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

**Methods:** PubMed review of tienptine use without prescription. Clinical report of a patient using tianeptine sulfate adquiered 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 wich 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 tiaenptine 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 oxicodone 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. Blod test result unaltered. Current treatment: lisdexamphetamine 70mg /day, tianeptina sodium 12.5mg/day; oxicodone 40mg/12h and paliperidone 150mg /28d.

**Image:**
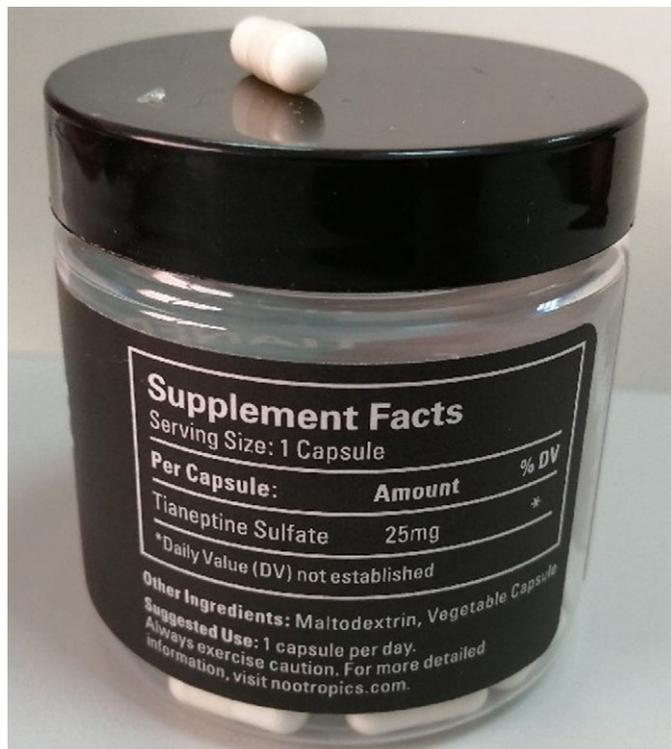


**Conclusions:** Tianeptine sulfate is believed to present some diferences versus tianeptine sodium: it is sold only through the Internet without prescrption, the daily dose is 25mg per day versus 12.5mg every 8 hours and it might be more potent and long lasting. Those differences were confirmed by the 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 presription might favour the therapeutical 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 Rosemberg 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

was specially seen with those who were not engaged (OR=2,92) and those who worried about being unsuccessful (OR=1.91). Good self-esteem and being older were protective factors with OR=0.49 and OR=0.38 successively. Depression did not contribute to the development of internet addiction, on the opposite it protected against it (OR=0.36).

**Conclusions:** Cigarette and internet addiction are threatening health problems that need more effort to screen and address. This public health issue has never stopped growing with the emergence of new types of illicit drugs and behaviours. Finally, this study draws attention to the importance of assessing the prevalence of different categories of addiction in Tunisia and highlights the necessity of updating policies used to address these addictions in a timely and appropriate way.

**Disclosure of Interest:** None Declared

## EPP0004

### The relationship between women's personality traits and addiction to social networking sites on the example of Facebook

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**Introduction:** Social network addicts may differ significantly from non-addicts in terms of personality traits, such as agreeableness, neuroticism, and conscientiousness. Addicts may be prone to negative emotions and unpleasant experiences, which may be associated with a higher level of neuroticism. Addicts often fail to cope in the real world, often experience negative emotions, quickly give up their goals, see themselves and others in a negative light, and escape into virtual reality. The virtual world is devoid of the anxiety that an individual faces in real life interactions, hence the tendency for addiction among people with higher levels of neuroticism. The primary cause of Internet Addiction may be innate temperamental traits (i.e., impulsiveness of behavior and impulsiveness of decisions) that influence the susceptibility to functional and chemical addictions. According to the concept of addictive personality, people who have this problem are prone to addiction as such, regardless of what they are addicted to.

**Objectives:** The purpose of this study was to generally assess the degree of women's dependence on social networking sites on the example of Facebook, taking into account personality traits according to the five-factor model of personality, the so-called Big Five by Costa and McCrae

**Methods:** The study included 556 women. This survey-based study was carried out using the questionnaire technique. The following research tools were used to analyze behavioral addictions in adult women: the Bergen Face-book Addiction Scale (BFAS), the NEO Five-Factor Inventory (NEO FFI) and the author's questionnaire.

**Results:** Among the surveyed women, 69.6% were average Face-book users, of whom 16.4% had scores indicating possible Facebook addiction, and 14.0% had scores indicating addiction. The higher the neuroticism, the more serious the Facebook addiction ($r = 0.26$; $p < 0.001$; $R2 = 6.7\%$). A weak negative correlation was obtained for

the agreeableness subscale e ($r = -0.08$; $p < 0.05$; $R2 = 7.2\%$). A weak negative correlation was also obtained for the subscale of conscientiousness ($r = -0.16$; $p < 0.001$; $R2 = 2.6\%$). There was no statistically significant correlation between the log10 score obtained on the BFAS and the score on the NEO-FFI subscales of extraversion ($r = 0.04$; $p = 0.40$) and openness to experience ($r = 0.04$; $p = 0.30$).

**Conclusions:** The personality types of the studied women indicated relationships in terms of behavioral addictions. Women characterized by neuroticism showed stronger addiction to Facebook. Women characterized by high conscientiousness were at lower risk of behavioral addictions, while agreeableness as a personality trait significantly protected the surveyed women against Facebook addiction.

**Disclosure of Interest:** None Declared

## EPP0005

### Analysis of the relationship between personality traits and Internet addiction

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**Introduction:** Behavioral addictions are a growing problem in the society. Digital technologies are used by people of different ages, and their number is increasing every year. The precise reasons for the development of addictions remain unknown. In the case of behavioral addictions, especially Internet addiction, the significance of personality traits and behaviors predisposing an individual to addiction, such as depressiveness, anxiety, hostile attitude, aggression, impulsiveness, psychotic behaviors, shyness and self-esteem disorders, are emphasized. Personality predispositions play an essential role in Internet addiction.

**Objectives:** The aim of this study was a general assessment of the level of Internet addiction with regard to personality traits according to the Big Five model by Costa and McCrae among women from the West Pomeranian Voivodeship.

**Methods:** The study involved 556 women, whose average age was 34 years and who met the inclusion criteria: female sex, age of 18 years or above, place of residence in the West Pomeranian Voivodship, an informed consent for participation in the study, and completion of the set of questionnaires. The study was conducted using a diagnostic poll method with a questionnaire technique. To carry out the analysis both author's own and standardized tools were used: the author's questionnaire covering socio-demographic data, the NEO-Five Factor Inventory which assesses the levels of personality traits, and the Internet Addiction Test used to measure behaviors and characteristics related to compulsive use of the Internet.

**Results:** Most (70.9%) of the women were average users of the Internet, 25% of respondents were at risk of addiction, and the least numerous group of women (4.1%) was addicted to the Internet. Conscientiousness negatively correlated with Internet addiction ($r = -0.22$; $p < 0.001$; $R2 = 4.9\%$). Openness to experience was conducive to Internet addiction ($r = 0.15$; $p < 0.001$; $R2 = 11.1\%$). A positive link between neuroticism and Internet addictions was