

**Conclusions:** Improving mental health education in healthcare with up-to-date knowledge of evidence-based best practices is a top priority. Enhancing skills and knowledge can lower clinicians' anxiety in this emotionally challenging and burdensome task. There is a high demand for mental health workshop training among healthcare workers in both undergraduate and post-graduate education. We expect positive changes in attitude and self-perceived competencies in participants.

**Disclosure of Interest:** None Declared

## EPP0349

### Basic beliefs about self and the world in people with suicidal ideation

T. I. Medvedeva<sup>1</sup>, O. M. Boyko<sup>1\*</sup>, O. U. Vorontsova<sup>1</sup> and S. N. Enikolopov<sup>1</sup>

<sup>1</sup>Clinical psychology, Federal State Budgetary Scientific Institution "Mental Health Research Center", Moscow, Russian Federation

\*Corresponding author.

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**Introduction:** Basic beliefs can be defined as a person's implicit, global, stable ideas about the world and about himself. The psychological features of people with suicidal ideas can be considered as characteristics of the value sphere of a person who is ready to choose a destructive way of solving problems.

**Objectives:** The relationship of basic beliefs regarding the general «Benevolence of the surrounding world», its «Meaningfulness» and «Worthiness of the Self» with the presence of suicidal ideas was investigated.

**Methods:** The study involved 140 people, (117 women). The Janoff-Buhlman World Assumptions Scale (WAS), the short Epstein Rational-Experiential Inventory (REI), Symptom Check List-90-Revised (SCL-90R), moral dilemmas (proposed by J.D. Green), as well as separate questions about the suicidal ideation, risk tendency were used.

For analysis, the subjects were divided into two subgroups: 98 people without thoughts of suicide; and 42 people answered that they had thoughts of suicide of varying severity. The subgroups did not differ by gender; in the group with suicidal ideation, the average age of the subjects was lower.

**Results:** In the subgroup with suicidal ideas, almost all indicators of basic assumptions, such as "Benevolence of the World" (average values of  $16.10 \pm 3.28$  and  $12.13 \pm 4.80$  for the control subgroup and the subgroup with suicidal ideas), were lower: "Benevolence of the People" ( $15.35 \pm 3.07$  and  $12.42 \pm 4.97$ ), "justice" ( $12.46 \pm 3.30$  and  $10.46 \pm 3.60$ ), "value of one's own self" ( $16.21 \pm 3.93$  and  $11.83 \pm 5.15$ ), etc., with the exception of the "Self-controllability", which does not differ between subgroups. Also, in the subgroup with suicidal ideas, the indicators of "randomness" were increased ( $15.67 \pm 3.64$  and  $18.67 \pm 3.96$ ). Indicators on the clinical scale "Hostility" of the SCL-90R questionnaire are also significantly higher in the group with suicidal ideation (average values  $0.53 \pm 0.5$  and  $1.29 \pm 0.8$ ). In the group with suicidal ideation, there is a higher tendency to take risks. At the level of a statistical trend, the rational method of decision-making in the

"Rational - Intuitive" questionnaire is lower (average values 14.3 and 13.0; significance level of differences 0.05). In the "Moral Dilemmas" test, in the subgroup with suicidal ideas, the ratio of choices in personal and impersonal dilemmas is statistically higher (0.67 and 0.93).

**Conclusions:** It was shown that the presence of suicidal ideas is associated with a reduced indicator of the Worthiness of the Self, the meaningfulness of the world and its benevolence, and with an increased sense of randomness as a principle for distributing ongoing events, which can manifest itself in a propensity for risk, impulsive decisions, devaluation of human life.

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## Addictive Disorders

### EPP0351

#### Relationship between childhood stressful events and drug consumption among university students

S. Rey-March<sup>1</sup>, C. Giralt<sup>2</sup>, S. Font-Mayolas<sup>3</sup> and F. Calvo<sup>1\*</sup>

<sup>1</sup>Departament de Pedagogia, Institut de Recerca sobre Qualitat de Vida;

<sup>2</sup>Institut Català de la Salut, Centre d'Atenció Primària Blanes 2 and

<sup>3</sup>Departament de Psicologia, Institut de Recerca sobre Qualitat de Vida, Girona, Spain

\*Corresponding author.

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**Introduction:** The purpose of this study is to investigate the potential relationship between stressful events experienced in childhood and subsequent toxic substance consumption among university students majoring in Social Education at a Spanish university during the academic year 2022-2023.

**Objectives:** The primary objective is to analyze whether an association exists between stressful life events in childhood and patterns of substance consumption among university students.

**Methods:** A cross-sectional, observational, and analytical design was employed. The target population encompassed 258 students enrolled in the Social Education program in 2023. The final sample consisted of 161 students. A questionnaire incorporating the Childhood Trauma Questionnaire - Short Form (CTQ-SF) and the Severity of Dependence Scale (SDS) was administered to assess trauma history and substance consumption.

**Results:** A high percentage (95.03%) of students reported having consumed toxic substances at some point in their lives. The most common substances were alcohol (95.03%) and cannabis (52.8%). A statistically significant correlation was observed between childhood emotional abuse and increased alcohol consumption currently ( $p = 0.015$ ). Furthermore, a significant relationship was identified between childhood sexual abuse and heightened alcohol consumption ( $p = 0.015$ ). Moreover, positive correlations were found between sexual abuse and the consumption of specific drugs, such as cocaine and psychopharmaceuticals ( $p < 0.05$ ).

No statistically significant differences were observed in drug consumption with regard to other forms of childhood maltreatment, such as emotional or physical neglect.

**Conclusions:** The results underscore the connection between childhood stress experiences and substance consumption among university students. Emotional and sexual abuse in childhood are linked to higher alcohol consumption and, in some cases, specific drugs like cocaine and psychopharmaceuticals. These findings emphasize the importance of considering traumatic experiences when addressing prevention and treatment strategies for substance consumption among young student populations.

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### EPP0352

#### Assessment of addictive behaviors in patients with schizophrenia

M. Kacem\*, W. Bouali, H. Babba, F. Zouali and L. Zarrouk  
Psychiatric department, Taher Sfar Hospital of Mahdia, Mahdia, Tunisia

\*Corresponding author.

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**Introduction:** Schizophrenia, a chronic and complex psychiatric pathology, can be isolated. However, it can be associated with other comorbidities and thus be accompanied by addictive behaviors that complicate their management.

**Objectives:** The objectives of our study were to estimate the prevalence and identify the characteristics of addictive behaviors in patients with schizophrenia.

**Methods:** A retrospective study of 151 patients with schizophrenia hospitalized in the psychiatry department of Taher Sfar University Hospital in Mahdia from January 2017 to December 2021.

**Results:** The mean age of the patients was  $39.8 \pm 11.23$  years, with a predominance of the 36-45 age group (38.4%). All patients were male. Three quarters of the patients (75.5%) were users of psychoactive substances (PAS): nearly three quarters (72.8%) were addicted to tobacco, more than one third (39.7%) were addicted to alcohol, more than one quarter (29.1%) were addicted to cannabis and nearly one quarter (26.5%) were addicted to other PAS. In more than half of the cases (54.4%), the age of onset of substance use was between 16 and 25 years. The use of PAS preceded the onset of schizophrenia in 62.3% of cases. The relationship with the entourage was marked by hetero-aggressiveness in 77.5% of patients, withdrawal from the entourage in 16.6% of patients and conflict in 5.3% of patients. The impact on the relationship with oneself was marked by self-aggressiveness in 18.5% of patients. Concerning the professional impact, three quarters of the patients (76.1%) had to stop working. The majority of patients (84.1%) continued their usual treatment, while 15.2% of patients stopped it. Only one patient required an increase in dose.

**Conclusions:** Subjects suffering from schizophrenia are particularly vulnerable to addictions, mainly to tobacco and alcohol. They are thus a group more at risk of the deleterious effects of psychoactive substances and of the aggravation of the clinical and psychosocial evolution of their psychiatric disorders. Measures for early detection and treatment of their addictive behaviors even before the onset of schizophrenia should be proposed.

**Disclosure of Interest:** None Declared

### EPP0353

#### Repetitive transcranial magnetic stimulation (rTMS) is associated with increased abstinence in substance use disorders and comorbid depression

S. El Hayek<sup>1\*</sup>, H. Tolba<sup>1</sup>, A. Elmougy<sup>1</sup> and W. Foad<sup>1</sup>

<sup>1</sup>Erada Center for Treatment and Rehabilitation in Dubai, Dubai, United Arab Emirates

\*Corresponding author.

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**Introduction:** Substance use disorders (SUDs) are associated with high rates of comorbid depression. Finding effective treatments for many of the substances of abuse is still an area of developing research. Repetitive transcranial magnetic stimulation (rTMS) is an established treatment for depression, but its effects in SUDs are less conclusive.

**Objectives:** Therefore, we aimed to investigate the effect of rTMS in patients with SUDs and comorbid major depressive disorder (MDD).

**Methods:** We conducted a retrospective observational study of 55 patients with SUDs and comorbid MDD who were eligible for rTMS. Craving was measured using the Brief Substance Craving Scale (BSCS). Severity of MDD was measured using the Clinical Global Impression-Severity (CGI-S) scale.

**Results:** We found a statistically significant difference between baseline and posttreatment scores in patients receiving rTMS on both CGI-S scores and BSCS scores. The number of rTMS sessions significantly predicted increased days of abstinence in the community, even after controlling for confounders.

**Conclusions:** Patients with SUDs and MDD who received rTMS significantly improved in the areas of severity of depression and craving. The number of rTMS sessions significantly predicted increased abstinence.

**Disclosure of Interest:** None Declared

### EPP0355

#### Prevalence and correlates of psychoactive substance use in domestic and foreign university students

E. L. Nikolaev<sup>1</sup> and S. S. Fakhraei<sup>2\*</sup>

<sup>1</sup>Department of Social and Clinical Psychology and <sup>2</sup>Medical Faculty, Ulianov Chuvash State University, Cheboksary, Russian Federation

\*Corresponding author.

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**Introduction:** Use of psychoactive substances is a risk factor for mental health. Studying the peculiarities of using psychoactive substances by university students is extremely important for organizing preventive health care

**Objectives:** To specify the frequency of smoking and alcohol drinking, as well as the peculiarities of the correlational interconnections, in domestic and foreign university students

**Methods:** The survey covered 546 undergraduate domestic and foreign university students of both genders and different religious backgrounds. As a tool, we used the Sociocultural Health Questionnaire (E. Nikolaev)

**Results:** It has been revealed that domestic students smoke cigarettes and hookahs surely more often ( $p=.01$ ) than foreign students