

Introduction: People consume and abuse alcohol for varied reasons. Problematic alcohol use is associated with mental and physical health risks, while people exposed to multiple traumas may be more vulnerable to abusing alcohol.

Objectives: To evaluate the prevalence and predictors of self-reported alcohol abuse among residents of Fort McMurray and explore the correlates of self-reported alcohol abuse with some mental health conditions.

Methods: A cross-sectional study adopted an online questionnaire. Sociodemographic data, trauma exposure, and clinical characteristics were collected to identify the predictors of self-reported alcohol abuse. Data were analyzed using SPSS version 25 using cross-tabulations and logistic regression analysis.

Results: Two hundred and forty-nine individuals received the survey link, of which 186 completed the survey, with a response rate of 74.7%. Most participants were females exposed to COVID-19 and either wildfire or flooding traumas. The prevalence of self-reported alcohol was 27.4%. Participants who desired mental health counselling were likely to self-report alcohol abuse (OR=3.017; 95% CI: 1.349-6.750). There was a significant association between self-reported alcohol abuse and self-rated moderate to high depression ($X^2 = 4.783$; $p = 0.033$) and anxiety symptoms ($X^2 = 4.102$; $p = 0.047$), and suicidal ideations or thoughts of self-harm ($X^2 = 13.536$; $p = 0.001$).

Conclusions: Self-reported alcohol abuse is correlated with suicidal ideations, the desire to receive mental health counselling, and anxiety and depression symptoms. Therefore, initiatives to minimize mental health disorders are crucial to reducing alcohol abuse and promoting health among vulnerable populations.

Disclosure of Interest: None Declared

EPP0515

Prevalence and correlates of cannabis abuse among vulnerable communities following multiple natural disasters

G. Obuobi-Donkor^{1*}, R. Shalaby², E. Eboime², B. Agyapong² and V. I. O. Agyapong¹

¹Psychiatry, Dalhousie University, Halifax and ²Psychiatry, University of Alberta, Edmonton, Canada

*Corresponding author.

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Introduction: Most individuals use cannabis for relaxation and may misuse this substance. Vulnerable communities who have experienced multiple traumas may be predisposed to cannabis abuse. Hence, more cannabis abuse is deserving of more attention.

Objectives: To determine the prevalence and correlates of likely cannabis abuse among residents of Fort McMurray.

Methods: A cross-sectional survey design was adopted, employing an online questionnaire. Data were analyzed with SPSS version 25. Correlation analysis was conducted to assess likely cannabis abuse and its association with other mental health conditions.

Results: One hundred and eighty-six out of the two hundred and forty-nine completed the online survey, giving a response rate of 74.7%. The prevalence of self-reported cannabis abuse was 14%. Most of the participants were females (159, 85.5%), owned their houses (145, 78.0%), and 103 (60.6%) reported being exposed to at

least a trauma (COVID-19, flooding, or wildfire). Rented accommodation predicted likely cannabis abuse (OR = 3.86; 95% CI: 1.34–11.14), males were more likely to abuse cannabis than the female gender (OR= 6.25; 95% CI: 1.89–20), and participants in a relationship were more likely to abuse cannabis (OR = 6.33; 95% CI: 1.67–24.39). There was a statistically significant association between depressive and anxiety symptoms and likely cannabis abuse.

Conclusions: The study found an association between depression and anxiety symptoms with cannabis abuse among residents of the Fort McMurray population. Sociodemographic characteristics predispose individuals to problematic cannabis use. Vulnerable communities who have endured multiple disasters need psychological care and support to reduce and prevent cannabis abuse.

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EPP0516

Problematic smartphone use among moroccan medical students

H. Choujaa*, N. Attouche, M. Agoub and K. Mchichi Alami

Psychiatrie, Chu Ibn Rochd, Casablanca, Morocco

*Corresponding author.

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Introduction: While Smartphone use has been increasing all across age sectors, university students are the largest consumers group of Smartphone services. However, their excessive use or addiction can have harmful effects on the mental and physical health of their users. It is a real public health problem that is growing and affects especially the young population.

Objectives: We aim to assess the prevalence of smartphone addiction among medical students in Casablanca, Morocco, describe the profile of techno-addictive students (Smartphones) and assess the risk of developing somatic and psychic conditions.

Methods: This is a descriptive analytical cross-sectional study, from October 2020 to March 2021, a sample of 878 students of the Faculty of Medicine and Pharmacy of Casablanca, Morocco, including all levels of the academic year 2020/2021. This sample was calculated on the basis of the number of medical students at the Faculty of Medicine and Pharmacy of Casablanca 4095, with an expected prevalence of 51%. Data were collected anonymously through an online questionnaire, constructed of several sections including the SAS-SV scale.

Results: The age of the participants ranged from 17 to 32 years, average age was 22.03 with a M/F ratio of 0.43. Students ranged from first grade to eighth grade, with a majority of Moroccan nationality 97.15%. The study revealed a total percentage of addiction of 37.9% for both sexes. Psychic signs such as anxiety, loss of control, disturbance and withdrawal were more frequent than physical signs such as wrist and neck pain. After the analysis of the different results, we come out with the following conclusions concerning the profile of the participants affected by smartphone addiction: Most of them are single 94.76%, with a medium socio-economic level 55.5%, with another addiction 31.2%, especially to psychoactive substances, 15% with psychiatric history, 45.22% with less than 5 years of smartphone use.