

Results: The mean age of participants was 23.38 ± 3.27 years, with a sex-ratio of (F/M) of 2.8.

Tobacco, alcohol and cannabis use was noted respectively in 12.5%, 3.5% and 3.5% of cases.

The mean score SAS-SV was 37.92 ± 8.82 . Among the students, 68.8% were considered at high risk of Smartphone addiction.

Male students were more likely to be at higher risk of smartphone addiction than females, without a significant relationship.

Scores of SAS-SV were significantly higher among cannabis users (48.4 vs 37.54 ; $p=0.006$) and non-medical students (39.07 vs 36.11 ; $p=0.049$)

Conclusions: University students are a particularly vulnerable population to smartphone addiction, and this may lead to negative psychosocial effects. Educational awareness and preventive measures should be implemented.

Disclosure of Interest: None Declared

EPV0003

Inhalant use and psychosis: Experience of a moroccan addiction department

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Introduction: Inhalants are volatile psychoactive compounds whose effect varies from disorientation, excitement, euphoria to hallucinations. Different opinions have been raised concerning the relationship between inhalant use and psychosis and several publications have studied the incidence of psychotic disorders in the context of inhalant use. These studies concluded that using inhalants was independently associated with the development of psychosis

Objectives: our aim is to determine the demographic and psychiatric profile of inhalant users previously hospitalized in our department

Methods: This is a retrospective descriptive study carried out by analyzing hospitalization records in the addictology department of the psychiatric university hospital Ar-Razi in Salé over a period of one year (from August 2020 to August 2021). The diagnoses are established according to the DSM 5 diagnostic criteria.

Results: Seventeen patients, inhalant users, were recruited after chart review, including 5 women and 11 men (68.7 %). The average age was 24.7 years (16; 41). The majority of the patients were single (81.2%), 62.5 % had a secondary education and 62.5 % were unemployed.

The psychiatric evaluation showed that 87% of these patients had a history of incarceration, 50% had a diagnosis of schizophrenia, 12.5% had bipolar disorder and 14.2% had a cluster B personality disorder (DSM 5).

The average age of onset of the addictive disorder in this population was 14.4 years and the entire sample was polyaddictive.

Conclusions: More than half of our sample had psychosis associated with their inhalant use disorder. these results are consistent with literature data.

Disclosure of Interest: None Declared

EPV0004

Evaluation of addictive behavior in depressive disorders

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Introduction: The comorbidity between depressive disorders and addiction is far from being random. Through substances, users try to ameliorate their feelings of sadness, reduce present anxiety. The phenomena of tolerance and dependence quickly worsen the situation, and make any attempt at withdrawal more difficult.

Objectives: The objective of this study is to analyze the addictive behavior in patients diagnosed with depressive disorder.

Methods: This is a retrospective descriptive study carried out by analyzing hospitalization records in the addictology department of the psychiatric university hospital Ar-Razi in Salé over a period of one year (from August 2020 to August 2021). The diagnoses are established according to the DSM 5 diagnostic criteria.

Results: Of 141 patient records initially entered, nine records were not usable and 54 patients had a diagnosis of depressive disorder constituting 40.9% of admissions to the service. The average age was 37.9 years (16; 69).

Among our depressed and substance-using patients, the most frequent comorbidity was personality disorders (29.6%) followed by anxiety disorders (11.1% of cases). Thirty-five percent of patients reported at least one suicide attempt in the past and 11.1% had experienced sexual abuse.

The average age of onset of addiction in our sample was 17.8 years (11; 31). The most used substance was tobacco (n=44) followed by alcohol (n=43), cannabis and then benzodiazepines.

Conclusions: The relationship between depression and substance use remains complex. Although depressed patients often turn to drugs in search of a state of well-being, withdrawal from these substances can also aggravate or cause the depression.

Disclosure of Interest: None Declared

EPV0005

Could we predict an episode of delirium tremens?

Case report

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Introduction: Delirium tremens is one of the most serious complications associated with alcohol withdrawal. It affects a percentage of 5 to 20% of users and is not related to the duration of consumption nor to the quantities taken. An early diagnosis will facilitate a quick treatment without putting at risk the vital prognosis.

Objectives: Our objective is to identify the different indicators mentioned in the existing literature and to compare these to the clinical and paraclinical data of our patients

Methods: We present through clinical vignettes, the cases of two patients hospitalized in our department of addictology for a cure of alcohol withdrawal and who presented an episode of delirium tremens.

Results: Several clinical and paraclinical parameters have been linked to statistically significant differences in the published reports related to this subject. Thrombocytopenia remains the common element between the different publications and was the case in our two patients.

Clinically, the presence of a previous episode of delirium or seizure during withdrawal, as well as tachycardia (>100 bpm) and low number of quit attempts were significantly related to the occurrence of delirium tremens. The majority of the predictors identified were paraclinical and included: hyponatremia, hypokalemia, elevated ALT and homocysteine levels, low pyridoxine levels, and the presence of structural brain damage.

Conclusions: The literature on predictors of delirium tremens remains poor. More studies are needed to confirm the data already mentioned

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EPV0006

Kratom use disorder as a gateway to an opioid use disorder

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Introduction: Kratom (*Mitragyna speciosa*) is a psychoactive substance native to Thailand and Southeast Asia with stimulant-like effects at lower doses and opioid-like effects at higher doses. Kratom's chemical composition, specifically mitragynine and 7-hydroxymitragynine, has partial agonist mu-opioid effect and antagonist effects at the kappa- and delta-opioid receptors. It is primarily sought out for stimulant and opioid-like properties and may be used either for its perceived therapeutic effects or as a recreational drug. It is used mainly for symptoms of pain, anxiety, depression, and opioid withdrawal. Regular use of kratom, especially at higher doses, is associated with dependence, tolerance, and withdrawal. Due to its addictive potential, accessibility, and legal status, there have been increasing cases of kratom use disorder. Concerns regarding its potential for abuse and severe adverse effects are rising. The perception that kratom is a milder and less dangerous opioid-like psychoactive substance is supported by the uptake of kratom use as an opiate substitute and is consistent with data on the unimpaired social functioning of regular kratom users.

Objectives: To alert for the importance of kratom consumption as a potential gateway to an opioid use disorder.

Methods: A non-systematic review of the literature was carried out on PubMed. We looked for reviews and case reports published in the last 10 years containing the terms "kratom", "*Mitragyna speciosa*", "drug abuse", "drug addiction", and "mitragynine". We also present a clinical case of opioid use disorder.

Results: We report the case of a 38-year-old man that was observed as an outpatient with opioid abuse disorder treated with buprenorphine. He began consuming Kratom about 20 years ago. He learned about Kratom herbal preparations from the plant *Mitragyna speciosa* from internet forums and started to consume oral preparations. Noticing the low side-effects profile, he started to consume Kratom on a daily basis. The main effect of Kratom was to calm down hyperarousal, stop rumination, reduce anxiety, and enhance sociability. The patient did not report major side effects from the consumption but over time tolerance was reached. Knowing that this substance has opioid effects, the patient started to consume opioids like oxycodone in order to obtain kratom-like effects. Kratom's use was thus quickly replaced by oxycodone consumption and dependence.

Conclusions: The increasing popularity of kratom has been accompanied by dependence, adverse effects, and withdrawal symptoms following abstinence. Although it could be used for opioid withdrawal, kratom consumption could be a gateway to opioid consumption and ultimately culminate in dependence.

Disclosure of Interest: None Declared

EPV0007

Laughing gas-induced psychotic disorder : Case report from Morocco.

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Introduction: In the current psychopharmacological panorama, the variety of substances capable of inducing an acute psychotic episode and which have entered the habits of drug addicts has rapidly increased. Here we will take the example of nitrous oxide, which in addition to its medical use as a volatile anesthetic, has many applications in the food and automotive industries. Nitrous oxide is today the 7th most popular drug in the world for its euphoric effects.

Objectives: The objective of our work is therefore to present through a case report, where the psychiatric symptoms are important, an overview of the psychiatric effects of the recreational use of nitrous oxide, to sensitize the clinicians, and to finally discuss the implications for psychiatric practice in terms of prevention and screening.

Methods: Case report: To better discuss this infrequent disorder, we will report here the case of a 25-year-old French tourist, with no particular psychiatric or medical history, who was brought back to our training emergency room by the authorities for treatment of psychomotor instability, verbalization of delusional remarks and insomnia evolving for approximately 02 days, following an excessive and isolated use of nitrogen peroxide bombs, in a festive setting in Marrakech.

The psychiatric interview objectified a dissociative syndrome, a delusional syndrome of persecution and mystical-religious, a hallucinatory syndrome, with impaired judgment and insight. A complete biological assessment, a cerebral TDM as well as a search for drugs in the urine were requested, returned without particularities.