

**Results:** Patients receiving trazodone perceived better sleep quality than those receiving the placebo with a non-significantly moderate heterogeneity. As to secondary efficacy outcomes, we only found a significant reduction for trazodone in the number of awakenings compared to the placebo. Trazodone was effective in sleep maintenance by decreasing the number of early awakenings and it could significantly improve perceived sleep quality, although there were no significant improvements in sleep efficiency or other objective measures. Importantly, lemborexant improves latency to sleep onset and sleep maintenance and is able to help people who experience early morning awakenings. Safety data reveal that lemborexant has minimal residual effects on morning alertness or next day function.

**Conclusions:** Unfortunately, treatment of insomnia is not always that simple. The disorder's complex underlying pathophysiology warrants consideration of different nonpharmacologic and pharmacologic treatment options. Indeed, recent insights gained from research into the pathophysiology of insomnia have facilitated development of newer treatment approaches with more efficacious outcomes.

**Disclosure:** No significant relationships.

**Keywords:** sleep disorder; new drugs; Insomnia

## EPV1490

### Sleep disorders among prison officers in Poland

A. Piotrowski<sup>1\*</sup> and E. Ewa Sygit-Kowalkowska<sup>2</sup>

<sup>1</sup>University of Gdansk, Institute Of Psychology, Gdańsk, Poland and

<sup>2</sup>Kazimierz Wielki University in Bydgoszcz, Faculty Of Psychology, Bydgoszcz, Poland

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2101

**Introduction:** Workplace conditions have a documented effect on employee health including sleep. Occupational stress and burnout are more frequent among penitentiary personnel than the general population.

**Objectives:** The aim of the current study was to examine the phenomenon of insomnia and its relationship with occupational burnout in a sample of Polish prison officers.

**Methods:** The study was carried out on a sample of Polish prison officers using the Athens Insomnia Scale (AIS), the Coping Orientation to Problems Experienced (COPE), and the Oldenburg Burnout Inventory (OLBI).

**Results:** showed that the Polish prison officers exhibited early symptoms of insomnia. Sleep disorders had a significant role in developing occupational burnout. Coping strategies such as help-seeking and engagement were revealed to have a mediating role in the relationship between insomnia and occupational burnout dimensions. The coping strategy of help-seeking was the only predictor of insomnia.

**Conclusions:** The results can constitute a significant argument for health promotion campaigns highlighting sleep hygiene directed at penitentiary personnel. A research model created for the purposes of future studies would allow for measuring the frequency of health behaviors, including the general category of preventive behaviors. The study warrants continuation.

**Disclosure:** No significant relationships.

**Keywords:** job burnout; prison officers; Insomnia; coping with stress

## Addictive Disorders

### EPV1492

#### Self-Regulation Processes in Patients with Alcohol Dependence (Pilot Study)

E. Fadeeva<sup>1</sup> and A. Lanovaya<sup>2\*</sup>

<sup>1</sup>National Medical Research Centre for Psychiatry and Narcology n.a. V.Serbsky Russian Federation Ministry of Health, Department Of Preventive Care In Narcology, Moscow, Russian Federation and

<sup>2</sup>National Medical Research Centre for Psychiatry and Narcology n.a. V.Serbsky Russian Federation Ministry of Health, Head Of Department Of Preventive Care In Narcology, Moscow, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2102

**Introduction:** The first stage of the psychological intervention is related to diagnostics

**Objectives:** Purpose of the study was to explore features of mental self-regulation processes in patients with diagnosis "Mental and behavioral disorders due to use of alcohol".

**Methods:** The study involved 39 male patients with alcohol dependence, the average age of  $43.6 \pm 6$  years. The experimental group (20 patients) was taking part in in-patient rehabilitation program, the duration of rehabilitation ranged 4-6 months. The control group included 19 patients of the in-patient addiction treatment department, with average duration of treatment 21 days. To assess self-regulation processes, questionnaires "Style of behavior self-regulation" (Morosanova V.) and questionnaire of volitional self-control (Zverkov A., Eydman E.) were used. To compare differences between two independent groups Mann-Whitney U-test was used

**Results:** There was a significant difference for the subscale "Persistence and perseverance" in "Volitional self-control" test ( $p \leq 0.05$ ) for the control and experimental groups. Patients, involved in clinical rehabilitation program, have higher ranks comparing to patients got clinical treatment (22.2 and 17.7). The comparison of the results of the questionnaire "Style of behavior self-regulation" showed that there is a significant difference for subscales "Modeling of significant conditions" and "Independence" ( $p \leq 0.05$ ); participants from the experimental group had higher mean rank in both cases.

**Conclusions:** Patients who took part in the long-term in-patient rehabilitation program had more stable motivation to achieve their goals, better self-regulation and activity planning skills, higher independence and self-confidence, they were less dependent on opinion of others. The identified features can be used in psychological programs aimed at improving planning skills, reducing behavioral rigidity, stabilizing self-esteem and improving adaptive capacity.

**Disclosure:** No significant relationships.

**Keywords:** alcohol dependence; self-regulation processes; patients

### EPV1493

#### Danish Feasibility Study of a New Innovation for Screening and Brief Intervention for Alcohol Problems in Primary Care: The 15-method

P. Schøler<sup>1\*</sup>, J. Søndergaard<sup>2</sup> and A. Nielsen<sup>1</sup>

<sup>1</sup>The University of Southern Denmark, Unit For Clinical Alcohol Research, Clinical Institute, Odense C, Denmark and <sup>2</sup>The University

of Southern Denmark, Research Unit Of General Practice, Department Of Public Health, Odense, Denmark

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2103

**Introduction:** The 15-method: a new brief intervention tool for alcohol problems in primary care, has shown promising results in Sweden for mild to moderate alcohol use disorders.

**Objectives:** To evaluate the 15-method's usability, organizational integration, and overall implementation feasibility in Danish general practice (GP) in preparation for a large-scale evaluation of the method's effectiveness in identifying and treating alcohol problems in GP.

**Methods:** In the Central and Southern Region of Denmark, five general practices participated: seven doctors and eight nurses. Participants received half a day of training in the 15-method. Testing of implementation strategies and overall applicability ran for two months. A focus group interview, two individual interviews with the participating doctors, and five individual patient interviews concluded the study phase.

**Results:** indicate that implementation of the 15-method is feasible in Danish general practice. The healthcare professionals and patients were optimistic about the method and its possibilities. The method was considered a new patient-centred treatment offer and provided structure to a challenging topic. An interdisciplinary approach was much welcomed. Results indicate that the method is ready for large-scale assessment.

**Conclusions:** Implementation of the 15-method is considered feasible in Danish general practice, and large-scale evaluation is currently being planned. The results from the present feasibility study, and an overview of the large-scale evaluation, will be presented at the conference.

**Disclosure:** No significant relationships.

**Keywords:** Screening and Brief Intervention; Alcohol Treatment; Alcohol use disorder; General Practice

## EPV1494

### Climate change and substance use disorders – do we understand the risks?

F. Vergunst<sup>1\*</sup> and H. Berry<sup>2</sup>

<sup>1</sup>University of Montreal, Social And Preventive Medicine, Chemin de la Côte Ste-Catherine, Canada and <sup>2</sup>University of Sydney, Faculty Of Medicine And Health, Camperdown, Australia

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2104

**Introduction:** Climate change is increasing the frequency and intensity of severe heatwaves, storms, floods, droughts, and wildfires. These events cause widespread economic and social disruption and are undermining population health worldwide. Despite a growing literature on how climate change threatens mental health, its influence on harmful substance use has not been systematically addressed.

**Objectives:** We propose an explanatory framework explicating the plausible links between climate change-related stressors and an increase in harmful substance use.

**Methods:** We critically review and synthesise literature documenting the pathways, processes and mechanisms linking climate change to increased substance use vulnerability.

**Results:** Several plausible pathways link climate change to increased risk of harmful substance use worldwide. These include: (1) anxiety about the impacts of unchecked climate change, (2) destabilisation of psychosocial and economic support systems, (3) increasing rates of mental disorders, and (4) increased physical health burden. Children may face disproportionate risk due to their vulnerability to both mental disorders and substance use, particularly during adolescence. We argue that a developmental life-course perspective situated within a broader 'systems thinking' approach provides a coherent framework for understanding how climate change is aggravating the multiple, persistent, interacting risks that influence harmful substance use pathways.

**Conclusions:** Climate change is already undermining health and wellbeing of global populations. By inference, it is also aggravating pathway to harmful substance use. This is a critical psychosocial problem for individuals and communities alike. Conceptual and methodological work is urgently needed so that effective adaptive and preventive action can be taken.

**Disclosure:** No significant relationships.

**Keywords:** Child and adolescent; Psychopathology; Climate change and environment; Addiction

## EPV1496

### Features of addictive beliefs with different types of addictions

A. Pustovaya<sup>1</sup>, Y. Yan<sup>2\*</sup> and E. Gutkevich<sup>3</sup>

<sup>1</sup>Tomsk state University, Faculty Of Psychology, Tomsk, Russian Federation; <sup>2</sup>National Research Tomsk State University, Psychology Department, Tomsk, Russian Federation and <sup>3</sup>Tomsk national research medical center Russian Academy of Sciences, Department Of Endogenous Disorders, Tomsk, Russian Federation

\*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2105

**Introduction:** Today, a number of researchers consider the problem of addictive behavior as one of the most global problems for Kazakhstan and Russia. Some scientists consider CBT to be the most effective way to work with addictions. In our country there are no scientific works devoted to the study of addictive beliefs, so we decided to conduct such a study.

**Objectives:** The Objective of the study was to identify the characteristic addictive beliefs of drug addicts with different type of addiction: opioids and synthetic cathinones (designer drugs called "salts", "bath salts").

**Methods:** Questionnaire of addictive beliefs by A. Beck, questionnaire of beliefs about cravings by A. Beck and F. Wright, clinical interview. Descriptive statistics and chi-square test were used for data processing.

**Results:** People with opioid addiction are more likely to believe that their lives will become more depressive if they stop using drugs ( $p=0.0347$ ); that drug use is the only way to cope with pain in their life ( $p=0.0347$ ) and that they cannot cope with anxiety without drugs ( $p=0.009$ ). Respondents who use synthetic psychostimulants endorse to believe that addiction is not a problem for them ( $p=0.0358$ ).