

increase in reported psychological distress was observed as PIU levels escalated, reinforcing the relationship between excessive internet use and psychological wellbeing. This suggests that PIU may be associated with increased levels of mental distress in the population studied.

**Conclusions:** In conclusion, this study provides valuable insights into the multifaceted dynamics of mental distress, PIU, and quality of life in relation to demographic factors. It underscores the importance of holistic approaches to mental health that consider individual characteristics and behaviors, with a particular focus on addressing the challenges posed by problematic internet use. Further research and tailored interventions are needed to better understand and support people facing these complex issues.

**Disclosure of Interest:** None Declared

### EPV0030

#### Psychotropic substance use among medical residents: prevalence and characteristics

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**Introduction:** Psychotropic substance use among medical residents represents a critical concern due to its potential impact on patient care and practitioner well-being. This topic looks into the prevalence and characteristics of psychotropic substance use, including prescription medications and illicit drugs, among individuals pursuing medical residency. Understanding the scope of the problem and its distinctive features is essential for developing targeted interventions and support mechanisms within the medical community.

**Objectives:** To assess psychotropic substance use among medical residents, describe its characteristics and determine the prevalence of problematic use.

**Methods:** We conducted a cross-sectional and descriptive study among Tunisian medical residents over a three-month period (August - September 2022) using an online survey. Different specialties and levels of residency were included. An online self-questionnaire was used including a data collection form and the DAST-10 (Drug Abuse Screening Test) scale. The data was analyzed using the SPSS 20th version software

**Results:** Among the 80 residents in our study, 19 (23.8%) reported psychotropic substance use, and 12 (15%) reported that they had misused psychotropic drugs at least once in their lives (without a prescription and/or with a prescription but not following the instructions). The most commonly psychotropic drugs used were benzodiazepines, followed by amphetamines, analgesics, anesthetics, and pregabalin (28%, 16%, 12%, 12%, 12%, respectively). Consumption was regular for 41.7% of those who reported psychotropic drugs misuse. The initiation of psychotropic use followed a desire to experiment various substances (41.7%), a medical prescription (33.3%), or their availability due to medical practice (25%). Self-medication and recreational use were the most common reasons for use (41.7% each). Furthermore, 31.6% of consumers revealed a problematic substance use as assessed by the DAST-10 scale.

**Conclusions:** Our study showed a concerning prevalence of psychotropic substance use among medical residents, benzodiazepines being the most prevalent. Notably, 15% acknowledged misuse and a

significant proportion displayed problematic substance use. These results highlight the potential health risks and the importance of addressing this issue within the medical community.

**Disclosure of Interest:** None Declared

### EPV0031

#### The relationship between cannabis use, depression, anxiety and self esteem among Tunisian young adults living abroad

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**Introduction:** Cannabis use is very common worldwide. Its consumption could be explained by recreational purposes as it can be motivated by some psychiatric disorders such as depression, anxiety or low self-esteem.

**Objectives:** This study aims to explore the relationship between cannabis use, depression, anxiety and self-esteem among a population of Tunisian adults living abroad.

**Methods:** A cross-sectional online survey was carried out using a self-administered questionnaire on young Tunisians people who have completed their secondary studies at the pilot high school of Sfax and currently residing abroad. The survey questionnaire was designed on Google Forms. It included a data collection sheet and psychometric scales "Cannabis Abuse Screening Test" (CAST), "Hospital Anxiety and Depression Scale" (HADS) and "Rosenberg's self-esteem scale".

**Results:** The sample consisted of 35 Tunisian young adults. 17 participants (48.6%) reported a cannabis use behavior. It was done with friends in a festive setting in 88% of cases (N=15). According to the CAST, 17,6% (N=3) of cannabis users were at high risk of cannabis dependence. Anxiety was present in 17,6% (N=3) and depression in 17,6% (N=3) of participants. Self-esteem was low in 23,53% (N=4) of participants.

Cannabis use was not associated with the presence of current emotional disorders such as anxiety and depression (p=0.894 and p=0.933 respectively). It was also not associated with lower self-esteem (p=0.585).

**Conclusions:** Cannabis use is relatively common among young Tunisian emigrants without evolving towards dependence in several cases. This behavior seems to be more influenced by social factors and misrepresentations about cannabis than by psychological disturbance.

**Disclosure of Interest:** None Declared

### EPV0032

#### Profile of cannabis users among a population of Tunisian young adults residing abroad

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