

IAS : The mean score was 31.18 (SD=11.64). The prevalence of addiction to instagram was 42.5%.

The instagram addiction was significantly correlated with : age ( $p=0.0001$ ), the female gender ( $p=0.043$ ), the celibacy ( $p=0.0001$ ), the number of children ( $p=0.0001$ ) and the number of siblings ( $p=0.049$ ). Residents were more likely to develop an addiction to instagram ( $p=0.0001$ ).

**Conclusions:** The study highlighted the high level of instagram addiction among tunisian doctors and identified individuals who were at higher risk. Specific interventions were necessary to deal with the problem of addiction.

**Disclosure of Interest:** None Declared

## EPV0050

### The impact of instagram addiction on self esteem in Tunisian doctors

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**Introduction:** Instagram, one of the most widely used social media by population was changed the way individuals communicate around the world. It can be used to increase individual self popularity or increase self-esteem.

**Objectives:** To determine the relationship between the instagram addiction and self-esteem in a population of tunisian doctors.

**Methods:** A cross-sectional study was conducted online using the Google Forms platform, with a sample of tunisian doctors in september and october 2022. We used :

- Instagram Addiction Scale (IAS) : to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.
- Rosenberg Self-Esteem Scale : to measure the level of self-esteem. Higher scores indicate higher levels of self-esteem.

**Results:** The sample comprised 106 doctors.

- IAS : The mean score was 31.18 (SD=11.64). Less than half (42.5%) presented an addiction to instagram and 36.8% were mildly addicted.
- The mean self-esteem score was 29.70 (SD=3.57). Less than half (44%) had low to very low self-esteem.
- The instagram addiction score was negatively correlated with the self-esteem score ( $r=-0.543$  ;  $p=0.0001$ ).

It was found that these scores were significantly lower in the addicts ( $p=0.0001$ ) indicating lower self-esteem. Among addicts, 80% had low to very low self-esteem. Among non addicts, 18% had low to very low self-esteem.

**Conclusions:** It was found that the higher the intensity of using instagram the lower the self esteem.

Further research is expected to be carried out with a wider population to verify the present findings and to study other factors related to instagram addiction such as loneliness and life satisfaction.

**Disclosure of Interest:** None Declared

## EPV0051

### Relationsheep between life satisfaction and instagram addiction among Tunisian doctors

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**Introduction:** Instagram is currently the fastest growing social networking site in the world. Its image-driven nature might encourage users to mainly share positive and idealized moments of their lives.

**Objectives:** To study the link between instagram addiction and the life satisfaction among tunisian doctors.

**Methods:** This was a cross-sectional, descriptive and analytical study conducted on 106 doctors during the months of september and october 2022. We used:

- An anonymous self-questionnaire via google-forms in order to collect data that co-occur the use of instagram.
- Instagram Addiction Scale (IAS) : to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.
- The Satisfaction With Life Scale (SWLS) : to measure an individual's global satisfaction with life. Higher score displayed higher satisfaction with life.

**Results:** The study included 106 doctors.

The mean age was 32.32 years (SD=5.66 years) and the sex ratio (M/F) was 0.60.

The mean score for addiction to instagram was 31.18 (SD=11.64).

The prevalence of instagram addiction was : 42.5%.

The mean life satisfaction score was 20.43 ( $\pm 4.21$ ). More than forty percent (42.5%) were slightly satisfied and 30.2% were slightly dissatisfied. The instagram addiction was correlated negatively with life satisfaction ( $r=-0.292$ ;  $p=0.002$ ).

Instagram addiction was associated with low satisfaction ( $p=0.0001$ ).

Among addicted doctors, 53.3% were slightly dissatisfied.

Among non-addicted doctors, 55.7% were slightly satisfied.

**Conclusions:** Our findings suggest that the higher the intensity of using instagram the lower the life satisfaction.

So, interventions targeting addiction to instagram should be integrated in order to ameliorate life satisfaction and quality of life.

**Disclosure of Interest:** None Declared

## EPV0052

### Instagram addiction among doctors : A tunisian cross-sectional study

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**Introduction:** Instagram is one of the most popular social media platforms among young people and it has specific features leading to problematic and addictive use.