P-70 - PREDICTORS OF CONTINUOUS ALCOHOL ABSTINENCE IN A PORTUGUESE TREATMENT SAMPLE

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Introduction: Alcoholic dependence is an addictive disorder with high levels of mortality and morbidity, characterized by loss of ability to drink alcohol in moderation and continued drinking despite negative consequences. Therapeutic approaches include medical, psychological and social support. The aim of this study was to find factors that can improve outcomes.
Objectives: Compare a population of alcoholics who have achieved one year of total abstinence from alcohol with individuals that relapse within the same period and identify individual and treatment-related factors that can predict success.
Methods: Multivariate logistic regression analysis was used to identify treatment related predictors of continuous abstinence in individuals above 18 years old who meet ICD-10 criteria for alcoholic dependence during the first year of treatment in Alcoholic Center of Hospital de Braga.
Results: 590 patients met the selection criteria. Treatment success rate (total abstinence) was 32,3%. Individual characteristics such as gender, age, civil state or level of instruction were not directly related to 1st year outcomes. Independent predictors of continuous abstinence were no prior inpatient treatment (OR 0.549, 95%CI=0.322-0.936), inpatient treatment at beginning (OR 3.765, 95%CI=2.061-6.879) and abstinence at beginning of treatment (OR 4.947, 95%CI=2.223-11.008).
Conclusions: The results show that using different approaches for the initial treatment of alcoholic dependence can result in higher periods of total abstinence. These findings may be useful to help physicians to improve alcoholic dependence treatment outcomes.