

## EV71

**Zolpidem abuse: About a case**

R. Sellami<sup>1,\*</sup>, N. Messedi<sup>1</sup>, I. Feki<sup>1</sup>, I. Baati<sup>1</sup>,  
A. Zahaf<sup>2</sup>, J. Masmoudi<sup>1</sup>

<sup>1</sup> Hedi Chaker University Hospital, Psychiatry A, Sfax, Tunisia

<sup>2</sup> ATUPRET, Drug Abuse Prevention Center, Sfax, Tunisia

\* Corresponding author.

**Objective** Zolpidem is a non-benzodiazepine hypnotic drug for treatment of insomnia and is generally believed that is a safe medication. Therefore has been introduced as a lower potential agent for dependency and abusive effects however its safety and dependence potential are of great concern.

**Case report** A 63 years old male patient had consulted a general physician in January 2015 for his insomnia. He started on zolpidem 10 mg at bedtime. Over the next few months he had gradually increased the dose as he found the prescribed dose to be having no significant effect. After abrupt discontinuation of zolpidem, he presented to a center for drug users "AIDE ET ECOUTE" with severe anxiety, impatience, loss of energy, insomnia, irritability, headaches, and increased craving for higher dosage of zolpidem. There was no history of any other substance abuse and he was diagnosed simultaneously a case of zolpidem dependence and major depressive disorder.

**Conclusions** Zolpidem has a potency to be abused with high risk of dependency and withdrawal syndromes particularly among elderly patients with comorbid anxiety and depressive disorders.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1056>

## EV72

**Nalmefene as an intermittent treatment for alcohol abuse triggering cocaine and sex consumption**

A. Morera-Fumero<sup>1,2,\*</sup>, E. Diaz-Mesa<sup>3</sup>

<sup>1</sup> University of La Laguna, Internal Medicine – Dermatology and Psychiatry, Santa Cruz de Tenerife, Spain

<sup>2</sup> Psychiatric Consulting, Psychiatry, Santa Cruz de Tenerife, Spain

<sup>3</sup> University Hospital of the Canary Islands, Psychiatry, La Laguna, Spain

\* Corresponding author.

Nalmefene modulates the motivational system by blocking the opioids receptors. Nalmefene indication is the alcohol consumption reduction in alcohol dependent patients. We describe the case of a patient with weekend alcohol abuse that was followed by cocaine use and sex. After being treated with nalmefene, the patient decreased alcohol consumption and did not engage cocaine use and sex. The patient is a 36-year-old man with a previous history of cocaine, cannabis and alcohol abuse. After detoxification the patient became a weekend drinker. Two months later he started complaining that after drinking he needed to consume cocaine and this led him to having sex with prostitutes. These behaviours had a serious impact on his finances that lead him to asking for help. Nalmefene, 18 mg at dinner before going out, was prescribed. Taking one pill of nalmefene "allowed me to drink several shots without feeling a need to continue drinking and, most importantly, I didn't feel the need to consume cocaine and have sex". In an attempt to ascertain if what had happened the previous weekend was "psychological" the patient went out without taking nalmefene. The pattern of alcohol use, control loss, and consumption of cocaine and sex repeated itself. During the following two months, the patient took nalmefene during dinner before going out every weekend and the results were the same as when he first took the treatment.

**Conclusion** Nalmefene may be helpful in the treatment of several other addictions by blocking the positive reinforcements of the drugs.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1057>

## EV73

**A case of share psychotic disorder induced by mephedrone**

R.A. Baena\*, Y. Lázaro, J. Rodriguez, L. Olivares, A. Matas, L. Niell

Hospital Clinico San Carlos, Psychiatry, Madrid, Spain

\* Corresponding author.

**Introduction** Share psychotic disorder "folie à deux" is a rare condition characterized by the transmission of delusional aspects from a patient to another linked by a close relationship. We report the case of two Spanish men who have experienced a combined delusional episode induced by mephedrone.

**Objectives** Describe a case of share psychotic disorder induced by mephedrone. Make a review on scientific literature about the use of mephedrone (little is known about the psychiatric consequences of the use of these compounds). The patients had no psychiatric history.

**Aims** Show the danger of these novel drugs that are often bought as apparently safe and legal.

**Conclusions** Share psychotic disorder was first introduced by Lasegue and Falret who hypothesized that transmission of psychiatric disturbance from one person to another was possible under certain circumstances. The correlation of symptoms with the intake of these substances is supposed in the light of a negative psychiatric history and no other concomitant medical treatments. An important number of case reports documented deaths related to the ingestion of mephedrone. Another problem is that these substances are not detected by standard blood and urine test so that the diagnosis of intoxication is often delayed.

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

<http://dx.doi.org/10.1016/j.eurpsy.2016.01.1058>

## EV74

**The experience of using synthetic cannabinoids: A qualitative analysis of online user self-reports**

M. Newman<sup>1,\*</sup>, G. Denton<sup>1</sup>, T. Walker<sup>1</sup>, J. Grewal<sup>2</sup>

<sup>1</sup> University of Warwick, Warwick Medical School, Coventry, United Kingdom

<sup>2</sup> Caludon centre, Addiction Psychiatry, Coventry, United Kingdom

\* Corresponding author.

**Introduction** The number of novel psychoactive substances (NPS) available is increasing. Synthetic cannabinoids (SC) are one of many NPS sold. SC aim to emulate the effects of natural cannabis by acting on cannabinoid receptors. Despite much research into pharmacology, there is limited data on the user experience of SC.

**Aim** It is useful for psychiatrists, to understand what experiences people have whilst on illicit substances. The aim of this qualitative study is to gain an initial understanding of what characterizes the experiences of those who use SC.

**Method** Forty anonymously written online reports were collected from the "Erowid experience vaults" and analysed using the Empirical Phenomenological Psychological Method.

**Results** The analysis yielded 488 meaning units (MU). These were grouped into 36 categories revealing 5 broad themes: (1) physical affects; (2) sensory distortions and distortions of perception; (3) emotional and psychological effects; (4) re-dosing, addiction and comedown effects; (5) similarities to other substances.

**Conclusion** Synthetic cannabinoids have a mixed effect on users with a myriad of experiences reported. Some experienced positive