

sleep microarchitecture. This suggests that the sleep microarchitecture of the randomized subjects is similar to a broader insomnia population that has subjective insomnia but that does not meet all eligibility criteria including objective and subjective sleep duration thresholds.

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Addictive Disorders 02

EPP0291

Knocking on the Doors of Perception: the role of psilocybin in substance use disorder treatment

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Introduction: Substance use disorders (SUDs) are a major health concern and current treatment interventions have proven only limited success. Despite increasing effectiveness, still about 50–60% relapse within 6–12 months after treatment [Cornelius *et al.*, *Addict Behav.* 2003;28 381–386]. SUDs are defined as chronic disorders of brain reward system, motivation, and memory processes that have gone awry. Medication reducing craving and substance use is mainly available for alcohol dependence and to a lesser extent for other substances.

Hallucinogens may represent a group of agents with potential anti-craving properties subsequently reducing substance use in SUD patients. For instance, lysergic acid diethylamide (LSD) and psilocybin have previously been shown to effectively alleviate symptoms of alcohol and nicotine dependence.

Objectives: New treatments preferably focusing on reducing craving and subsequent substance use are therefore urgently needed. The hallucinogen psilocybin may provide a new treatment option for SUD patients, given the beneficial results observed in recent studies

Methods: Systematic revision of literature.

Results: In the 1950s, a group of drugs with potential to alter consciousness were discovered (hallucinogens). Several studies suggested their anti-SUD potential, improving self-acceptance and interpersonal relationships, reducing craving and alcohol use. As a result of its recreational popularity during the 1960s, they were

banned in 1967, greatly hampering scientific research in this field. Recently, psilocybin, an hallucinogenic substance in psilocybin-containing mushrooms has gained popularity in neuropsychological research, showing to increase trait openness, cognitive and behavioral flexibility, and ratings of positive attitude, mood, social effects, and behavior and even reported persistent positive changes in attitude and behavior. These findings might suggest a valuable compound for the treatment of psychiatric conditions with several additional studies providing supportive evidence for the therapeutic potential of psilocybin for SUD treatment and relapse prevention.

Conclusions: With the reported limited amount of side effects and potential beneficial effects of psilocybin in SUD, there are valid reasons to further investigate the therapeutic efficacy and safety of psilocybin as a potential SUD treatment. On the one hand, psilocybin may exert its anti-addictive properties by beneficial effects on negative emotional states and stress. On the other hand, psilocybin may improve cognitive inflexibility and compulsivity. Research on the efficacy of psilocybin on SUD is still limited to a handful of published studies to date. As a result, many important questions related to the use of psilocybin as a complement to current treatment of SUD and its working mechanisms remain unanswered. Before psilocybin can be implemented as a treatment option for SUD, more extensive research is needed.

Disclosure of Interest: None Declared

EPP0293

Comparison of stress and coping mechanisms among family members of patients abusing licit and illicit substances

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Introduction: Addiction has long been recognized as a disease that may have a dramatic influence on the addicted individual's family members, manifesting as stress or trauma-related physical and psychological symptoms, resulting in increase in the usual family's use of health-care services. There is little research available to identify and explore problems of families associated with such patients. In this study, we will evaluate stress among family members of substance abuse patients and try to focus on how these family members are dealing with these stress factors. The study will also compare different types of coping mechanisms among family members of patients taking licit and illicit substances.

Objectives: To identify stress among families of patients abusing licit and illicit drugs and assess and compare their coping mechanisms.

Methods: 175 family members of patients with licit substance abuse cases and 175 family members of patients with illicit substance abuse were taken for study after informed consent. Stress among participants was evaluated using Symptom Rating Test and The Depression Anxiety and Stress Scales (DASS). Coping Questionnaire (CQ) and Brief COPE was used to assess coping among them.

Results: The study demonstrated that the total number and severity of symptoms, including psychological and physical symptoms, are found lesser in caregivers (participants) of patients abusing licit substances than in patients abusing illicit drugs. These symptoms among family members grow as the patient's age rises. Symptoms in participants are more if their patient is female as compared to male. And also, total symptoms are more if they are living in nuclear family (Table 1). In our results, total coping and engaged coping mechanisms in family members are found to be not significant as per drug type and remains the same for both licit and illicit drugs abusing patients' families. Avoidant coping mechanisms in family members are more if their patient is female and in nuclear family.

Table 1

symp1	Coefficients	Std. Err.	P Value
age	0.005*	0.001	0.000
drug_type	-0.114*	0.027	0.000
female_d	0.230*	0.028	0.000
nuclear_d	0.124*	0.027	0.000

Conclusions: In our study, it was clearly noticed that the total symptoms, both physical and psychological, were found more in family members of patients abusing illicit drugs. Impact of substance abuse related problems is found more in female members compared to male members of family.

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EPP0294

The influence of problem drinking persons on the quality of life of their surroundings depending on gender and age

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Introduction: The social consequences of alcohol affect not only drinkers, but also the people communicate with him. They are including: mental health, quality of life, health, living conditions and needs in using health system resources.

Objectives: 1,531 people were examined, who belonged to three qualitatively different comparison groups: patients with alcohol addiction (329 people); healthy relatives of patients with alcohol addiction (238 persons) and representatives of the general population (964 persons).

Methods: clinical, clinical and psychopathological, methods of quantified scales and mathematical statistics.

Results: The data obtained indicate that the majority of respondents who caused some harm to the respondents were men. But the level of harm of alcohol abuse of women was significantly higher. Alcohol abuse problems of microsocial environment (substance

abuse, employment, financial problems, and health effects) had a more significant effect on depressive disorders in the control group than in the alcohol addiction group and their relatives. Significant correlation of depressive disorders due to the drunkenness of others was associated with fear for children, the possibility of aggression. Depressive disorders in the group relatives of patients with alcohol addiction correlated with aggression towards them with patients with alcohol addiction or persons in a state of alcohol intoxication, discomfort due to being with their relatives in public, at parties, inability to control alcohol use. It was shown that the presence of drinkers in the company of women significantly increases the specific weight of people with depressive disorders among them, while such an effect was not found among male respondents. It has been established that in the case of the presence of drinkers in the environment, the expressiveness of such manifestations of depression as insomnia increases the most in women; weight loss, sexual disorders; suicidal tendencies and feelings of guilt. The influence of presence of drinkers in the environment of children on frequency of manifestations of their discomfort is described. It has been confirmed that the most frequent cause of children's ill health is their drinking parents, as well as other (besides parents and siblings) drinking relatives. It was found that in healthy respondents, the unfavorable features of the behavior of relatives and close drinkers are always directly correlated with indicators of the ill health of children in their environment, while in respondents addicted to alcohol, these correlations have a complex, mosaic nature.

Conclusions: The study found the prevalence of depressive disorders in the microsocial environment of drinkers. A significant decrease in the quality of life was noted primarily in children and women who had drinking relatives with a large number of drunk days.

Disclosure of Interest: None Declared

EPP0295

Work addiction among computer engineers : a tunisian study

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Introduction: Work addiction is currently an increasingly frequent phenomenon in several sectors of activity, particularly the engineering sector, given the importance of technological advances and the development of organizational climates favoring competition.

Objectives: To describe work addiction impact among tunisian computer engineers.

Methods: A descriptive cross sectional study was carried out from September first, 2020 to December 31st, 2020 including computer engineers working in several private engineering companies located at Grand Tunis area. Data collection was done through an online self-administered questionnaire. The level of work addiction was assessed by the Work Addiction Risk Test (WRAT) in its French version validated with 25 items evaluating five dimensions namely : Compulsive tendencies, control, lack of communication, inability to delegate and self-esteem. Burnout was identified by The Maslach Burnout Inventory.