EPP0350

Assessment of Self-Esteem Among Tunisian Cannabis Users

S. Brahim[1]*, M. Henia[2], A. Haj Mohamed[1], M.H. Aoun[2] and L. Zarrouk[2]

[1]University Hospital of Mahdia, Psychiatry, chebba, Tunisia and [2]University Hospital of Mahdia, Tunisia., Psychiatry, mahdia, Tunisia
*Corresponding author.

Introduction: Cannabis is among the most widely used substances in the world. it is associated with several mental health problems.
Objectives: To assess self-esteem among a group of young Tunisian users of cannabis.
Methods: The total study sample was composed of 137 participants, who took part of a transversal descriptive study during two months (January and February 2020).
Results: In our study population, the cannabis consumers were young adults aged between 18 and 35 years old, with a male predominance of 71%. Among those users, 65.9% were single and 29.7% dropped out of school or experienced academic failure. On a socio-economic level, we concluded to a rate of 5.8% (lower class), 60.9% (middle class) and 33.3% (upper class). Besides, 40.8% were employed. In total, 23.2% had a psychiatric history. Furthermore, the use of other substances was also prominent and frequent as follows: alcohol 72.5%, tobacco 74.6%, ecstasy 41.3% and 25.4% cocaine. The use of cannabis was considered as a means of indulgence and pleasure for 66.7%, as an anxiolytic for 26.8% and as a sedative for 23.9%. Self-esteem, among those cannabis users, was very low in 20% of cases, low in 38% of cases, medium in 15% of cases and high in 25% of cases.
Conclusions: These results lead us to question the relation between cannabis and self-esteem. The question that is evolved about the use of cannabis is the following: Is it used as a remedy or is it the cause of self-esteem deficiency?

Disclosure: No significant relationships.
Keywords: self-esteem; Cannabis; Tunisia

EPP0348

Modern-type depression and web-based psychopathology in a cohort of Italian university students

L. Orsolini[1], S. Bellagamba[2]*, G. Longo[3], S. Tempia Valenta[4], V. Salvi[1] and U. Volpe[1]

[1]Unit of Clinical Psychiatric, Polytechnic University of Marche, Ancona, Italy, Department Of Neurosciences/dimsc, Ancona, Italy; [2]Unit of Clinical Psychiatry, Department Of Neurosciences/dimsc, Polytechnic University Of Marche, Ancona, Italy; [3]Polytechnic University of Marche, Department Of Clinical Neurosciences/dimsc, School Of Medicine, Unit Of Psychiatry, Ancona, Italy and [4]Unit of Clinical Psychiatry, Polytechnic University of Marche, Ancona, Italy, Department Of Neurosciences/dimsc, Ancona, Italy
*Corresponding author.

Introduction: Hikikomori represents the severe social withdrawal condition of the so-called 'modern type-depression" (MTD). Digital addictions, including Internet addiction (IA), Internet gaming disorder (IGD) and smartphone addiction, have been associated with MTD and Hikikomori.
Objectives: This is a post-hoc study aimed at assessing digital addictions in a cohort of university students with a positive screening for MTD and Hikikomori.
Methods: A cross-sectional web-based survey was conducted by administering the Hikikomori Questionnaire (HQ-11), Internet Addiction Test (IAT), Internet Gaming Disorder Scale-Short-Form (IGDS9-SF) and the Smartphone addiction scale-Short Version (SAS-SV).
Results: Among 1,148 respondents, a significant association was found between the HQ-11 scale and the DASS-21 total score (r=0.434). The HQ-11 positively correlated with IAT, IGDS9-SF and SAS-SV (r=0.329; r=0.292 and r=0.205 respectively).
Conclusions: Digital addictions appear to be widely diffuse among university students positive to the Hikikomori and MTD screening. Further longitudinal studies are needed to weight and balance the potential consequences of digital tools in Hikikomori subjects.

Disclosure: No significant relationships.
Keywords: digital addiction; Modern Type Depression

EPP0350

Growing use of valproic acid in substance use disorders

J. Romão[1]*, M. Gonçalves[1], M. Ribeiro[2], R. André[1], R. Saraiva[1] and M. Abreu[1]

[1]Centro Hospitalar Universitário Lisboa Norte, Psychiatry, Lisboa, Portugal and [2]Centro Hospitalar Lisboa Norte, Psychiatry, Lisboa, Portugal
*Corresponding author.

Introduction: Valproic acid is an antiepileptic drug used in different fields of Psychiatry. It is known mostly for its use in managing patients with bipolar affective disorder. In psychiatry of addiction, there is still no approved indications for its usage, but it is widely prescribed in treating alcohol and cocaine abuse, due to the existence of studies in these addictions.
Objectives: This review aims to clarify the relation between valproic acid and dependences, particularly cocaine.
Methods: Non-systematic literature review using a PubMed search, using the following key words: "valproate"; "cocaine use".
Results: Cocaine dependence can decrease GABA levels in humans. Valproic acid has multiple mechanisms that favour the synthesis of GABA, potentiating its release and postsynaptic GABAergic response. Because of this, valproic acid was found effective in promoting abstinence and in reducing the use of cocaine. There are studies that support the valproic acid's use in alcohol and cocaine dependences. Valproic acid has been shown to be promising in relapse prevention. It has also showed efficacy in the management of impulsivity and irritability, what makes it useful in managing patients with borderline personality disorder – patients at higher risk for alcohol or substance use disorders.
Conclusions: Cocaine addiction involves different phenomena and may respond to distinct pharmacologic approaches. Although some studies need to be confirmed by larger clinical trials, valproic acid seems a promising agent as one of some potential treatments

for cocaine dependence. Further studies are required in this field to come to more reliable conclusions.

Disclosure: No significant relationships.
Keywords: substance use disorder; cocaine; valproate

Rehabilitation and Psychoeducation / Posttraumatic Stress Disorder

EPP0351

Risk and Resilience in Trajectories of Post-Traumatic Stress Symptoms among First Responders after the 2011 Great East Japan Earthquake: a 7-year prospective cohort study

F. Van Der Does[1]*, T. Saito[2], M. Nagamine[3], N. Van Der Wee[1], J. Shigemura[2], T. Yamamoto[2], Y. Takahashi[2], M. Koga[2], H. Toda[2], A. Yoshino[2], E. Vermetten[1] and E. Giltay[1]

[1]Leiden University Medical Center, Psychiatry, Leiden, Netherlands; [2]School of Medicine, National Defense Medical College, Psychiatry, Tokorozawa, Japan and [3]National Defense Medical College Research Institute, Behavioral Science, Tokorozawa, Japan
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.629

Introduction: First responders to disasters are at risk of developing post-traumatic stress disorder (PTSD). The trajectories of post-traumatic stress symptom severity differ among individuals, even if they are exposed to similar events. These trajectories have not yet been reported in non-Western first responders.
Objectives: We aimed to explore post-traumatic stress symptom severity trajectories and their risk factors in first responders to the 2011 Great East Japan Earthquake (GEJE)— a historically large earthquake that resulted in a tsunami and a nuclear disaster.
Methods: 56 388 Japan Ground Self-Defense Force (JGSDF) personnel dispatched to the GEJE were enrolled in this seven-year longitudinal cohort study. PTSD symptom severity was measured using the Impact of Event Scale-Revised (IES-R). Trajectories were identified using latent growth mixture models (LGMM). Nine potential risk factors for the symptom severity trajectories were analyzed using multinomial logistic regression.
Results: Five symptom severity trajectories were identified: "resilient" (54.7%), "recovery" (24.5%), "incomplete recovery" (10.7%), "late-onset" (5.7%), and "chronic" (4.3%). The main risk factors for the four non-resilient trajectories were older age, personal disaster experiences, and working conditions. These working conditions included duties involving body recovery or radiation exposure risk, longer deployment length, later or no post-deployment leave, and longer post-deployment overtime.
Conclusions: The majority of first responders to GEJE were resilient and developed few or no PTSD symptoms. A substantial minority experienced late-onset and chronic symptom severity trajectories. The identified risk factors can inform policies for prevention, early detection, and intervention in individuals at risk of developing symptomatic trajectories.

Disclosure: No significant relationships.
Keywords: Trajectory Analysis; Post-traumatic stress disorder; First responders; Natural disaster

EPP0352

Protective effects of glucocorticoid receptor antagonist Mifepristone on fear memory extinction impairment in a rat model of PTSD

Y.-P. Liu[1]* and C.-C. Lin[2]

[1]Cheng Hsin General Hospital, Psychiatry, Taipei, Taiwan and [2]Academia Sinica, Genomics Research Center, Taipei, Taiwan
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.630

Introduction: Central glucocorticoid receptor (GR) has been found to play an important role in the interpretation of cognitive abnormalities of posttraumatic stress disorder (PTSD), particularly focused on the extinction failure of fear memory. Potential of using GR antagonist as a pharmacological agent to prevent PTSD-related fear memory disruption is worth investigating.
Objectives: We aimed to examine whether GR antagonist Mifepristone (RU486) administered before single prolonged stress (SPS) can prevent rats from fear memory extinction impairment.
Methods: In the present study, SPS was employed in rats to induce a rodent model of PTSD. 60 minutes before SPS, RU486 (20 mg/kg) was administered by intraperitoneal injection. Seven days after SPS, rats received a protocol of behavioral testing to measure their abilities of specific fear memory (by a cue-dependent fear conditioning paradigm) and nonspecific spatial memory (by T-maze). Neurochemically, we measured plasma corticosterone with or without dexamethasone suppression, activation ratio of GR and levels of norepinephrine, dopamine, and serotonin in amygdala, paraventricular nucleus, dorsal and ventral hippocampus.
Results: Our results found that RU486 exerted protective effects on SPS-induced fear extinction impairment. Corticosterone of SPS-RU486 rats was less suppressed by dexamethasone. GR became less activated in dorsal hippocampus of SPS-RU486 rats.
Conclusions: The findings supported the utility of GR antagonism in preventing the development of PTSD.

Disclosure: No significant relationships.
Keywords: extinction; fear memory; glucocorticoid receptor; prevention

EPP0354

Using virtual reality to develop emotional intelligence

K. Maslova[1]*, A. Gasimov[1] and A. Konovalova[1,2]

[1]Lomonosov Moscow State University, Faculty Of Psychology, Moscow, Russian Federation and [2]I.M. Sechenov First Moscow State Medical University, Department Of Pedagogy And Medical Psychology, Moscow, Russian Federation
*Corresponding author.
doi: 10.1192/j.eurpsy.2022.631

Introduction: The development of emotional intelligence is an urgent issue of teaching people in our time. The use of a virtual reality (VR) systems for the development of emotional intelligence is a problem of modern pedagogy.
Objectives: The research is aimed at studying interrelations of the level of development of emotional intelligence the manifestations of the ability to perceive and identify emotional expression demonstrated by a virtual avatar in VR CAVE system. The research is