

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.

**Objectives:** To study instagram addiction and the particularities of its use in a population of tunisian doctors.

**Methods:** A cross-sectional, descriptive and analytical study conducted on tunisian doctors (interns, residents and university hospital doctor) during the months of septembre and octobre 2022. An anonymous self-questionnaire with different items was used via google-forms in order to collect data that co-occur the use of instagram.

Instagram Addiction Scale (IAS) Was used to assess Instagram addiction levels. A score above 37 indicates addiction to instagram.

**Results:** The study included 106 doctors. The average age of the first connection to instagram was 28.17 years (SD=6.93 years). The total number of friends on instagram was 240.

The average time spent on instagram was 84.5 minutes per day and the number of connections to instagram was 2.78 per day(SD=1.31).

The majority(74.5%) used the cell phone as a means of connection while being alone(73.6%).

The use of instagram was observed during the whole week(73.6%). The mean score for addiction to instagram was 31.18(SD=11.64). Instagram addiction has been found in 42.5% and 36.8% were mildly addicted.

The instagram addiction was significantly correlated with : the age of the first connection ( $p=0.0001$ ), the total number of friends on instagram ( $p=0.0001$ ), time spent on that social network ( $p=0.0001$ ), the number of connections to instagram per day ( $p=0.0001$ ) and the mode of connection ( $p=0.001$ ).

**Conclusions:** Our results stated that addiction to instagram affects almost half of the doctors. Many factors were contributing to this addiction.

Interventions targeting these factors seems to be crucial in order to deal with this type of addiction.

**Disclosure of Interest:** None Declared

## EPV0053

### Does antipsychotic therapy prevent the development of chronic psychotic disorders in people addicted to illegal psychoactive substances

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**Introduction:** Acute psychotic disorders are increasingly being diagnosed in people addicted to PASA part of these patients develops chronic psychotic disorders for reasons that still insufficiently known.

**Objectives:** The aim of the study was to determine preventive potential of antipsychotics in the development of chronic psychotic disorders as well as possible side effects of their use.

**Methods:** The prospective retrospective qualitative study conducted in the period Septmeber 2017-September 2022.Data from medical records and electronic databases were used in the study.A structured questionnaire for conductin research,a clinnical psychatatic inteviw,MMPI 202,tests to determine of ilegal PAS in body flfluids.

**Results:** According to the results of the study adequate treatment of the underlying disease,fewer or complete absence of relapses,social and psychoterapeutic support had the greater effects.In the group of opiate addicts an adequate dose of supstitution therapy it often played a crucial role.

**Conclusions:** In experimental conditions the hypotesis about the preventive effect of antipsychotics on the development of psychotic disorders in peoplle addicted to PAS.On the contrary a whole series of new questions has beenopened.

**Disclosure of Interest:** None Declared

## EPV0054

### Changes in smoking behaviour among healthcare workers with COVID-19

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**Introduction:** The COVID-19 pandemic had a considerable psychosocial impact on healthcare workers (HCWs) who were constantly requested during this era with an increased risk of infection. This implies behavioural changes, especially in smoking behaviour.

**Objectives:** To study smoking behaviour in HCWs with COVID-19.

**Methods:** A cross-sectional descriptive study conducted in the department of occupational pathology of Charles Nicolle Hospital in Tunis involving the smoking HCWs affected by COVID-19 during the period from September 1, 2020, to February 28, 2021. The data collection was carried out by a telephone call using a standardized questionnaire.

**Results:** During the study period, 61 smoking HCWs were identified. Thirty-two patients agreed to answer the questionnaire, with a response rate of 52%. The mean age was  $41 \pm 10$  years. The sex ratio (M/F) was 1.46. Half of the participants had comorbidities. The most represented occupational categories were blue-collar workers ( $n=11$ ) followed by nurses ( $n=10$ ) and physicians ( $n=7$ ). The median professional seniority was 13 [3.5; 20] years. The mean age of smoking initiation was  $20 \pm 5$  years. The most common mode of smoking was cigarettes (93%) with an average consumption of 19 cigarettes per day. Water pipe smoking was noted in 3 patients. All patients started smoking before the COVID-19 infection. Strong tobacco dependence was noted in 25% of patients. Twenty-one per cent of the population had moderate dependence. Half of the participants maintained the same level of smoking as before the COVID-19 infection. An increase in smoking was noted in 34% of patients. A decrease in the level of smoking was reported by 15% of respondents. Four participants stopped smoking after COVID-19 infection. The reasons for smoking cessation were COVID-19 damage ( $n=3$ ) and confinement with family ( $n=1$ ).

**Conclusions:** The change in smoking behaviour during the COVID-19 pandemic is notable, particularly in HCWs who are exposed to a high physical and mental load. The presumed association of smoking with severe forms of COVID-19 infection makes tobacco control in HCWs an obligation in order to preserve the continuity of care.

**Disclosure of Interest:** None Declared