

Introduction: COVID-19 pandemic has many psychological and physical effects. University students are among vulnerable population.

Objectives: We aimed in this study to assess sleep effects of COVID-19 pandemic on university students in Saudi Arabia.

Methods: We conducted cross-sectional study to collect responses of 5,140 participations from Saudi universities, responders completed the demographic questions, psychological scales including insomnia severity scale (ISI) between 24th and 30th of April 2020.

Results: About 41% of the sample suffered from moderate to severe insomnia. Mean ISI score was 12.9 (SD 6.62). Insomnia was associated with female gender, younger age, students from new universities, junior students, if a relative got COVID-19, having a chronic medical illness, and having a psychiatric disorder.

Conclusions: Covid-19 pandemic has clear effect on sleep among Saudi university students. Universities need to plan and implement protective and intervention strategies to deal with this important issue.

Disclosure: No significant relationships.

Keywords: Covid-19; Insomnia; University student; Saudi Arabia

EPV1486

Pharmacological Management of insomnia Associated with Parkinson's Disease

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Introduction: Parkinson's disease (PD) is a progressive neurological disorder that associates multiple psychiatric symptoms and disorders, like depression, neurocognitive impairment, sleeping disorders, etc. Insomnia is frequently detected in this population, with a prevalence of over 50% according to several studies.

Objectives: To present a case series dedicated to the treatment of insomnia in patients diagnosed with PD, who did not meet diagnostic criteria for any other psychiatric disorder.

Methods: A number of three patients (2 male, one female, mean age 65.2 years) diagnosed with PD, were evaluated for insomnia. They were all initiated on quetiapine XR 50 mg QD, and up-titrated according to the individual response. All these patients were undergoing treatment for their neurological disease, which remained stable for the next 3 months. A structured clinical evaluation was performed monthly, and safety measurements were also performed. All patients self-evaluated their insomnia severity on a 10-point visual analogic scale (VAS).

Results: After 3 months, patients reported a favorable evolution of their insomnia- VAS score improved significantly to baseline (from 7.3 to 3.3), without significant adverse events (metabolic parameters and QTc values did not change significantly during the treatment period). Daytime sleepiness was not reported as being significant by any of these patients. The mean dose of quetiapine XR used was 75 mg QD (50-150 mg QD), and the mean duration of the needed treatment for insomnia was 8.3 weeks (4-11 weeks).

Conclusions: Quetiapine XR could be useful in patients with PD-related insomnia, and the mean dose is usually below 100 mg QD.

Disclosure: No significant relationships.

Keywords: Parkinson disease; atypical antipsychotics; Insomnia

EPV1487

Somnambulism induced by Hydroxyzine

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Introduction: Somnambulism or sleepwalking could be explained by dysfunction in the regulation of slow-wave sleep. It may be caused by drugs; in the literature, cases of somnambulism that occurred by olanzapine and lithium have been reported.

Objectives: Discuss the association between somnambulism and Hydroxyzine.

Methods: We will discuss the case of a patient with bipolar disorder treated with olanzapine and lithium who experienced episodes of somnambulism after adding Hydroxyzine.

Results: A 42-year-old woman, with no history of somnambulism, followed in our department for a bipolar disorder type 1, treated with 750 mg of lithium and 20 mg of olanzapine. During her usual control, she reported insomnia Hydroxyzine was added at the dose of 50 mg. At the next medical appointment, she said that her husband had noticed that she waked up at night and she eats, she ambulates and searches things. Episodes that the patient did not remember. She was transferred to the neurologic department. She did a neurological exam, an electroencephalogram, and a brain scan, which were normal. The polysomnography confirmed the diagnosis. The neurologist retained the diagnosis of somnambulism induced by Hydroxyzine regarding the chronology of the symptoms. The somnambulism ceased after stopping Hydroxyzine.

Conclusions: Lithium and olanzapine were associated with the occurrence of somnambulism, but hydroxyzine had never been reported as a somnambulism drug inducing. Drug interaction may explain this phenomenon.

Disclosure: No significant relationships.

Keywords: sleep disorder; bipolar disorder; hydroxyzine

EPV1488

Effectiveness of drugs for insomnia treatment

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Introduction: Up to 10% of the US adult population will experience chronic insomnia, with women and elderly individuals at particularly high risk. Cognitive behavioral therapy is the core treatment for insomnia. When cognitive behavioral therapy is not enough, medications can help patients overcome the barriers and learned behaviors that prevent a good night's sleep.

Objectives: Through this research we aimed to investigate the effectiveness and safety of new drugs in the treatment of insomnia.

Methods: We try to do a Bibliographic Review in PubMed using keywords like "insomnia" "new hypnotic drugs" and "effectiveness"

Results: Patients receiving trazodone perceived better sleep quality than those receiving the placebo with a non-significantly moderate heterogeneity. As to secondary efficacy outcomes, we only found a significant reduction for trazodone in the number of awakenings compared to the placebo. Trazodone was effective in sleep maintenance by decreasing the number of early awakenings and it could significantly improve perceived sleep quality, although there were no significant improvements in sleep efficiency or other objective measures. Importantly, lemborexant improves latency to sleep onset and sleep maintenance and is able to help people who experience early morning awakenings. Safety data reveal that lemborexant has minimal residual effects on morning alertness or next day function.

Conclusions: Unfortunately, treatment of insomnia is not always that simple. The disorder's complex underlying pathophysiology warrants consideration of different nonpharmacologic and pharmacologic treatment options. Indeed, recent insights gained from research into the pathophysiology of insomnia have facilitated development of newer treatment approaches with more efficacious outcomes.

Disclosure: No significant relationships.

Keywords: sleep disorder; new drugs; Insomnia

EPV1490

Sleep disorders among prison officers in Poland

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Introduction: Workplace conditions have a documented effect on employee health including sleep. Occupational stress and burnout are more frequent among penitentiary personnel than the general population.

Objectives: The aim of the current study was to examine the phenomenon of insomnia and its relationship with occupational burnout in a sample of Polish prison officers.

Methods: The study was carried out on a sample of Polish prison officers using the Athens Insomnia Scale (AIS), the Coping Orientation to Problems Experienced (COPE), and the Oldenburg Burnout Inventory (OLBI).

Results: showed that the Polish prison officers exhibited early symptoms of insomnia. Sleep disorders had a significant role in developing occupational burnout. Coping strategies such as help-seeking and engagement were revealed to have a mediating role in the relationship between insomnia and occupational burnout dimensions. The coping strategy of help-seeking was the only predictor of insomnia.

Conclusions: The results can constitute a significant argument for health promotion campaigns highlighting sleep hygiene directed at penitentiary personnel. A research model created for the purposes of future studies would allow for measuring the frequency of health behaviors, including the general category of preventive behaviors. The study warrants continuation.

Disclosure: No significant relationships.

Keywords: job burnout; prison officers; Insomnia; coping with stress

Addictive Disorders

EPV1492

Self-Regulation Processes in Patients with Alcohol Dependence (Pilot Study)

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Introduction: The first stage of the psychological intervention is related to diagnostics

Objectives: Purpose of the study was to explore features of mental self-regulation processes in patients with diagnosis "Mental and behavioral disorders due to use of alcohol".

Methods: The study involved 39 male patients with alcohol dependence, the average age of 43.6 ± 6 years. The experimental group (20 patients) was taking part in in-patient rehabilitation program, the duration of rehabilitation ranged 4-6 months. The control group included 19 patients of the in-patient addiction treatment department, with average duration of treatment 21 days. To assess self-regulation processes, questionnaires "Style of behavior self-regulation" (Morosanova V.) and questionnaire of volitional self-control (Zverkov A., Eydman E.) were used. To compare differences between two independent groups Mann-Whitney U-test was used

Results: There was a significant difference for the subscale "Persistence and perseverance" in "Volitional self-control" test ($p \leq 0.05$) for the control and experimental groups. Patients, involved in clinical rehabilitation program, have higher ranks comparing to patients got clinical treatment (22.2 and 17.7). The comparison of the results of the questionnaire "Style of behavior self-regulation" showed that there is a significant difference for subscales "Modeling of significant conditions" and "Independence" ($p \leq 0.05$); participants from the experimental group had higher mean rank in both cases.

Conclusions: Patients who took part in the long-term in-patient rehabilitation program had more stable motivation to achieve their goals, better self-regulation and activity planning skills, higher independence and self-confidence, they were less dependent on opinion of others. The identified features can be used in psychological programs aimed at improving planning skills, reducing behavioral rigidity, stabilizing self-esteem and improving adaptive capacity.

Disclosure: No significant relationships.

Keywords: alcohol dependence; self-regulation processes; patients

EPV1493

Danish Feasibility Study of a New Innovation for Screening and Brief Intervention for Alcohol Problems in Primary Care: The 15-method

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