

social networks targeting young adults between 18–40 years. We used the gaming addiction scale (GAS) in its validated Arabic short version. We also used the validated Arabic version of the Pittsburgh Sleep Quality Index (PSQI) to assess the sleep quality of our participants.

Results: One hundred and nine participants were included. The mean age was 29.6 ± 10.3 . Males accounted for 60.6% of the study population. The mean Gas score was 13.11 ± 6.08 . According to the GAS, 25.7% were addicted gamers. The mean PSQI score was 7.25 ± 3.15 . A poor sleep quality pattern (score > 6) was found in 59.6% of the participants. We found that the GAS score was significantly correlated to the total score of PSQI ($P=0.003$). We also found that the group with poor sleep quality had higher GAS scores ($p=0.014$). We found a correlation between the GAS score and the following components of the PSQI: subjective sleep quality ($p=0.01$), sleep disturbances ($p=0.024$) and the use of sleep-promoting medication ($p=0.046$).

Conclusions: Our study showed that video gaming behavior had a significant effect on sleep quality. This can have negative consequences on life quality, together with an impaired performance at awakening.

Disclosure: No significant relationships.

Keywords: gaming; adults; Addiction; sleep

EPV1506

Internet addiction: Gender-associated differences in psychological characteristics

P. Ponizovsky^{1*}, E. Skurat², A. Trusova³, A. Shmukler⁴, S. Grechany⁵, R. Ilyuk², V. Soldatkin⁶, A. Yakovlev⁷ and A. Kibitov⁸

¹Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Therapy Of Mental Disorders Complicated By Addiction Diseases, Moscow, Russian Federation; ²Bekhterev National Medical Research Center for Psychiatry and Neurology, Department Of Addictology, Saint Petersburg, Russian Federation; ³Saint Petersburg State University, Department Of Medical Psychology And Psychophysiology, Saint Petersburg, Russian Federation; ⁴Serbsky National Medical Research Center on Psychiatry and Addictions, Department Of Psychiatry, Moscow, Russian Federation; ⁵Saint Petersburg State Pediatric Medical University, Department Of Psychiatry And Addictology, Saint Petersburg, Russian Federation; ⁶Rostov State Medical University, Department Of Psychiatry, Addictology And Medical Psychology, Rostov-on-Don, Russian Federation; ⁷Lipetsk Regional Addiction Hospital, Department Of Addictology, Lipetsk, Russian Federation and ⁸Serbsky National Medical Research Center on Psychiatry and Addictions, Molecular Genetics Laboratory, Moscow, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2114

Introduction: Internet addiction (IA) is reported to cause significant negative psychosocial consequences. The gender specificity of psychological characteristics that are potentially significant for the formation of IA remains understudied.

Objectives: To identify gender-related differences in the psychological characteristics of people with IA.

Methods: 100 subjects aged 16–34 years who scored 65 points or more on the Chinese Internet Addiction Scale (CIAS) were identified and divided into 2 groups by gender: group 1 (54 men) and group 2 (46 women). The individual psychological characteristics were assessed with: the Liebowitz Social Anxiety Scale (LSAS); the

Bass-Perry Aggression Questionnaire (BPAQ); the Emotional Regulation Questionnaire (ERQ); the Adverse Childhood Experiences International Questionnaire (ACE-IQ); a short version of the Five-factor Personality Questionnaire (TIPI-RU) and the Cloninger Temperament and Character Inventory (TCI-125).

Results: Women were significantly more likely to experience fear of situations of interpersonal contact and action in public places ($p=0.027$). They experienced significantly more sexual violence in childhood ($p=0.032$) and were more likely to have personality traits such as “reward dependence” ($p=0.002$), “persistence” ($p=0.046$), and “self-transcendence” ($p=0.002$). Men demonstrated physical aggression ($p=0.009$), suppressed emotions ($p=0.019$) significantly more often than women and characterized themselves as emotionally stable ($p=0.048$).

Conclusions: The gender differences identified in the cohort of individuals with IA can potentially be considered specific for this contingent, although such gender relationships can be observed in other forms of addiction and in the general population. The specificity of gender differences may reflect individual psychological markers of increased vulnerability to developing IA.

Disclosure: The study was financially supported by Russian Foundation for Basic Research within the framework of scientific project No 18-29-22079.

Keywords: internet addiction; psychological characteristics; Gender differences

EPV1507

Mindfulness based relapse prevention (MBRP, Marlatt) in a naturalistic setting for patients with substance use disorder (SUD)

J. Veese^{1*}, C. Hanak², A. Rogiers^{3,4}, M. Devos⁵ and N. Page⁵

¹Brugmann University Hospital and Enaden addiction center, Brussels, Belgium, Psychiatry, Brussels, Belgium; ²Brugmann University Hospital, Psychiatry, Brussels, Belgium; ³Vrije Universiteit Brussel, Faculty Of Medicine, Brussels, Belgium; ⁴CHU Brugmann, Psychiatry, Brussels, Belgium and ⁵Enaden, Psychiatry, BRUSSELS, Belgium

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2115

Introduction: MBRP has become an established treatment in the field of addiction, but implementing the program in an outpatient setting remains a challenge.

Objectives: We investigated the feasibility of MBRP in a naturalistic outpatient setting and the effect of mindfulness on underlying factors of addiction.

Methods: All patients treated between 2015 and 2019 in the MBRP program at Brugmann University Hospital and Addiction Center Enaden were eligible to participate. Patients were asked to fill in a questionnaire about underlying factors of SUD in the domains of pleasure, emotion regulation, stress, relationship with others and relationship with oneself as well as the effect of the completed training on these factors.

Results: Of the 147(74 F) recruited patients; 32 patients completed the questionnaire. The study population differed in terms of substance (mainly alcohol but also cocaine, cannabis, heroine) as well in their aims towards the substance (reduce, stop or maintaining abstinence). Participation of at least 4 of the 8 sessions was 63 % and overall satisfaction of patients was high. We found a positive effect

of mindfulness on all of the underlying factors for SUD. Underlying factors of SUD, as well as the effect of mindfulness on these factors showed strong individual variation. The most frequently observed negative effect was acute craving; 1 patient became acute suicidal. **Conclusions:** MBRP is feasible and has a clinically relevant impact on underlying factors of SUD. Negative effects were also observed and should be carefully monitored.

Disclosure: No significant relationships.

Keywords: mindfulness; addiction; negative effects; MBRP

EPV1511

Personalized Care in Opioid Use Disorder maintained on Buprenorphine

H. Elarabi^{1*}, J. Marsden², H. Alghafri³, A. Adem⁴ and A. Lee⁵

¹National Rehabilitation Center, Technical Office / Surveillance And Policy, Abu Dhabi, United Arab Emirates; ²King's College London, Institute Of Psychiatry, Psychology And Neuroscience, London, United Kingdom; ³National Rehabilitation Center, Nrc, Abu Dhabi, United Arab Emirates; ⁴Khalifa University, Faculty Of Medicine, Abu Dhabi, United Arab Emirates and ⁵University of Aberdeen, Institute Of Applied Health Sciences, Aberdeen, United Kingdom

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2116

Introduction: Effectiveness of buprenorphine (BUP) is moderated by medication misuse diversion and non-adherence, and poor retention and high cost. Contingency Management has added benefit to BUP with Take-home doses as the most preferred reward by Opioid Use Disorder patients.

Objectives: Examine the clinical effectiveness of a novel incentivised medication adherence and abstinence monitoring to enable contingent access to increasing BUP take-home doses. Explore associations with opioid use and retention. Contrast characteristics of polysubstance abusers (PSA) and response to BUP, with single opioid users.

Methods: Two-arm, pragmatic, 16-week outpatient RCT of BUP maintenance. Takehome doses were provided as stepped-approach upto 4-weeks contingent of abstinence (UDS) and adherence according to Therapeutic Drug Monitoring-TDM. Primary outcome and secondary outcomes were % negative UDS for opioids and retention, respectively.

Results: Opioid % negative UDS was 76.7% (SD 25.0%) in I-AAM versus 63.5% (SD 34.7%) in TAU (13.3%; 95% [CI] 3.2%–23.3%; Cohen's d 0.44; 95% CI 0.10–0.87). In I-AAM, 40 participants (57.1%) were retained versus 33 (46.4%) in TAU [OR: 1.54; 95% CI 0.79–2.98]. PSA (73.7%, n=104) and carisprodol use increases non-fatal overdose (OR) 3.83, 95% CI 1.25 to 11.71) and 5.31, 95% CI 1.92 to 14.65], respectively. Opioid and non-opioid UDS are positively associated. BUP elimination rate (BUP-EL.R) predicts 26.5% to 65% of negative opioid UDS [Beta - 89.95, 95% CI -154.20 to -25.70, R² 0.22]. Family engagement increases retention by 3-fold.

Conclusions: BUP + incentivised TDM for contingent access to increasing take-home doses increased abstinence. BUP-EL.R seems promising in BUP treatment precision and BUP is clinically valuable in polysubstance abusers. Engaging family enhances retention.

Disclosure: No significant relationships.

EPV1512

Differences in addictive beliefs in people with psychostimulant addiction and in opioid addicts

Y. Yan^{1*} and E. Gutkevich²

¹National Research Tomsk State University, Psychology Department, Tomsk, Russian Federation and ²Tomsk national research medical center Russian Academy of Sciences, Department Of Endogenous Disorders, Tomsk, Russian Federation

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2117

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).

Conclusions: Having categorized these beliefs in accordance with A. Beck's classification, we came to the conclusion that "relief-oriented beliefs" are more typical for people who use opiates. The motive for use is often the desire to alleviate a negative emotional or physical state. For people using psychostimulants "salt", "anticipatory beliefs" are more characteristic - the desire to experience euphoria and pleasant experiences

Disclosure: No significant relationships.

Keywords: cognitive therapy; substance use; Addiction; addictive beliefs

EPV1513

Psychosocial contributors to Internet and social media addiction among adult women

K. Rachubińska^{1*}, A. Cybulska², M. Szkup², D. Schneider-Matyka² and E. Grochans²

¹Pomeranian Medical University in Szczecin, Department Of Nursing, Szczecin, Poland and ²Pomeranian Medical University, Department Of Nursing, Szczecin, Poland

*Corresponding author.

doi: 10.1192/j.eurpsy.2022.2118

Introduction: When speaking of behavioral addictions (especially to the Internet and social media), it is emphasized that it is not the