

months. Renewal of reception of alcohol in former intoxicated content resulted in the development of repeated panic disorders.

## P0072

Psychoactive substances in medical students

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**Objective:** To explore information extent, experience level and possible negative consequences of psychoactive substance use in medical students.

**Methods:** 636 medical students were included in the cross-sectional study. All respondents filled in a questionnaire concerning their knowledge, use and negative consequences of use of psychoactive substances.

**Results:** The most frequent regularly used psychoactive substance was caffeine (49,8 % of all respondents), followed by alcohol (12,7 %) and tobacco (12,6 %). 36,6 % respondents have had at least one experience with any illicit psychoactive substance and the most common illicit drug repeatedly or regularly used was marijuana (11,7 % of respondents). We found a significant link between tobacco and cannabinoid's use as well as between the use of cannabinoids and other illicit drugs. Further analysis showed that students who use specific psychoactive substances have significant risk of developing problems in academic life.

**Conclusions:** Medical students are interested in psychoactive substances. They are well informed about different types of drugs. We found a high prevalence of psychoactive substance use amongst them, which has significant risk of developing problems in academic life.

## P0073

OCCS: A new questionnaire assessing craving for cocaine: Feasibility and preliminary results

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**Background:** Cocaine dependence is an increasing problem in France. Most cocaine addicts do not perceive themselves as dependent, although they may experiment craving for cocaine.

**Methods:** We decided to adapt in French a craving questionnaire (Anton 1998) that was first developed to assess craving in alcoholic patients. This questionnaire conceptualizes craving for cocaine as made of two dimensions (obsessions and compulsions) and is based on the Y-BOCS.

**Setting:** Fifty patients in two outpatient addiction clinics were recruited.

**Results:** Preliminary results regarding craving scores, as well as the scores on the two dimensions (obsessions and compulsions) are described. Reliability, sensitivity to change, and construct validity of this questionnaire are discussed. The effect of sex, type of cocaine used (crack or cocaine) and place of treatment on craving scores were tested with one-way ANOVA.

**Conclusion:** The French version of this craving questionnaire can be used in cocaine dependent patients. It could be a sensitive tool to

measure efficacy of pharmacological and/or psychological treatments in cocaine addiction.

## Reference

[1]. Moak DH, Anton RF, Latham PK. Further validation of the Obsessive-Compulsive Drinking Scale (OCDS). Relationship to alcoholism severity. *Am J Addict.* 1998;7(1):14-23.

## P0074

Treating transient insomnia cause by substance abuse

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**Objective:** Insomnia is a symptom and its proper treatment depends on finding the cause of sleeplessness and treating the underlying etiology. Transient insomnia is most commonly caused by psychiatric disorders such as substance abuse.

The aim of this study was to investigate the hypnotic effectiveness of different classes of sedative-hypnotic medications in treating opiate-withdrawal insomnia.

**Methodology:** A total of 40 patients with opiate withdrawal were given a four groups of drugs 1.benzodiazepines with a short (brotizolam and midazolam) or 2.intermediate (nitrazepam) elimination half-life,3.non-benzo hypnotics (zolpidem) and 4.antidepressants (mianserin or trazodone) in a randomized prospective trial.The efficacy for sleep inducing and prolonged sleeping were clinical monitoring. Sleep was assessed by means of the Sleep Evaluation Questionnaire and three insomnia items of the Hamilton Depression Rating Scale.

Results the scores of two sleep measures showed that all aspects of sleep, except the time it takes to fall a sleep, were not significantly different.The result demonstrated highest range of sleep inducing effects in the first days of administration for nitrazepam 49,5 % and slight for zolpidem 15,3%, midazolam 12,2%, brotizolam 7,5% and low for mianserin 10%, trazodone 5,5%.In contrast, zolpidem and trazodone show effectiveness not only as a sleep inducer but also after prolonged unsuccessful attempt to sleep.

In Conclusion, apart from the initial efficacy and development of tolerance, dependence and rebound insomnia the benzodiazepines are no longer the "first line" medication for treatment of opiate-withdrawal insomnia. Non -benzo hypnotics and antidepressants can be used rationally to consolidate sleep with a less side effects.

## P0075

Experiences of youth about causes of substance dependency

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**Background and Aim:** Substance dependency is a deviation that in many years exposed the humankind mainly youth, to the risk situation. In the recent years, young people are the main victims of this phenomenon. Regarding to character of our society that youth are majority of population and because this group is targeted in preventive programs of substances, so this research was done to describe the experiences of youth with substance dependency about causes of substance use.