

and moderators. I have identified a quite active subreddit targeted towards recovering addicts of benzodiazepines; r/benzorecovery.

**Objectives:** \* To analyze strategies of recovery in user narrative \* To identify techniques commonly used and the how they are described \* To construct metadata in order to assess how frequent the discussion of a different techniques are

**Methods:** Technically, what is done in this study, is adding mark-up metadata to different discussion. A rudimentary form of analysis suitable with a larger digital corpus where content metadata is added (Gilliland Swetland 2000). The metadata is constructed through a hermeneutical method in which the researcher analyses the subreddit.

**Results:** Answering question like: Example: DIY-tapering; different ways to limit drug use by using less. 1) how common are discussion of taperings in relation to other subjects? 2) Is tapering commonly discussed together with other subjects and techniques?

**Conclusions:** Using a method of categorization and metadata mark-up we could gain a good understanding of the problems among recovering benzodiazepine addicts. We will also have the possibility to identify concepts that addicts themselves discuss and relate these to professional concepts thus creating better possibilities of communication between professionals and clients.

**Disclosure:** No significant relationships.

**Keywords:** Recovery; Self-help; Reddit; Benzodiazepines

## EPV1545

### Different dimensions of wellness in drug addiction treatment

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**Introduction:** According to the World Health Organisation goals of treatment of drug addiction are: reducing of drug use and craving, improving of health, well-being and social functioning of the affected individual, prevention of future harms by decreasing the risk of complications and relapse. Wellness means a sense of overall well-being incorporating numerous aspects of an individual's life. These include physical, mental, emotional, intellectual, occupational, and spiritual aspects. For those who suffer from mental and substance use disorders, wellness means feeling a sense of purpose in life, being actively involved in work or play that is satisfying, finding happiness, having joyful relationships, and having a healthy body and living environment. .

**Objectives:** We will present different dimensions of wellness and describe how to incorporate these dimensions into drug addiction treatment.

**Methods:** Presentation of theoretical frame and description of treatment programme at the Center for Treatment of Drug Addiction Ljubljana.

**Results:** When each of wellness dimensions is balanced, it is easier to maintain recovery process and avoid the triggers of relapse.

**Conclusions:** In the context of wellness, treatment goal is to maximize the capacity of person to feel, think and act in ways that enhance his/her ability to enjoy life and deal with the challenges he/she face. Wellness lifestyle includes a balance of health habits

such as adequate sleep and rest, productivity, exercise, participation in meaningful activity, nutrition, productivity, social contact, and supportive relationships.

**Disclosure:** No significant relationships.

**Keywords:** wellness; well-being; Treatment; drug addiction

## EPV1546

### Anxiety and Depression Disorder Among Young Cannabis Users in Tunisia

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**Introduction:** The use of cannabis is likely to increase as regulations on its consumption are diminishing throughout the world.

**Objectives:** to identify the prevalence of anxiety and depression symptoms in a group of cannabis users in Tunisia.

**Methods:** this a transversal descriptive study about 137 participants in the University Hospital Of Mahdia during 2 months.

**Results:** In our study population , the consumers were young adults aged between 18 and 35 years old ,of whom 40.8% were professionally active, 23.2% had psychiatric history. Moreover, the use of other substances was regular among users as follows: tobacco among 74.6% of users, alcohol among 72.5% of users, ecstasy among 41.3% of users, cocaine among 25.4% of users. The use of cannabis was considered as a means of exultation for 66.7%, as an anxiolytic for 26.8% and as a sedative for 23.9%. Overall, the effect of cannabis use on anxiety and depression on the HAD scale showed the following results: probable anxiety in 53% of cases, probable state of depression in 72% of time.

**Conclusions:** The correlation between cannabis use, anxiety and depression remains unclear. Equally concluded, the assumption of self-medication by cannabis stills a topic of discussion.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; Cannabis; Depression

## EPV1547

### “Walking with myself by my side” - non-medical use of Ketamine

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**Introduction:** Ketamine, synthesized in 1962 as phencyclidine derivate, is denominated a “dissociative anesthetic” because of its side-effects, such as dissociative episodes and psychotic-like symptoms, which have limited its applicability on clinical practice.