



6th World Congress on

Addiction Disorder & Addiction Therapy

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Posters

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Effect of lofexidine versus diazepam on anxiety during opioid detoxification: finding from a randomized double-blind controlled trial

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Background: Lofexidine, an alpha-2 adrenergic receptor agonist, has been approved in the United Kingdom for the treatment of opioid withdrawal symptoms. Many research studies have demonstrated the efficacy and safety of lofexidine comparing with placebo, clonidine, methadone, buprenorphine. However none of these studies has compared lofexidine with diazepam in managing heroin withdrawal syndrome. This study looks at the efficacy of lofexidine versus diazepam on reducing anxiety symptoms during inpatient detoxification.

Method: This is a randomised double-blind investigator initiated trial in National Addictions Management Service (NAMS), Singapore. Maudsley Addiction Profile (MAP) containing measurements on the severity of anxious and depressed moods was assessed every 3 days after admission (on days 3, 6, 9 and 12) by the delegated researcher. Subjects received either standard treatment diazepam or the trial medication lofexidine up to 10 days followed by 4 days continuous psychological education during NAMS inpatient detoxification programme. Initial dosage of lofexidine and diazepam started from 0.8 mg and 10 mg respectively, per day in divided doses. The peak dosage of lofexidine and diazepam were 2.2 mg and 15 mg (on day 3, 4) respectively. The subjects in both groups subsequently received the tapering doses till day 10. CBT based psychological intervention were provided throughout the whole study period.

Results: Total 111 patients with diagnosis of heroin dependence (DSM-IV-TR) were randomized to the trial, 56 in lofexidine group and 55 in diazepam group. The severity of anxiety symptoms in MAP such as “feeling tense”, “suddenly scared for no reason”, “feeling fearful”, “nervousness of shakiness inside” and “spells of terror” or “panic” reduced in both treatment groups over time during the study period. There were no statistical differences comparing these anxiety symptoms between lofexidine group and diazepam groups.

Discussion: Diazepam is prescribed as the standard pharmacological treatment in the management of opioid withdrawal syndrome in NAMS. However, it's addictive pharmacological profile limits its usage for opioid dependence. The results suggest that lofexidine, a non-opiate, non-addictive alpha-2-agonist could be an alternative medication in assisting opioid detoxification in Singapore.

Biography

Song Guo is a Senior Consultant Psychiatrist and the Head of Research of the Addiction Medicine Department and National Addictions Management Service of Institute of Mental Health Singapore, with a joint position as Adjunct Assistant Professor at Duke-NUS Graduate Medical School. He holds a PhD in Psychopharmacology and has practiced in Addictions Medicine since 1990, including serving as the Director of the National Drug Dependence Treatment Centre, Beijing (2003-2004). His interests are in the areas of translational clinical studies and treatment outcome monitoring.

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Association between cocaine craving during inpatient cocaine detoxification treatment and Iowa gambling task performance

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The aim of the present study is to compare cocaine-dependent inpatients who did not report craving everyday (non-cravers) and their counterparts who did (cravers) regarding their performance in Iowa gambling task (IGT). Participants were recruited consecutively and completed a 10-14 day detoxification treatment. We assessed 80 cocaine-dependent inpatients using two versions of the IGT, the original (immediate rewards and then delayed punishments) and a variant (immediate punishments and then delayed rewards). Craving presence (cravers) vs. absence (non-cravers) during detoxification treatment was assessed daily using the cocaine selective severity assessment. Cravers included 56 inpatients ($M_{age} [SD]=7.89 [8.37]$; 76.8% male) and non-cravers involved 24 inpatients ($M_{age} [SD]=41.36 [7.33]$; 83.3% male). Data was analysed in terms of (a) within-group differences (total scores vs. the score of 0) using T-tests, (b) between-group differences regarding total scores of original and variant IGTs, using also T-Tests and (c) between-group differences regarding IGT performance (learning curves) using a between-within ANOVA. Both groups exhibited scores that were significantly different from zero in the variant version of IGT ($M_{Cravers}=23.77$, $p<.001$; $M_{Non-cravers}=15.42$, $p=.039$). Regarding between-group analyses, no statistically significant differences were observed between cravers and non-cravers, neither in the original IGT ($M_{Cravers}=3.52$ vs. $M_{Non-cravers}=5.58$) nor in the variant version ($M_{Cravers}=23.77$ vs. $M_{Non-cravers}=15.42$). Finally, the results of the between-within ANOVA did not show statistically significant differences between cravers and non-cravers. In all, our results showed that both groups had advantageous (non-impaired) performances in IGTs. However, cocaine craving status during detoxification treatment was not able to detect between-group differences regarding IGT performance.

Biography

J Pérez de los Cobos received his MD in 1978 from the Universidad de Valencia and became a Psychiatry Specialist in 1984 from the Universidad de Alcalá de Henares, Hospital Ramón y Cajal (Madrid). In 1985, he obtained his PhD in Psychiatry from the same University. In 1990, he began working as a Psychiatrist at Hospital de la Santa Creu i Sant Pau, becoming the Head of its Drug Addiction Unit in 2001. He has also been Professor in Universidad de Alcalá de Henares from 1983 to 1989, and in the Universitat Autònoma de Barcelona, since 2001 to present. He combines his healthcare activity with the leadership of the Addictive Behaviours Research Group (IIB Sant Pau). His main areas of healthcare and research activity are opioid and cocaine dependence, focusing his lines of research on pharmacogenetics of methadone, satisfaction with treatment and cocaine craving.

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Satisfaction of heroin-dependent patients with buprenorphine/naloxone maintenance treatment (B/NMT)

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This study aimed at assessing satisfaction of heroin-dependent patients with B/N as a medication and three other treatment interventions. Independent interviewers asked 316 heroin-dependent patients ($M_{age}=44.0$, $SD=7.8$; 80.4% males) from 16 Spanish treatment centres. Satisfaction with B/N was assessed using the scale to assess satisfaction with medications for addiction treatment–buprenorphine/naloxone for heroin addiction (SASMAT-BUNHER). Satisfaction with other treatment interventions was explored through specific single questions. Responses to these questions and all SASMAT-BUNHER items, except for those on the acceptability sub-scale, were given on a 5-point likert scale (1=terrible, 2=generally unsatisfactory, 3=mixed, 4=generally satisfactory, 5=excellent). SASMAT-BUNHER range scores were delimited as follows: 1–2 (very dissatisfied), >2–3 (slightly dissatisfied), >3–4 (slightly satisfied), and >4–5 (very satisfied). The current average dose of buprenorphine received by participants was 6.0 mg/d ($S.D.=4.7$). The overall SASMAT-BUNHER score ($mean\pm S.D.$) was 3.8 ± 0.4 . Regarding the SASMAT-BUNHER subscales, participants scored 3.6 ± 0.5 on mental and physical State, 3.3 ± 0.7 on anti-addictive effect on other substances, 4.0 ± 0.7 on addictive effect of heroin, 4.2 ± 0.7 on personal functioning, and 4.7 ± 0.6 on acceptability. Moreover, most patients felt satisfied with the number of doctor's visits (generally satisfactory=58.9%, excellent=25.0%) and urinalyses of opioid and non-opioid substances (generally satisfactory=41.5%, excellent=13.6%), as well as with the psychosocial interventions received (generally satisfactory=52.8%, excellent=14.6%). According to these results, Spanish patients felt slightly or very satisfied with different aspects of B/N as a medication and most of them were satisfied with three other key treatment interventions.

Biography

José Pérez de los Cobos received his MD in 1978 from the Universidad de Valencia and became a Psychiatry Specialist in 1984 under the Universidad de Alcalá de Henares, Hospital Ramón y Cajal (Madrid). In 1985, he obtained his PhD in Psychiatry by the same university. In 1990, he began working as a Psychiatrist at Hospital de la Santa Creu i Sant Pau, becoming the Head of its Drug Addiction Unit in 2001. He has also been Professor in Universidad de Alcalá de Henares from 1983 to 1989, and in the Universitat Autònoma de Barcelona, since 2001 to present. He combines his healthcare activity with the leadership of the Addictive Behaviours Research Group (IIB Sant Pau). His main areas of healthcare and research activity on opioid and cocaine dependence, focusing his lines of research on pharmacogenetics of methadone, satisfaction with treatment and cocaine craving.

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Impact of childhood trauma and resilience on clinical feature of alcohol use disorder

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Alcoholism is one of the most common psychological sequels of childhood trauma. However, some individuals develop effective coping strategies and they succeed in some areas of life, such as social relations and work. This positive aspect can be explained by 'resilience'. The aim of this study was to evaluate the impact of childhood trauma and resilience on clinical feature of alcohol use disorder. The study included 66 patients who were referred to Substance Abuse Research and Treatment Center and were diagnosed with alcohol use disorder. None of the patients had comorbid axis-I psychiatric disorder. Sociodemographic data, alcohol use characteristics were obtained. Childhood trauma (childhood trauma questionnaire), resilience (resilience scale for adults), severity of alcohol use disorder (severity of alcohol dependence questionnaire and Michigan alcoholism screening test) were evaluated. The mean age of the participants was 43.2 ± 10.3 . Of all the participants, 63.6% (n=42) were married, 74.2% (n=49) had a job with regular income. The onset of problematic alcohol use was at the age of 26.3 ± 8.8 , mean duration of alcohol use was 16.9 ± 10.3 years and mean of the longest sobriety period was 9.7 ± 22.2 months. No correlation was found between resilience and early onset of alcohol use, problematic alcohol use and duration of sobriety. There was no correlation between childhood trauma and severity of alcohol use disorder. There was a slight negative correlation between severity of alcohol use disorder and subdomains of resilience [structured style ($r = -0.278$, $p = 0.02$), perception of future ($r = -0.251$, $p = 0.04$)]. These results show that interventions to increase resilience may positively affect treatment process in alcohol use disorder and reduce severity of the disorder.

Biography

Ebru Aldemir has been a Psychiatrist for eight years. She is a Lecturer and a PhD Student in Substance Addiction Programme at Ege University Institute on Drug Abuse, Toxicology and Pharmaceutical Sciences. She has published more than 15 papers in reputed journals. Her research interests are addictive disorders, neurocognitive functions, motivational interviewing and brief psychotherapies.

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Associations between separation anxiety and emotion dysregulation in a substance use disorder population

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Substance use and addiction are responsible for numerous social and psychological problems worldwide. Children with Separation anxiety disorder demonstrate greater intensity and frequency of negative emotional responses. These children had less ability in evaluating negative emotional situations and more reliance in emotion regulation strategies, in turn increasing the risk of functional impairment. Individuals with difficulty in emotion regulation can engage in addictive behaviors in order to avoid or regulate negative feelings and emotions. The aim of this study is to evaluate separation anxiety and emotional dysregulation and their interaction in patients with substance use disorder. 65 male patients, who were referred to Substance Abuse Research and Treatment Center, with substance use disorders were included. Sociodemographic and substance use characteristics were collected. They also fulfilled drug use disorder identification test, separation anxiety symptoms inventory and difficulties of emotion regulation scale. The mean age was 27.6 ± 7.6 . 73.8% (n=48) of the patients were single, and 20% (n=13) were married. The onset of regular substance use was at the age of 20.6 ± 5.5 . The most frequently used substance was cannabis (n=36, 55.4%), followed by synthetic cannabinoids (n=13, 20%). Of all the participants, 11 (16.9%) had early parental loss and 7 (10.8%) had a history of suicidal attempt. There was a moderate positive correlation between severity of substance use and difficulties in emotion regulation ($p < 0.0001$, $r = 0.437$). Separation anxiety was moderately correlated with difficulties in emotion regulation ($p < 0.0001$, $r = 0.424$). Additionally, separation anxiety was correlated with all sub-scales of difficulties in emotion regulation (goals, strategies, non-acceptance, impulse, clarity, awareness). Regarding the results, addiction related treatment programs should contain more specific emotion regulation and separation anxiety components.

Biography

Betül Akyel has been a Psychologist for five years. She completed her Master's Degree Program on Substance Addiction and has been a PhD Student on Substance Addiction Program at Ege University Institute on Drug Abuse, Toxicology and Pharmaceutical Science, Turkey. Her research interests are Addictive Disorders, Neurocognitive Assessment and Cognitive Behavioral Therapies.

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Quality of life and self-regulation behaviors in adult Omani substance users

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Substance abuse is currently recognized as a chronic brain disease and a significant public health concern. Literature indicates that, all types of abused substances lead to various individuals', families', and societal problems. In 2014, the number of substance users in Oman has reached a total of 4955 cases receiving their addiction treatment through the Ministry of Health. The number of addiction cases continues to increase steadily since 2008 when it was around 1776 users only. However, these numbers represent the cases that have approached the Ministry of Health seeking for substance use treatment. The purpose of this poster is to present a study proposed to investigate the effects of physical, psychological, family, and social factors that impact QOL and self-regulation behaviors in Omani substance users. The study also explores the predictors of self-regulation and quality of life in Omani substance users. Individual and family-self-management theory is used as a theoretical framework to guide the implementation of the study. The study will be implemented in Muscat, Oman. Face-to-face interviews will be conducted to collect data using the DUSOCS, drug taking confidence questionnaire (DTCQ) and SF-36. This study is intended to enhance the HRQoL of substance users, enhance the quality of substance use treatment in Oman, and improve the support provided to substance users.

Biography

Hamed Mubarak Al Battashi has completed his MSN from Villanova University and currently undergoing his PhD degree at Case Western Reserve University. He has worked as a Lecturer in a specialized nursing institute in Oman mainly in the specialty of Mental Health. He is also the Member of the Honor Society of Phi Kappa Phi. He has participated in authoring the book *"Psychology for Nursing and Healthcare Professionals: Developing Compassionate Care"* that was published by SAGE in 2016.

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Transgenerational effect of adolescent male rat morphine exposure on pain perception and morphine analgesia in the offspring

Narges Pachenari

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During the past decades, use/misuse of opioids has dramatically increased among adolescent population. It is firmly confirmed that different morphological and physiological changes occur in the brain during adolescence. Brain development and maturation, during this critical period, could be affected by several factors, including stress, drug abuse, nutritional status, etc. While studies on transgenerational effect of substances such as alcohol, nicotine and cocaine are focused on both paternal and maternal drug exposure, most of the studies of morphine administration are restricted to maternal exposure. So in this study we aimed to investigate transgenerational effect of male rats on morphine administration during adolescence against pain perception and morphine analgesia in the offspring. Male rats received escalating doses of morphine for 10 days during their adolescence. 20 days after last morphine injection, male rats were mated with intact female rats and then behavioral tests conducted on the offspring. Pain perception was evaluated by formalin test, and morphine analgesia by formalin, tail flick and paw withdrawal tests. Our results demonstrated that morphine and saline sired animals differ in interphase of formalin test. Besides, morphine sired animals respond more strongly to acute morphine injection in comparison to saline sired ones. Overall, these findings indicate significant transgenerational effect of morphine exposure during adolescence on pain perception and morphine analgesia in the offspring.

Biography

Narges Pachenari has earned her bachelor degree in animal biology at Tehran University and has done her master in medical physiology at Tarbiat Modares University. Currently she is in the fourth year of PhD in the same university and doing her thesis in Dr. Semnani's lab. She is investigating the transgenerational effect of morphine administration on the next generation.

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The prevalence of diabetes mellitus, hypoglycemia and impaired glucose tolerance test in methamphetamine abuse

Mahsa Houshdar

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Following the series of researches about metabolic changes in methamphetamine abuse, I decided to measure the prevalence of DM (diabetes mellitus) and the impaired glucose tolerance test in methamphetamine abuser patients. Considering the high prevalence of reactive hypoglycemia¹, the other glucose metabolic changes might not be unusual too.

Method: We visited all the patients from Afarinesh addiction clinic, which had a history of methamphetamine abuse. We measured FBS (fasting blood sugar) and HbA1c in all of them, Besides we requested a glucose tolerance test, in this glucose tolerance test, we measured their fasting blood sugar, then we gave them 75gr of glucose and measured their blood sugar after 30min, 60min, 90min and 120min after having the glucose intake.

Results: 18 volunteers were suitable for this study. One female and 17 males. Their age varied between 23 and 42 years with 30.95 being the average. The rate of FBS (fasting blood sugar) was between 61–102 mg/dL and the average was 84.66. All of the patients had normal fasting blood sugar except for one case which suffered from hypoglycemia. HbA1c in all of the patients was in the normal range. The rate of HbA1c was between %4.3 to %5.7 and the average was %5.17. In two out of 18 patients, we observed impaired glucose tolerance. On the other hand, %11 of the patients with methamphetamine abuse suffered from impaired glucose tolerance.

Conclusion: This study shows that the prevalence of DM (diabetes mellitus) in methamphetamine abuser patients is significantly lower than general prevalence of DM (diabetes mellitus) in Iran (2&3). Thus case control study in this field wouldn't be necessary. This study shows that the prevalence of impaired glucose tolerance in patients with methamphetamine abuse is approximately equal to general prevalence of glucose tolerance test in Iran thus, case control study in this field wouldn't be necessary (3). This study shows that %5.5 of methamphetamine abuser patients suffer from hypoglycemia, and considering the fact that we don't have any studies about the general prevalence of hypoglycemia in Iran, a case control study in this field is recommended.

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Relaxation and reducing stress by cannabinoids use among medical students in Bulgaria

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In our study included 300 randomly selected students at the Medical University in age between 18 – 20 years. Circulated Drug Use Disorders Identification Test – DUDIT during the lecture and asked students if desired to participate in the study to record their telephone numbers. All 300 students were screened with– DUDIT. The study included men with ≥ 6 points DUIT and women ≥ 2 points DUDIT. These limits on both scales are methodologically consistent with our designs and other similar studies. Then included students were asked to provide urine test for use of cannabinoids. In the group of students 83 (27,7%) have used cannabis – 26 (31,3%) women and 57 (68,7%) men. We have designed a questionnaire containing six closed questions. All 83 participants completed self-administered questionnaire. Among the group of medical students 67 (80,7%) use cannabis for relax, to forget problems or to alleviate stress, gender distribution was as follows 14 (53,8%) of women and 53 (93%) of men. Our research finds that the first years of medical education are related to a lot of new knowledge. Medical students looking for cannabinoids effect of relaxation and reducing stress.

Biography

Valentin I Valtchev was born in 1981 in Bulgaria. He studied Medicine at Medical University, Sofia. Become a specialist in Dermatology and Venereology in 2012. From 2016 he had PhD degree "Assessment of risk factors and etiologic agents for onychomycosis". From 2013 to present he is an Assistant professor of Department Physiology at The National Sports Academy. He has published more than 25 papers in reputed journals.

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The prevalence of B12 deficiency in patients with methamphetamine abuse

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Methamphetamine abuse can make neurological damages. These neurological damages may remain even after disruption of abuse. In this study, we inspected the prevalence of B12 deficiency in the methamphetamine abuser patients as a factor that can make longitudinal brain damages.

Method: We visited all the patients that referred to “Afarinesh” addiction clinic in Iran, and asked them whether they have had any vitamin B12 injections or eating along their metamphetamine abusing period. If the answer was negative, we would measure their serum vitamin B12 level.

Result: 14 of the volunteers were suitable for this study. All of them were men and their age varied between 25 to 43 years. The average age was 29 years. In 3 patients out of 14 patients, the serum vitamin B12 level was under 200pg/ml. This study showed that 21 percent of the patients with metamphetamine abuse significantly suffered from VitaminB12 deficiency. In 5 other patients, the serum Vitamin B12 level was between 200 and 350pg/ml. This study showed that 35 percent of the patients with metamphetamine abuse may suffer from covered Vitamin B12 deficiency and they need other tests such as serum methylmalonic acid level for diagnosing Vitamin B12 deficiency.

Conclusion: Regarding to the high prevalence of serum Vitamin B12 deficiency in the patients with metamphetamine abuse, in this field, a case control study is recommended.

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