

and a greater frequency of negative behaviors in relation to online gambling.

Conclusions: The results show the importance of an increase in investigations in this area, as well as to the development of psychological assessment instruments and psychological intervention strategies, based on scientific evidence, on the different variables under study, in order to improve the quality of life in of individuals.

Keywords: Online gaming dependency; Level of attention; Quality of sleep

EPP1369

Mc Donalds' model of deliverance of opioid substitution treatment in COVID-19 crisis in opioid belt in rural India : A retrospective - comparative study

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Introduction: COVID-19 has been declared as a pandemic by the World Health Organization on March, 2020. Opioid substitution therapy (OST) for opioid-dependent patients is an evidence-based, effective outpatient (OPD) based treatment maintained on medications(, buprenorphine-naloxone combination). These are difficult times for patients with addictive disorders. Authors came up with an idea of implementing "walk through" out patient model inspired by "Drive through" model of Mc Donalds in which Doctor and Nurses run open space OPD near to Medical record section to reduce the waiting time of patient, quick delivery and minimize droplet exposure.

Objectives: To study the efficacy of Mc Donald's model of OST in OST centre in Tarn Taran, india.

Methods: This was a restrospective-comparative study. We studied records of our patients using streatment as usual from September 2019 to March 2020 and using Mc Donald's model (From April 2020 to October, 2020) for a period of 6 months during and before lockdown.

Results: The average number of patients attending OST clinics during Covid lockdown was 352.8. The compliance rates significantly improved (57.82%), The drop out rates were much lower (20.78%), using Mc Donald's model than usual treatment.

Conclusions: As per our knowledge, this study is first of its kind to study the efficacy of OST drug deliverance in pre Covid and Covid times and suggest, the new findings which can be inculcated in the other OSTs.

Keywords: COVID-19; Buprenorphine -naloxone; Substance; opioid substitution therapy

EPP1370

Adapting to COVID-19 at arch

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Introduction: The Addictions Recovery Community Hillingdon (ARCH) is a specialist addictions treatment service, providing a

range of interventions for substance use disorders. The onset of the COVID-19 pandemic required healthcare services to rapidly adapt clinical care in order to safeguard patients and staff from contracting the virus whilst managing clinical risk. Key changes were made to treatment pathways at ARCH.

Objectives: 1. Reduce face-to-face contact between patients and staff (including community pharmacists) 2. To get feedback from patients and staff about changes implemented

Methods: To reduce face-to-face contact, we aimed to decrease the number of patients having supervised consumption of Opiate Substitute Treatment (OST). Furthermore, telephone consultations were encouraged for keyworking and reviews. Patients were randomly selected and interviewed about their experiences and focus groups were be completed with staff.

Results: Supervised consumption of OST was reduced from 41.5% to 6%. Face-to-face appointments were significantly reduced and telephone consultations were introduced as standard. Telephone reviews became the standard method of contact for keyworking sessions and medical reviews. 53% of services whose interval between instalment collection of OST at community pharmacies was extended found it 'easy' or 'very easy' to adapt to. 61% of service users who had access virtual platforms finding it 'easy' or 'very easy' to access support. Focus groups of staff members revealed that staff felt the changes in instalment collection of OST was positive for patients.

Conclusions: ARCH implemented a number of changes to treatment pathways and interventions to minimise the risk of virus transmission amongst patients and staff whilst managing clinical risk.

Keywords: addictions; COVID-19; supervised consumption

EPP1371

Exploring the relationship between problematic internet use and emotion regulation skills in tunisian medical students

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Introduction: There is paucity of researches addressing the relationship between individuals struggling to identify, express and communicate their emotions and problematic internet use, especially among medical students.

Objectives: To assess problematic internet use in Tunisian medical students and to address its relationship with emotion regulation skills.

Methods: First to fifth-year undergraduate medical students registered in the medical school of Sousse, Tunisia, were offered to answer an online questionnaire survey, involving sociodemographic and clinical data, Internet Addiction Test (IAT) and Difficulties in Emotion Regulation Scale (DERS).

Results: A total of 175 medical students participated in the study with a median age of 22 (20-23) years and a gender ratio of 0.3. Median score of IAT was 40 (30-48). Twenty-four percent of medical students (n=42) reported problematic Internet use. Higher scores of IAT were significantly associated with the perception of an unsatisfactory relationship with parents, not having a leisure activity, family history of psychiatric disorders, personal health conditions and regular alcohol consumption. Scores of IAT