

Results The psychometric properties of the scale were good (Cronbachs alpha 0.71). The prevalence of exercise addiction was 5.5% in adolescents in sport settings and 21.2% in eating disorder patients. We found a positive linear relationship between EAI-score and “high weekly exercise amounts” ($r=0.4, P=0.00$), “the tendency to exercise in spite of injury” ($r=0.4, P=0.00$), “feelings of guilt when not exercising” ($r=0.5, P=0.00$), “reduced sport performance related to overtraining” ($r=0.2, P=0.00$), and “food dominating life” ($r=0.2, P=0.00$).

Conclusions On basis of this study, we recommend the EAI-Y for identification of exercise addiction in adolescents. Early identification is important since it can prevent excessive and obsessive exercise, injuries, reduced sport performance and eating disorder pathology.

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

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EW10

PCP analogues in samples of Barcelona from 2009 to 2015

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Introduction Novel psychoactive substances (NPS) use is progressively increasing year on year. The new analogues of phencyclidine are frequently sold as legal dissociative anesthetic drug with hallucinogenic and sedative effects, a legal alternative to ketamine, acting as a high affinity and selective ligand of NMDA receptor antagonists.

Objectives To describe the presence of 3- and 4-MeO-PCP in samples delivered to Energy Control from 2009 to 2015 in Spain.

Methods A total of 21,198 samples were analyzed from august 2009 to august 2015. Only those samples containing 4-MeO-PCP or 3-MeO-PCP were studied. They were analyzed by Energy Control, a Spanish harm reduction NGO that offers the possibility of analyzing the substances that users report. Analysis was done by gas chromatography–mass spectrometry.

Results All the samples resulted to be the acquired drug of the consumer. Three samples were adulterated with substances as tramadol, cocaine, acetone among others.

Conclusions Three and 4-MeO-PCP consumption is not found to be an emerging issue according to the results of our samples. Even the potential harmful effects of these dissociative drugs, our indirect indicator seems to show that consumption has not increased. A more precise monitoring would make a better approach to the real consumption and the impact of these substances in our society.

Disclosure of interest The authors declare that they have no competing interest.

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EW11

Methylone consumption characterized through samples handled by users

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Introduction In recent years, the increasing use tendency of NPS has motivated both awareness and concern about their identification and potential harmfulness. Synthetic cathinones represent a significant proportion of the NPS available and methylone is one of the most frequently found in Europe.

Objectives The aim of the present study is to determine methylone presence and characteristics from the samples analyzed by Energy Control between the years 2009 and 2015 in Spain.

Methods From all 21,198 samples analyzed from august 2009 to august 2015, only those in which methylone was found are studied ($n=140$). The samples have been analyzed by Energy Control, a spanish harm-reduction NGO that offers to users the possibility of analyzing the substances they intend to consume. The analysis is done by gas chromatography–mass spectrometry.

Results From the 140 samples containing methylone, 87 were handled as methylone, 20 as MDMA, 8 as other synthetic cathinones and 25 as other substances. The peak of consume was registered in 2011 with 41 samples then the number decreased until 10 samples in 2015.

Conclusions Results suggest that methylone is most frequently handled as methylone or as MDMA and that its consumption could be decreasing. Further pharmacokinetic, pharmacodynamic, clinical and epidemiological studies should be conducted to enhance the knowledge not only about methylone consumption, but also about synthetic cathinones in general in order to assess their potential risk and study the complications and its management.

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

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EW13

Presence and evolution of a new psychoactive tryptamines branch

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