

our participants preferred the mode Massively Multiplayer Online Role Playing Games (MMORPG) while others played casual single player games. A play time of over 20 hours per week was reported by 11.9% of participants. According to the GAS, 25.7% were addicted gamers. Our participants spent an average of  $7.94 \pm 6.71$  hours before they play their first game of the day. We found that the score of Gas was significantly correlated to the male gender of the participants ( $p < 0.000$ ), a higher number of weekly gaming hours ( $p < 0.000$ ), a lower number of hours before gaming ( $P < 0.000$ ) and the mode of games ( $p < 0.000$ ).

**Conclusions:** Our study showed that contextual factors play an important role in understanding gaming addiction in young adults as a holistic phenomenon, embedding the problematic behavior within the context of the individual the game and gaming practices.

**Disclosure:** No significant relationships.

**Keywords:** gaming; Addiction; adults

### EPP0772

#### Developmental trajectories of gambling severity after cognitive-behavioral therapy

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**Introduction:** Gambling disorder (GD) is characterized by repeated problematic gambling behavior associated with unsuccessful and uncontrollable urges to keep gambling, which leads to considerable distress and impairment. Several types of interventions exist to treat GD, with cognitive behavior therapy (CBT) being one of the most widely used approaches.

**Objectives:** To estimate trajectories of the gambling disorder (GD) severity for 12 months following a manualized cognitive-behavior-therapy (CBT) program, and to identify the main variables associated with each trajectory.

**Methods:** Latent Class Growth Analysis examined the longitudinal changes of  $n = 603$  treatment-seeking patients with GD.

**Results:** Five separate empirical trajectories were identified: T1 ( $n = 383$ , 63.5%) was characterized by the most highest baseline gambling severity levels and positive progress to recovery during the follow-up period; T2 ( $n = 154$ , 25.5%) featured participants with high baseline gambling severity and good progress to recovery; T3 ( $n = 30$ , 5.0%) was made up of patients with high gambling baseline severity and slow progress to recovery; T4 ( $n = 13$ , 2.2%) and T5 ( $n = 23$ , 3.8%) contained participants with high baseline gambling severity and moderate (T4) and poor (T5) progress in GD severity during the follow-up. Psychopathology, personality traits, poor compliance and relapses discriminated between trajectories.

**Conclusions:** These results show that treatment seeking patients with GD are heterogeneous. In addition, the obtained findings could be useful in the design of more efficient interventions for this behavioral addiction. Funding obtained from RTI2018-101837B-I00

**Disclosure:** No significant relationships.

**Keywords:** personality; gambling; predictors; Psychotherapy

### EPP0773

#### Effect of Tobacco Cessation Aids on Smoking Cessation and Duration of Abstinence : a French Population-Based Study

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**Introduction:** Although smoking prevalence has been decreasing worldwide, sustained tobacco cessation remains a challenging goal for many smokers. Nicotine replacement therapy (NRT) products remain among the most widespread type of cessation tobacco aids, along with the more recently introduced electronic cigarette, the efficiency of which is still a matter of debate in the public health community.

**Objectives:** This study aims to contribute to the ongoing discussion about effective ways of encouraging tobacco cessation and in particular evaluating the role of the two aforementioned tobacco cessation aids with regard to lasting smoking abstinence in real-life settings.

**Methods:** The study is based on the French 2017 Health Barometer, a cross-sectional survey conducted by Santé Publique France. Two distinct outcomes related to tobacco cessation were used: smoking status at 6 months follow-up (yes vs. no) and the duration of smoking abstinence. These two study outcomes were examined respectively among  $N1 = 2783$  and  $N2 = 1824$  participants. All results were weighted based on inclusion probability weights and controlled for propensity scores via overlap weighting (OW), which is appropriate when exposure groups are disparate.

**Results:** After adjusting on potential confounders, tobacco cessation at 6 months remains significantly associated with e-cigarette use (OR: 1.50 (1.12-1.99)) and e-cigarette use combined with NRT (OR:1.88 (1.15-3.07)). This association did not reach statistical significance in the long-term analysis, nor did the results of NRT use alone in both analyses.

**Conclusions:** Overall, while electronic cigarette use alone and combined with NRT is associated with an increase in the likelihood of smoking cessation, the long-term effects are probably limited.

**Disclosure:** No significant relationships.

**Keywords:** Pregnancy; cohort study; ADHD symptoms; Addiction

### EPP0774

#### Characterization of a microglia-specific humanized P2X7 receptor knock-out mouse line: Implications for translational psychoneuroimmunology.

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