

Results The psychometric properties of the scale were good (Cronbachs alpha 0.71). The prevalence of exercise addiction was 5.5% in adolescents in sport settings and 21.2% in eating disorder patients. We found a positive linear relationship between EAI-score and “high weekly exercise amounts” ($r=0.4, P=0.00$), “the tendency to exercise in spite of injury” ($r=0.4, P=0.00$), “feelings of guilt when not exercising” ($r=0.5, P=0.00$), “reduced sport performance related to overtraining” ($r=0.2, P=0.00$), and “food dominating life” ($r=0.2, P=0.00$).

Conclusions On basis of this study, we recommend the EAI-Y for identification of exercise addiction in adolescents. Early identification is important since it can prevent excessive and obsessive exercise, injuries, reduced sport performance and eating disorder pathology.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.127>

EW10

PCP analogues in samples of Barcelona from 2009 to 2015

M. Angelats^{1,*}, L. Galindo¹, M. Grifell¹, Á. Palma¹, L. Martínez¹, L. Pujol¹, M. Ventura², I. Fornís², M. Torrens³, M. Farré⁴

¹ Instituto de Neuropsiquiatria y Adicciones INAD, Parc de Salut Mar, Psiquiatria, Barcelona, Spain

² Energy Control, Asociación Bienestar y Desarrollo, Energy Control, Barcelona, Spain

³ Instituto de Neuropsiquiatria y Adicciones INAD, Parc de Salut Mar, Institut Hospital del Mar d'Investigacions Mèdiques IMIM, Parc de Salut Mar, Universitat Autònoma de Barcelona, Psiquiatria, Barcelona, Spain

⁴ Institut Hospital del Mar d'Investigacions Mèdiques IMIM, Parc de Salut Mar, Universitat Autònoma de Barcelona, Servei de Farmacologia Clínica, Hospital Universitari Germans Trias i Pujol, IGTP, Farmacología, Barcelona, Spain

* Corresponding author.

Introduction Novel psychoactive substances (NPS) use is progressively increasing year on year. The new analogues of phencyclidine are frequently sold as legal dissociative anesthetic drug with hallucinogenic and sedative effects, a legal alternative to ketamine, acting as a high affinity and selective ligand of NMDA receptor antagonists.

Objectives To describe the presence of 3- and 4-MeO-PCP in samples delivered to Energy Control from 2009 to 2015 in Spain.

Methods A total of 21,198 samples were analyzed from august 2009 to august 2015. Only those samples containing 4-MeO-PCP or 3-MeO-PCP were studied. They were analyzed by Energy Control, a Spanish harm reduction NGO that offers the possibility of analyzing the substances that users report. Analysis was done by gas chromatography–mass spectrometry.

Results All the samples resulted to be the acquired drug of the consumer. Three samples were adulterated with substances as tramadol, cocaine, acetone among others.

Conclusions Three and 4-MeO-PCP consumption is not found to be an emerging issue according to the results of our samples. Even the potential harmful effects of these dissociative drugs, our indirect indicator seems to show that consumption has not increased. A more precise monitoring would make a better approach to the real consumption and the impact of these substances in our society.

Disclosure of interest The authors declare that they have no competing interest.

Acknowledgement Supported in part by grants of ISCIII-FEDER (FIS PI11/0196), and The European Commission (Drug Prevention and Information Program 2014–16, (JUST/2013/DPIP/AG/4823, EU-MADNESS project). L. Galindo is a Rio Hortega fellowship (ISCIII; CM14/00111).

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.128>

EW11

Methylone consumption characterized through samples handled by users

L. Martínez Sadurní^{1,*}, M. Grifell², L. Galindo², I. Ezquiaga¹, P. Quintana³, M. Ventura⁴, I. Fornís⁴, Á. Palma², M. Angelats¹, E. Ribera¹, M. Torrens², M. Farré⁵

¹ Institut de Neuropsiquiatria i Addiccions, Parc de Salut Mar, Psychiatry, Barcelona, Spain

² Institut de Neuropsiquiatria i Addiccions, Parc de Salut Mar, IMIM, Universitat Autònoma de Barcelona, Psychiatry, Barcelona, Spain

³ Energy Control, Asociación Bienestar y Desarrollo, Primary care medicine, Barcelona, Spain

⁴ Energy Control, Asociación Bienestar y Desarrollo, Energy Control, Barcelona, Spain

⁵ Hospital Universitari Germans Trias i Pujol, IGTP, Universitat Autònoma de Barcelona, Pharmacology, Barcelona, Spain

* Corresponding author.

Introduction In recent years, the increasing use tendency of NPS has motivated both awareness and concern about their identification and potential harmfulness. Synthetic cathinones represent a significant proportion of the NPS available and methylone is one of the most frequently found in Europe.

Objectives The aim of the present study is to determine methylone presence and characteristics from the samples analyzed by Energy Control between the years 2009 and 2015 in Spain.

Methods From all 21,198 samples analyzed from august 2009 to august 2015, only those in which methylone was found are studied ($n=140$). The samples have been analyzed by Energy Control, a spanish harm-reduction NGO that offers to users the possibility of analyzing the substances they intend to consume. The analysis is done by gas chromatography–mass spectrometry.

Results From the 140 samples containing methylone, 87 were handled as methylone, 20 as MDMA, 8 as other synthetic cathinones and 25 as other substances. The peak of consume was registered in 2011 with 41 samples then the number decreased until 10 samples in 2015.

Conclusions Results suggest that methylone is most frequently handled as methylone or as MDMA and that its consumption could be decreasing. Further pharmacokinetic, pharmacodynamic, clinical and epidemiological studies should be conducted to enhance the knowledge not only about methylone consumption, but also about synthetic cathinones in general in order to assess their potential risk and study the complications and its management.

Disclosure of interest The authors have not supplied their declaration of competing interest.

Acknowledgements Supported by grants of ISCIII-FEDER-(RTA RD12/0028/0009), and The European Commission-(Drug Prevention and Information Programme 2014–16, JUST/2013/DPIP/AG/4823, EU-MADNESS project). L. Galindo is a Rio-Hortega-fellowship-(ISC-III;-CM14/00111).

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.129>

EW13

Presence and evolution of a new psychoactive tryptamines branch

Á. Palma Conesa^{1,2,*}, L. Galindo Guarín¹, M. Grifell Guardia^{1,2}, P. Quintana Mathe³, C. Gil Lladanosa³, I. Fornís Espinosa³, M. Ventura Vilamala³, M. Torrens Melich^{1,2,4}, M. Farré Albaladejo^{4,5}, M.F. Fonseca Casals^{1,2}

¹ Institut de Neuropsiquiatria i Addiccions, Parc de Salut Mar, Psychiatry, Barcelona, Spain

² Institut Hospital del Mar d'Investigacions Mèdiques, IMIM, Parc de Salut Mar, Psychiatry, Barcelona, Spain

³ Energy Control, Asociación Bienestar y Desarrollo, Energy Control, Barcelona, Spain

⁴ *Universitat Autònoma de Barcelona, Psychiatry, Barcelona, Spain*

⁵ *Servei de Farmacologia Clínica, Hospital Germans Triás i Pujol, Clinical Pharmacology, Barcelona, Spain*

* *Corresponding author.*

Introduction New psychoactive substances (NPS) are substances that have recently appeared on the market and are not under international control. NPS use is experiencing an unprecedented increase. DiPT, 4-HO-DiPT and 4-AcO-DiPT are new psychoactive tryptamines and their effects may differ from those of other psychoactive tryptamines.

Objective To explore the presence of DiPT, 4-HO-DiPT and 4-AcO-DiPT from samples delivered to and analyzed by Spanish harm reduction service Energy Control.

Materials and methods All samples analyzed from 2009 to 2014 delivered as DiPT, 4-HO-DiPT and 4-AcO-DiPT or containing these substances. Analysis was performed by gas chromatography–mass spectrometry.

Results From 17,432 samples, 4-HO-DiPT was found in 16, delivered as 4-HO-DiPT (6); 4-AcO-DiPT (7); DiPT (1); 4-AcO-DMT (1) and cocaine (1). 4-AcO-DiPT was found in 16, delivered as 4-AcO-DiPT (12); 5-MeO-DMT (1); 5-MeO-DiPT (1); 4-AcO-DMT (1) and cocaine (1). Only 4 samples contained DiPT, all presented as DiPT. Nine samples contained both 4-AcO-DiPT and 4-HO-DiPT. During the years of study, 4-HO-DiPT deliverance was increasing (4 samples in 2014) while deliverance of 4-AcO-DiPT and DiPT was decreasing (1 sample in 2014).

Conclusions Increasing 4-HO-DiPT presence could translate a progressive replacement of 4-AcO-DiPT and DiPT recreational use. Clinical relevance comes from its growing use and the absence of scientific evidence on humans, therefore relying on users subjective experience to predict the effects.

Disclosure of interest The authors declare that they have no competing interest.

Acknowledgement Supported in part by grants of Instituto de Salud Carlos III-FEDER (RTA RD12/0028/0009), and The European Commission (Drug Prevention and Information Programme 2014-16, contract no.: JUST/2013/DPIP/AG/4823, EU-MADNESS project). Liliana Galindo is a Rio Hortega fellowship (ISC-III; CM14/00111).

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.131>

EW15

Research assessments more important than duration of treatment? A systematic review and meta-analysis of the duration of psychosocial treatments for alcohol use disorders

L. Schmidt*, A.S. Nielsen, A.B. Bojesen, K. Andersen

Institute of Clinical Research- University of Southern Denmark, Psychiatry, Odense, Denmark

* *Corresponding author.*

Background and aims The recommendations of duration of treatment for alcohol use disorders (AUD) in clinical guidelines are based on consensus decisions. There is a risk that patients will receive too little or too much therapy. We hypothesize that there is an association between duration and effect up until a point where the effects of treatment diminish.

Methods A systematic review and meta-analysis of randomized controlled trials of psychosocial interventions in the alcohol outpatient treatment centers. Population: adults (> 17 years) suffering from AUD treated with at least two sessions of therapy.

Statistics Multiple linear regression analysis with outcome measured in percentage of days abstinent (PDA), percentage of heavy days drinking (PHD), drinks per drinking day (DDD) and/or proportion of participants abstinent (ABS) as a function of duration of treatment.

Results Forty-four studies with 8485 participants were included. Mean duration: 18 (8–82) weeks and 15 (2–36) sessions. Mean follow-up time: 43 (8–104) weeks with a mean of 5 (2–18) research assessments. Only ABS was significantly associated with duration of treatment; ABS increased with 1.6%-point ($P < 0.01$) with each additional week in treatment. Surprisingly the analysis showed that each research assessment increased PDA with 11%-point ($P < 0.001$), decreased PHD with 4%-point ($P < 0.05$) and decreased DDD with 8%-point ($P < 0.001$).

Conclusion Duration of treatment was associated positively with proportion of participants abstinent but not percentage of days abstinent drinks per drinking day or percentage of heavy drinking days. The three latter outcomes were affected positively by number of research assessments.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.133>

EW16

Cloninger's temperament dimensions and longitudinal alcohol use in early mid-life: A Northern Finland birth cohort 1966 study

D. Vladimirov^{1,*}, S. Niemelä², J. Auvinen³, M. Timonen³, S. Keinänen-Kiukaanniemi³, L. Ala-Mursula³, J. Laitinen⁴, J. Miettunen³

¹ *Oulu, Finland*

² *Research Unit of Clinical Neurosciences, Department of Psychiatry, Oulu, Finland*

³ *University of Oulu, Center for Life Course Epidemiology and Systems Medicine, Oulu, Finland*

⁴ *Finnish Institute of Occupational Health, Health and Work Capacity, Helsinki, Finland*

* *Corresponding author.*

Background Longitudinal studies on how temperament is related to alcohol use in general population are scarce.

Objectives Finding relations with temperament and problematic alcohol use using prospective birth cohort data.

Aims To investigate trends in self-reported alcohol consumption in adulthood.

Methods In the Northern Finland Birth Cohort 1966 ($n = 5247$), alcohol use was studied with questionnaires at ages 31 and 46. Participants were classified into abstainers, bingers, heavy drinkers, steady drinkers, increasers or reducers based on the change in consumption (g/day). Cloninger's TCI-scores were calculated for each group. Multinomial regression analysis was conducted with TCI-scores as factors influencing the change in alcohol consumption.

Results High novelty seeking was associated with increased consumption, bingeing and heavy drinking among both sexes at both time points ($P < 0.01$). Lower persistence was associated with increased consumption at both time points among men and among women at age 46. Baseline novelty seeking predicted both increasing (OR 1.1; 95% CI: 1.0–1.1) and reducing (1.1; 1.0–1.1) for men and for women also increasing (1.1; 1.0–1.1) and reducing (1.1; 1.0–1.1), but when adjusted with baseline alcohol use novelty seeking only predicted increasing for men (1.0; 1.0–1.1).

Conclusions High novelty seeking and low persistence are associated with problematic alcohol use among middle-aged Northern Finns. Gender differences in predictors existed: novelty seeking predicted increase only for men in the adjusted model. Temperament scores do not seem to affect strongly changes in alcohol use.

Disclosure of interest The authors have not supplied their declaration of competing interest.

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.134>