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**Objective** In this study, it was aimed to determine the internet use properties of Adult Attention Deficit Hyperactivity Disorder (ADHD) patients who were followed-up at Haydarpasa Numune Research and Training Hospital, Psychiatry Department; ADHD Outpatient Clinic.

**Method** Thirty participants who were diagnosed with adult ADHD aged between 18–31 years rated their ADHD symptoms in childhood retrospectively, using Wender Utah Rating Scale. Patients rated current adult ADHD symptoms with the Adult ADHD DSM-IV-Based Diagnostic Screening and Rating Scale (DSRS) and severity of symptoms measured by Adult ADHD Self-Report Scale (ASRS). Internet addiction (IA) was assessed with Young's Internet Addiction Scale (IAS). It was determined that, none of 30 Adult ADHD patients have been diagnosed with IA. 29 of patient have moderate internet use although 1 of patients have risky internet use. The results revealed that total ASRS score ( $P=0.020$ ), total Adult ADHD DSM-IV-Based DSRS score ( $P=0.036$ ) and the Attention Deficit related properties subscale total score ( $P=0.042$ ) were significantly correlated with the IAS total score. Subscale of the self-report scales including; failing to finish schoolworks, chores, or duties at workplace, difficulty of following through on instructions ( $P=0.017$ ), restiveness; impaired inhibitory performance ( $P=0.017$ ), feeling not confident ( $P=0.017$ ), difficulty of managing time ( $P=0.047$ ), failing to give close attention to details or making careless mistakes ( $P=0.037$ ) are closely relevant to IAS total score.

**Result** In conclusion, clinical features, which are characteristic of Adult ADHD could have same shared etiology with IA. Furthermore, ADHD patients are more likely to have an IA diagnosis. However, it was thought that this result had to be supported with studies including larger samples.

**Keywords** Adult ADHD; Internet; Addiction

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW0844

### Internet addiction and impulsivity among university students

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**Introduction** The progress in technology adds to the new ways of communication between people. In our age, online communication has taken the place of face to face communication. People express themselves, become friends and in a way become who they are through the tools of social media. Many biological and psychological factors may affect the choice of people for communicating through social media.

**Objective** Main objective of this research is to measure the frequency of Internet addiction and its relationship to social media use and impulsivity.

**Methods** The population of the study is composed of 117 female (58.5%) and 83 male (41.5%) students between 18–25 years of age from Uskudar University. Barratt Impulsivity Scale and Internet Addiction Scale were used for data collection and measurement of variables.

**Results** Among the participants, 97.5% were found to go online everyday. Among the participants, 74.5% went online for social media use. Only 5% of the subjects fitted the criteria for Internet addiction. Thirty-six percent had limited symptoms for Internet addiction. Internet addiction symptoms and impulsivity were

positively related. The tool for Internet access did not affect Internet addiction. Those who used a smart phone went online for social media use more commonly than those who used a computer.

**Conclusion** It has been debated that social media and the increase in smart phone use may be affecting young people and increase internet addiction rates, however we have found that impulsivity is an important factor for internet addiction as in other types of addiction.

**Disclosure of interest** The authors have not supplied their declaration of competing interest.

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## EW0845

### Cognitive-behavioral therapy in young adults with major depression and alcohol dependence

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**Background** Adolescents and young adults are a vulnerable population to both alcohol use disorders and depressive major disorder. Use of cognitive-behavioral therapy (CBT) could help in diminishing depressive symptoms severity as well as alcohol dependence severity.

**Objective** To evaluate CBT efficacy in young adults diagnosed with major depressive disorder and alcohol dependence.

**Methods** A number of 12 patients, age 23–35, 7 male and 5 female, outpatients, diagnosed with alcohol dependence and major depressive disorder, moderate or mild episodes, according to ICD-10 criteria, were included in a 3 months CBT oriented program. All subjects were evaluated using a Visual Analogic Scale (VAS) for self-evaluation of alcohol problems severity (score ranging from 0 – absent to 10 – extremely severe), AUDIT scale, Hamilton Depression Rating Scale (HDRS) – 17 items, and Global Assessment of Functioning (GAF). Patients participated in 30 minutes individual CBT sessions, twice per week, for 12 weeks. Cognitive restructuring based on patients' diary, coping skills training, and activation techniques have been applied in the CBT sessions.

**Results** After 12 weeks all patients reported decreases on VAS and AUDIT scores, with mean percentages of 55 and 50, while GAF increased with 45%. HDRS scores decreased with 65%. These changes were considered significant when compared to initial values ( $P=0.007$  for VAS,  $P=0.009$  for AUDIT,  $P=0.012$  for GAF and  $P<0.001$  for HDRS), according to dependent samples  $t$ -test  $P<0.05$ , bivariate.

**Conclusion** Cognitive-behavioral therapy, focused on cognitive restructuring, coping skills training, and activating techniques is an efficacious intervention in young patients with comorbid depressive and alcohol dependence.

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