

The patient was put on antipsychotics and anxiolytics, with very good clinical evolution and complete resolution of symptoms after 02 days.

**Results:** Nitrous oxide (N<sub>2</sub>O; laughing gas) is used clinically as a safe anesthetic (dentistry, ambulance, childbirth) and is appreciated for its anti-anxiety effect. Over the past five years, its recreational use has rapidly increased, particularly in the world of dance and festivals.

Side effects of N<sub>2</sub>O include transient dizziness, dissociation, disorientation, loss of balance, impaired memory and cognition, and weakness in the legs. In cases of poisoning, accidents such as tripping and falling can occur.

Some fatalities have been reported due to asphyxia (hypoxia). Heavy or sustained use of N<sub>2</sub>O inactivates vitamin B12, resulting in functional vitamin B12 deficiency and initially causes finger numbness, which can later progress to peripheral neuropathy and megaloblastic anemia. The use of N<sub>2</sub>O does not appear to be addictive.

**Conclusions:** Given the generally modest use of N<sub>2</sub>O and its relative safety, there is no need for legal action. However, (potential) users should be informed of the risk of neurological and hematological effects related to vitamin B12 deficiency in case of intensive use.

**Disclosure of Interest:** None Declared

## EPV0008

### Impulsivity and cannabis use disorder among tunisian sample

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**Introduction:** In the past few years, there has been a considerable amount of evidence that cannabis use can cause structural and functional brain abnormalities. Structural imaging studies of cannabis users have revealed reduced prefrontal cortex volumes and white matter damage that may be involved with impulsivity.

**Objectives:** To Determine the level of dependence on cannabis among cannabis users consulting the detoxification center of Sfax, Tunisia To assess in addition the impact of cannabis on impulsivity and motor control.

**Methods:** This is a cross-sectional, descriptive and analytical study that was conducted over a period of 13 months between September 15, 2020 and October 1, 2021 among cannabis users consulting the detoxification center of Sfax, Tunisia. A short form of the Barratt Impulsiveness Scale (the BIS-15) and a Cannabis Abuse Screening Test (CAST) were used to assess impulsivity and to determine cannabis abuse.

**Results:** Thirty Eight cannabis users agreed to participate in this study. The distribution of CAST scores showed that 36 users (94.7%) had problematic cannabis use at the time of the study. The mean BIS 15 score was 38.2. In our sample, The level of impulsivity was highest in people with a high level of cannabis dependence. A higher level of impulsivity was found in younger subjects. However, a greater level of impulsivity was found in

subjects with a lower socio-economic level. Concerning employment status, unemployment was significantly correlated with a higher level of impulsivity.

**Conclusions:** Impulsivity is often associated with a variety of problematic behaviors such as aggressive behavior, smoking, drug abuse, pathological gambling or compulsive buying.

A higher frequency of cannabis use and earlier age of onset use have been shown to be associated with the highest rates of impulsivity. Therefore, cannabis addiction represents a real public health problem, both because of the serious complications and heavy repercussions that it causes.

**Disclosure of Interest:** None Declared

## EPV0009

### Prescription drug abuse in migrants from Middle Eastern and North African countries: a review

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**Introduction:** In recent years, there has been a rise in misuse of low-cost prescription pills across Middle Eastern and North African (MENA) countries. In Algeria, Tunisia and Morocco, for example, the consumption of prescription medications has dramatically increased, particularly amongst young and marginalized groups. Drugs such as clonazepam and pregabalin are extremely popular in these regions, as they are relatively inexpensive and perceived as safe. With the migration of MENA citizens to Europe, it is likely that mental health services will come across substance use disorders related to these medications.

**Objectives:** The authors aim to analyse prescription medication misuse reports from MENA countries, specifically pregabalin and clonazepam, and review the pharmacological, neurobiological and social factors that contribute to their potential for abuse.

**Methods:** Narrative review of articles referenced on PubMed and Google Scholar.

**Results:** Pregabalin and clonazepam are widely used in psychiatry and neurology. Pregabalin is an alpha 2 omega ligand with supposed GABA-mimetic properties. Anecdotal reports suggest that pregabalin, used recreationally in amounts up to 3-20 times the therapeutic doses, possesses both sedative and psychedelic effects. Experimenters are mainly individuals with a history of recreational polydrug use, who are aware that pregabalin is not included in standard drug monitoring tests, with this molecule being used in some instances as a legal substitute of common illegal drugs. Clonazepam is a benzodiazepine that combines high potency and a long duration of action and is said to cause euphoria at doses over 8mg. It is very popular and affordable, placing consistently in the top three of benzodiazepines sales across the globe. Clonazepam has potential for tolerance build up and severe withdrawal symptoms. These medications are frequently used together and in combination with other substances such as alcohol and opiates, increasing the risk for respiratory failure and death.

**Conclusions:** Prescription medications such as pregabalin and clonazepam are extremely accessible, inexpensive and highly addictive substances, whose abuse is well disseminated across MENA countries. With migratory flows from this region, the