

EPV0014

Relationship between substance use (tobacco, alcohol, and cannabis) and low academic achievementE. Gharbi^{1*}, O. Kaddour² and R. Ben Soussia^{1,2}¹Psychiatric Department, CHU Taher Sfar Mahdia and ²Faculte de Medecine Monastir, Mahdia, Tunisia

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doi: 10.1192/j.eurpsy.2023.1371

Introduction: Poly use of psychoactive substances (tobacco, alcohol and cannabis) is a major health issue, especially among younger children, mainly adolescents and students. The prevalence of addictive behaviour in Tunisia is clearly increasing. This development attracts the attention of the scholarly society from the point of view of the effects and consequences on the short or long term. Since this is still a taboo subject given the socio-cultural and religious constraints, there are still difficulties in conducting epidemiological investigations on this subject.

Objectives: In this context, we conducted this study with the Tunisian student population during the academic year 2020/2021. The objectives of this work were: To determine the prevalence of the use of the three psychoactive substances (tobacco, alcohol and cannabis) and to evaluate school performance as associated factors of substance use.

Methods: We proceeded to a descriptive and analytical cross-sectional study conducted with a sample of the Tunisian student population during the 2020/2021 academic year (from November 2020 to February 2021).

Results: We included in the analysis 772 students. The average age of the study population was 23.29 ± 3.25. Alcohol was the most reported substance in 35.8% of participants. The prevalence of tobacco use was 32.1% and that of cannabis use was 14.4%. Academic achievement was assessed by the notion of repetition, from which we noted that 81.3% of respondents did not experience repetition. Repetition was statistically significantly associated with the use of all three substances ($p < 10^{-3}$). The concept of repetition increased the risk of smoking by 2.616 (95% IC95 [1,724-3,969]). The concept of repetition increased the risk of consumption by 2.33 (IC95% [1,522-3,578]). The notion of repetition multiplies the risk of cannabis use by 2,250 (IC95% [1,369-3,699]).

Conclusions: The relationship between the use of psychoactive substances and low academic performance has been explained from different medical and psychological perspectives. It is crucial to recommend the development of support cells in academic institutions as well as to strengthen psychological management especially for people who have experienced a drop in school because they would be people at risk of developing a substance use.

Disclosure of Interest: None Declared

EPV0013

Misuse of psychotropic medications among hospitalized patients

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doi: 10.1192/j.eurpsy.2023.1372

Introduction: Psychotropic drugs are sometimes taken outside of any medical context and can be diverted or even trafficked. This phenomenon affects more adolescents and young adults, more specifically those who are already struggling with other consumption problems. This vulnerable population is thus exposed to several negative health and social repercussions.

Objectives: The objective of our work is to determine the socio-demographic characteristics of the patients, the main drugs used, the dose, the route of administration, the mode of obtaining the drug and the intentionality of the use.

Methods: It is a retrospective study spread over 1 year on a series of patients who were hospitalized in the service of addictology at the psychiatric hospital Ar-razi of Salé. The data collection was carried out from the medical files and an exploitation form.

Results: A total of 141 patients were hospitalized during this period of which 53 37.5 had a diverted use of medication. Our sample is characterized by a predominance of female patients (90%) with a median age of 33 years. The most misused drugs were benzodiazepines (85.7%), analgesics (11.7%), hypnotics (9.4%) and anti-histamines (1.9%). Misuse is related to exceeding doses (up to 40 times the maximum dose of the AMM) and duration of treatment, to use or obtaining drugs without a prescription 79.2, to the route of administration and to drug addiction. 11.3 of patients were dependent on a single drug; 88.7% of patients had a co-addiction: tobacco 86.8%, cannabis 77.3%, alcohol 58.5%, cocaine 34.5%, solvents 15, heroin 1.8% or a history of addiction. Hospitalization was only related to drug misuse in 11.3% of cases. The effects sought: anxiolysis 58.5%, euphoria 30.2%, analgesic 5.7%, disinhibition 3.8%, increased performance 1.9%

Conclusions: The misuse of psychotropic drugs is a well-known public health problem. However, this phenomenon remains unknown and neglected in Morocco.

Disclosure of Interest: None Declared

EPV0014

the specificity of female addictions in morocco (A cross-sectional analytical study)

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doi: 10.1192/j.eurpsy.2023.1373

Introduction: Addiction is a chronic disorder resulting in physical, psychological, and/or social harm following the repetitive, compulsive consumption of a substance. In Morocco, there are few data on female addictive behavior, apart from those concerning the prevalence of consumption of products based on surveys of the general population.

Objectives: Report the current epidemiological, clinical, and therapeutic peculiarities of female addiction according to a heuristic approach (based on proven scientific evidence).

Methods: A questionnaire was distributed to patients followed at the addiction center in Tetouane and the Ar-razi psychiatric hospital in Tangier. We also carried out a systematic review of the literature, focusing on about ten articles. The main search engines are PubMed, Medline, Science Direct.

Results: The substance use disorder concerns cannabis in 68% of cases, tobacco in 52.1% of cases, alcohol in 40.33% of cases, benzodiazepines in 33.61%, cocaine in 15.96%, opioids (7.5%), and inhalants (1.6%). 73.8% of residents have psychiatric comorbidities, of which 42.9% suffer from depression, 13.40% from bipolar disorder, 10% from generalized anxiety disorder, 4, 20% have panic disorder, 1.7% have social anxiety, 0.8% have post traumatic stress syndrome and 0.8% have bulimia. 58.8% of patients had a personality disorder, 36.1% attempted suicide, 16% suffered physical violence, and 20.20% of patients were victims of rape.

International literature shows the growing interest in gender issues in the field of addictions (whether they involve the consumption of legal or illegal products or behaviors such as gambling, food, purchases, sexuality, etc.), apart from those concerning the prevalence of consumption of general population survey products, shows the growing interest in gender issues in the field of addictions. This problem has been recognized as being of crucial importance and has been posed as a priority objective

Conclusions: Minimum levels of consumption among women tend to obscure the impact of gender relations on female addicts. Through this research, we hope to identify the differences between male and female addictions. The overdetermination of certain forms of psychiatric suffering and/or certain living conditions makes women more vulnerable to the problematic use of psychotropic drugs. On the other hand, women have to gain from being able to benefit from specific responses within the framework of front-line or support and care systems.

Disclosure of Interest: None Declared

EPV0015

Depressive disorder comorbid with problematic alcohol use

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doi: 10.1192/j.eurpsy.2023.1374

Introduction: Alcohol use disorder is a real public health problem in the world, it consists of a pathological mode of consumption which is characterized by a loss of control and craving. Depressive disorder and alcohol use disorder are among the most frequent mental pathologies and are often associated.

The links between these two disorders can be of several types: Alcohol Induced Depressive Disorders, Primary Depressive Disorders and Secondary Alcohol Dependence. They can also have two-way relationships or be favored by common factors.

Objectives: The objective of our work is to analyze the causal links between alcohol use disorder and depression.

Methods: provide an update via two clinical vignettes and a review of the literature the relationship between alcohol use disorder and depression

Results: The causal relationships between alcohol dependence and psychiatric disorders can be of several types which are not mutually exclusive: primary alcohol dependence, secondary psychiatric disorders, induced by alcohol. This is the case for the majority of depressive disorders encountered in alcohol-dependent patients; primary psychiatric disorders and secondary alcohol dependence;

alcohol dependence and anxiety and/or depressive disorders are favored by common factors, in particular personality disorders, encountered in approximately 40% of alcohol-dependent patients. Whatever the direction of causation, alcohol dependence and psychiatric disorders worsen each other over time. Depression and alcohol use disorder are among the most frequent mental pathologies and are often associated. The optimal management of patients with dual diagnosis is so-called “integrated” management, simultaneously combining alcohol and psychiatric therapeutic approaches.

Conclusions: Alcohol consumption impairs the prognosis of depression, increases the risk of suicide, impairs social functioning and increases recourse to the healthcare system. The optimal management of patients with dual diagnosis is so-called “integrated” management. Psychotherapeutic (individual and systemic), drug and psychosocial approaches would be necessary to maximize therapeutic success.

Disclosure of Interest: None Declared

EPV0016

Cannabis and society: families’ perceptions of cannabis consumption

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doi: 10.1192/j.eurpsy.2023.1375

Introduction: Cannabis is an illicit substance whose use is very common among the patients we see daily in hospitals. Its use is not simply a “recreational” desire, but above all an attempt at self-medication in order to manage emotions that have become too painful. However, even if cannabis reduces the symptomatology in the moment, it worsens most psychiatric pathologies.

Objectives: The purpose of this study is to assess the experiences of cannabis users’ families.

Methods: The survey was carried out among the families of patients hospitalized at the Arrazi Hospital in Salé and those followed in consultation and who use cannabis. The collection of information is done with the help of an exploitation form.

Results: 34.6% of the participating families put bad company as the cause of consumption, followed by family problems, psychiatric problems come in 3rd position with a percentage of 19.2%. Cannabis use is considered as a disease in 52.8% of the families participating in the study. 58.5% of the families distinguish between good and bad cannabis use and define bad use by the use of large quantities of cannabis in 34.2% of the cases. The majority of the participating families (86.8%) saw cannabis as aggravating their loved one’s mental illness.

Conclusions: The understanding of the perceptions of the families towards the use of cannabis by their close relatives as well as the correction of the false perceptions will help to establish better prevention programs and better patient care especially with the family therapy which showed its utility in the management of the patients having disorders related to the use of cannabis.

Disclosure of Interest: None Declared