in the anxiety scores, and this decrease was even greater in the group masculine.

In the CG, comparing the average values of the anxiety score (STAI-form Y1) in the same timings as in the EG, an increase in anxiety was verified.

The evaluation of the participants' satisfaction revealed an increase in well-being and comfort at the end of the TRP, being greater in the male group.

Conclusions: It is concluded that TRP produces positive effects in reducing anxiety levels, reducing physiological parameters and increasing the person's well-being.

The TRP was effective in reducing the anxiety of people undergoing treatment for alcohol dependence, enabling them to use other coping tools/strategies that will contribute to maintaining alcohol abstinence and preventing relapse.

Disclosure of Interest: None Declared

EPV0049

Prevalence and psychosocial profile of instagram addiction among Tunisian doctors

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Introduction: Instagram is the most popular social media platform which is frequently used by population today. Besides, this subject has not been well discussed among doctors.

Objectives: To study the prevalence of addiction to instagram among tunisian doctors and to identify its associated factors.

Methods: This was a cross-sectional descriptive study carried out among doctors (interns, residents and university hospital doctor) during the months of septembre and octobre 2022.

A socio-demographic and clinical characteristics were collected using an online anonymous questionnaire from Google form that we distributed via facebook.

Instagram Addiction Scale (IAS) was used to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.

Results: Our sample included 106 patients. The mean age was 32.32 years (SD=5.66 years) and the sex ratio (M/F) was 0.60. More than half (56.6%) were married and lived with their husband. They were residents in 37% and they were using psychoactive substances in 42.5%.

All of participants used other socialnetwork, the most used was facebook (63.2%).