
INTERNET INTERVENTION FOR PEOPLE WITH INSOMNIA AND ALCOHOL-DEPENDENCE IN UKRAINE

O. Zhabenko¹, N. Zhabenko², E. Linskaya³, I. Frankova⁴, A. Oliinyk¹, O. Chaban⁴

¹Psychoneurological Department, Railway Clinical Hospital #1, Kiev, Ukraine ; ²Psychiatry Addiction Psychiatry and Psychology Department, SE "The Lugansk State Medical University", Lugansk, Ukraine ; ³Psychiatry Department, Kharkiv National University named after V.N. Karazin, Kharkiv, Ukraine ; ⁴Psychosomatic Medicine and Psychotherapy Department, Ukrainian Research Institute of Social and Forensic Psychiatry and Drug Abuse, Kiev, Ukraine

Introduction. Insomnia is a common symptom that may interfere with the efforts of alcohol-dependent (AD) patients to initiate and maintain sobriety, with a range from 36% to 91%. To date, only four studies have evaluated nonpharmacological approaches to insomnia complaints in AD subjects in early recovery. However, none of these studies were computer-based, and none were performed in Ukraine.

The aim of the current study was to develop an online computer-based cognitive-behavior therapy for insomnia (CBT-I) for Ukrainian alcohol-dependent patients.

Methods. A total of 8 individuals with alcohol dependence screened for the study. Demographic information was assessed at the baseline. At baseline, at the end of the study, in 6 and 12 week follow-up patients reported bedroom environment, eating, exercises and substance abuse habits; treatment activities; alcohol use and related clinical variables; daytime functioning measures and sleep variables.

Results. The average age of participants was 44.4 years; 50% were male; all were Ukrainians; 83% had higher education; 67% were married. Baseline mean AUDIT score was 27, SPQ - 17 (all individuals categorized as having insomnia as they endorsed any one item with a 4 or 5). A web-based platform includes psychoeducational information on alcohol dependence, insomnia and CBT-I. Five sessions and a battery of scales examine the effectiveness of the CBT-I package. Each session contains additional materials as homework for patients.

Conclusion. This online Internet intervention for alcohol-dependent individuals with insomnia is the first computer-based treatment program in Ukraine. The findings underscore the importance of assessing and treating insomnia in addition to alcohol consumption with the novel nonpharmacological treatment.