

classic psychedelics has reinitiated interest in the treatment of both cancer-related distress and addiction, with really promising results.

Objectives: We aim to provide a review about history and new insights regarding research with psychedelics specially as treatment of addictive disorders.

Methods: A framing analysis of articles, searched on Pubmed (articles between 2010-2020) with the key words: “psychedelics”, “psilocybin”, “substance use disorder”, “addiction”.

Results: Classic psychedelics are 5HT_{2A}R agonists such as LSD, mescaline, and psilocybin. They were shown to occasion mystical experiences, which are experiences reported throughout different cultures and religions involving a strong sense of unity. These experiences are scientifically important because they appear to cause abrupt and sustained changes in behavior and perception, that can be very useful in the substance use disorder field. From this analysis is possible to understand that the use of psychedelics in the treatment of some addictions is currently at an early stage of research. However, they show interesting results with no clinically significant adverse events when risk individuals are excluded.

Conclusions: In comparison to psychedelic research about cancer-related psychological distress, studies with addictions are less developed, but if they continue to suggest safety and efficacy, may be the use of psilocybin for the treatment of specific addiction can happen in a close future.

Keywords: psychedelics; Addiction; Substance Use Disorder

EPP1375

Childhood risk factors for substance abuse in a clinical sample of adults with attention-deficit / hyperactivity disorder (ADHD) symptoms in an addiction outpatient clinic

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doi: 10.1192/j.eurpsy.2021.1537

Introduction: Substance use disorder (SUD) in patients with ADHD symptoms is associated with a poorer treatment prognosis. The study is aimed to investigate psychosocial risks factors for developing SUD in patients with ADHD.

Objectives: To examine the associations between self-reported weak academic performance, repetition of a grade, single – parent family, self-reported quality of parent – child relationship, conduct problems in childhood and SUD in adulthood in a sample of outpatients with ADHD symptoms of an addiction medicine clinic in Riga, Latvia.

Methods: Self-report surveys, containing Adult ADHD Self-Report Scale (ASRS-v I.I), were completed by outpatients of addiction clinic, including healthy control subjects (adults without addiction, formally assessed for fitness to drive, firearms licensing etc.). Patients then were examined in relation to childhood risk factors.

Results: Survey was completed by 341 outpatients – 98 (28,7%) healthy controls and 243 (71,3%) patients with SUD (mean age, 36,8 and 37,7, respectively; 76,4% males). 62 (18,1%) patients were tested positive for ADHD, of whom 12 (19,4%) were healthy sub-

jects and 50 (80,6%) were with SUD. Data shows connection between conduct problems in childhood ($p=0,010$), single – parent family ($p=0,010$), repetition of a grade ($p=0,026$) and SUD in adults with ADHD symptoms. Comparing patients with and without ADHD symptoms, there was found no significant association between these factors, except for conduct problems ($p=0,015$).

Conclusions: The study found preliminary evidence that adults with ADHD symptoms who experienced single – parenthood in childhood, had conduct problems or repeated a grade are more likely to develop SUD. Further investigation is required.

Keywords: Substance Use Disorder; Attention-deficit / Hyperactivity disorder (ADHD)

EPP1379

Relationship between online cognition and personality traits: A questionnaire based study of medical college students.

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doi: 10.1192/j.eurpsy.2021.1538

Introduction: Current classification systems are not sure where to place the internet use disorder. Is it an addiction, an impulse control disorder, a consequence of another psychiatric morbidity or a consequence of personality trait/personality disorder?

Objectives: We intended to study which personality traits associated with online cognition may contribute towards Problematic internet use (PIU). We also analysed the relationship between number of hours of use/week of internet and PIU along with its relation with two ‘screening’ questions.

Methods: Online cognition scale and Abbreviated Eysenck Personality questionnaires were our measurements of choice in addition to demographic measures and some questions pertaining to online behaviour patterns.

Results: Total 163 responses were analysed. The demographic pools consisted mostly of young adults who had, on average, used the internet for 5.2 years at present rate of 21.81 hours/week. We observed significantly higher mean OCS scores in men, in people who thought that the internet interfered with their lives and in those who felt the need to ‘cut-down’. A moderate positive and significant correlation was observed between hours/week of internet use and OCS scores. Also, significant positive correlation was observed between Neuroticism and OCS, impulsivity, and loneliness/depression scores. Significant negative correlations were observed between the Lie trait and impulse control. Neuroticism and Lie together contributed to 21.8% of variance in OCS scores.

Conclusions: Neuroticism and Lie traits (representing need for social acceptance) were found to be the causing significant variance in the OCS scores of the subjects. High number of hours/week use of internet was related to the feeling of ‘need to cut down use’.

Keywords: online cognition scale; process addiction; Internet addiction; personality traits

EPP1380

“New” drugs associated with chemsex? 2C-B in sexual context. A case report and review

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doi: 10.1192/j.eurpsy.2021.1539

Introduction: The intentional use of drugs before or during sexual intercourse (chemsex), due to its impact on mental health, is a phenomenon of high importance in men who have sex with men.

Objectives: We report the case of a patient with polysubstance acute intoxication, including 2C-B, in order to review the evidence about the mechanisms of action of 2C-B, its effects on sexual pleasure, toxicity, patterns of abuse and somatic and mental health related consequences it may present.

Methods: Case report and narrative review.

Results: We present the case of a patient using 2C-B as a substance in chemsex practice. As the patient presented in our emergency with psychotic symptoms, he was diagnosed with “stimulant acute intoxication” and “acute psychotic symptoms induced by stimulants”. 2C-B increases dopamine (DA) serotonin (5-HT) and norepinephrine (NE) and cause stimulating and hallucinogenic effects.

Conclusions: MSM is a group vulnerable to the problematic use of drugs in a sexual context. Several mental health problems have been associated with chemsex users such as psychotic symptoms, suicidal ideation, encephalopathy, delirium. Polysubstance use is common in chemsex practice and it can be difficult to identify the drugs used in states of acute intoxication but psychiatrists must explore the use of different drugs from the “classic chemsex drugs” (mephedrone, GHB and methamphetamine) including 2C-B and other substances such as cocaine, MDMA, ketamine, and other cathinones different from mephedrone.

Keywords: chemsex; NPS; MSM

EPP1382

N-acetylcysteine can be the key to tackling substance use disorders

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doi: 10.1192/j.eurpsy.2021.1540

Introduction: N-acetylcysteine (NAC) is a precursor of cysteine and glutathione, widely known as an antidote to paracetamol overdose. Its role as precursor of an antioxidant and modulating agent of glutamatergic, dopaminergic, neurotropic and inflammatory pathways, raised interest in its application in psychiatric disorders. NAC emerges as a promising therapeutic agent in substance use disorders (SUD) and provides a treatment option in a field with limited and suboptimal therapies.

Objectives: To describe the use of NAC in SUD (tobacco, cocaine, cannabis, methamphetamine and alcohol), its potential mechanisms and clinical application.

Methods: The literature was searched using the Pubmed database with the following keywords “N-acetylcysteine”, “Substance use disorders” and “Psychiatry”. Retrieved papers (2011-2018) were selected according to their relevance.

Results: SUD results in disruption of glutamate system, in nucleus accumbens, a critical brain area in the rewarding system. NAC reestablishes glutamate homeostasis restoring function of the cysteine-glutamate exchange in glial cells and reversing the down-regulated GLT-1 receptor. Concerning its properties, evidence suggests that NAC is able to decrease drive, craving or compulsion to consume, making it particularly useful in relapse prevention after achieving abstinence.

Conclusions: NAC has revealed itself as a promising therapeutic agent in SUD and its safety profile and favourable tolerability, as well as being an over-the-counter medication, adds to its interest. Data is still preliminary for the use of NAC in psychiatry disorders, due to the relatively small number of trials and their heterogeneous methodology. Larger studies are needed to confirm efficacy, optimal doses, long-term tolerability and side effects.

Keywords: N-acetylcysteine; psychiatry; Substance Use Disorder

EPP1383

Management of tobacco dependence in patients with severe mental illness in german-speaking countries: A literature review.

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doi: 10.1192/j.eurpsy.2021.1541

Introduction: A standardized approach to reduce or decrease the tobacco consumption is not performed. It is being used as a medium to socialize having an educational character on nursing and medical relationship.

Objectives: Current cessation programs are thought for patients without relevant cognitive impairments. Evidence about alternative management for this patient subgroup was collected.

Methods: This investigation examined the state of the implementation of nicotine cessation therapy for chronic psychiatric patients in Germany, Austria and Switzerland. German- and English-speaking publications since 2010 were selected. 12 different reviews and control trials were included.

Results: Inpatient experiences from maximum hospital care in Germany have been published in the last 10 years, but mostly by oncologist departments in collaboration with pulmonologists and cardiologists showing a poor interest from psychiatrists, not even for harm reduction strategies in patients with severe mental illness. Therefore, the identification and treatment of nicotine addiction remains very low in patients with mental health conditions. Cognitive and pharmacological interventions are not covered by the German health system.

Conclusions: Latest evidence suggests that more flexible, open-ended, combination approaches of pharmacotherapy and counseling may be more successful. It will hence contribute to redressing the significant health and social inequities experienced by this population sub-group as a consequence of tobacco smoking.

Keywords: nicotine dependence; Severe mental illness