

stratification of cannabis consumers for the risk to develop a true dependence.

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EV1410

Do not forget alcohol damage – Cognitive impairments related to alcohol

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Introduction Chronic excessive alcohol consumption may lead to structural and functional damage of the brain. Alcohol-related cognitive impairments are well-established and confirmed by neuropsychological and neuroimaging studies. However, the influence of each neuropathological mechanisms is still under discussion. This topic is increasingly becoming focus of attention in psychiatry.

Objectives Review the neuropathology, clinical features, neuropsychology and management of alcohol-related cognitive impairments.

Aims Evaluate clinical impact, management and prognosis of alcohol-related cognitive impairments.

Methods A literature search was performed on PubMed and Medscape database.

Results According to our literature research, there is a debate concerning the relative contributions of the direct toxic effect of alcohol and the impact of thiamine deficiency on the alcohol-related cognitive impairments. Research about this issue is challenging, considering the multiple patterns of alcohol abuse, the personal and lifestyle factors, and the vulnerability of specific brain regions. The cognitive decline is linked to neuroanatomical alterations and primarily affects executive functions, episodic memory, and visuospatial capacities. These deficits may range from mild to severe but usually remain undiagnosed, unless they are specifically investigated. Maintenance of lasting abstinence is associated with cognitive recovery, but some impairments may persist and interfere with the prognosis.

Conclusion Recognizing and screening for alcohol-related cognitive impairments is crucial to offer significant benefits to patients by optimising management strategies.

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EV1411

Problematic Internet use and associated mental health issues in South Korean Internet users

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Introduction The Internet is commonly used in modern society; however, Internet use may become a problematic behaviour. There

is an increasing need for research on problematic Internet use (PIU) and its associated risk factors.

Objectives This study aims to explore the prevalence and health correlates of problematic Internet use among South Korean adults.

Methods We recruited the participants aged between 18 and 84 years old among the online panel of an online research service. The sample size of the survey was 500. Of these 500 participants, 51.4% ($n=257$) were men and 48.6% ($n=243$) were women. A participant was classified as a problematic Internet use (PIU) if his/her total score of Young's Internet Addiction Scale (YIA) was above 50. Stress Response Index (SRI), Fagerstrom test for nicotine dependence, lifetime average caffeine consumption, and sociodemographic query form were used in the collection of data. The t test and chi-square test were used for data analysis.

Results One hundred ninety-seven (39.4%) of the participants was classified into the PIU group. There was no difference of gender and education between PIU and normal users. However, PIU group was younger (mean 39.5 years) than normal users (mean 45.8 years). PIU group was more likely to have high levels of perceived stress, nicotine dependence, and drink more often caffeinated beverages ($P < 0.05$).

Conclusions These data indicate that problematic Internet use is associated with perceived stress level, nicotine and caffeine use in South Korean Internet users. More research is needed to better understand the relationship between Internet use and mental health issues.

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EV1412

Exercise addiction: Links, risks and challenges faced

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Introduction Exercise addiction is a condition described by a craving for physical training resulting in excessive exercise behaviour and withdrawal symptoms. It has not been accepted as a mental disorder and further research is needed to examine the pathology of the condition.

Objectives Exercise addiction is suggested to have links to other mental disorders and risks in terms of negative consequences such as injuries. Treatment for exercise addiction faces several challenges as the condition is associated with ambivalence, and studies based on controlled interventions are missing.

Aims The aim of this study was to examine and interpret the existing research on links, risks and challenges faced in treatment interventions.

Methods A literature review was conducted in the databases PubMed, PsycINFO and Scopus with the terms: "exercise addiction, excessive exercise" and/or "comorbidity, eating disorder, depression, anxiety, personality, pain, injury, illness, social isolation, stress, intervention, treatment".

Results Exercise addiction seems to be associated with eating disorder pathology, obsessive-compulsive behaviour and personality