

was evaluated with clinical interviews as well as with psychometric testing instruments [Symptom Checklist-90-R, Mini Mental State Examination..., projective tests, family support assessment...] Further information were obtained from relatives and from medical records.

The socio-economic level of the patients was found to be low. Family support system was adequate. Regression, paranoid ideation and splitting were very common 'defences' used in our sample. Almost 50% of the patients warranted a psychiatric diagnosis (DSM-IV). Healthy Lifestyle and Compliance reported higher than acceptable level. During of presurgical period candidates were placing magical expectations in the surgical treatment, and also the majority of heart-, lung-, and liver- patients view transplant as cure and had no long range picture. In our country the relevant easy approach to identity of the donor, seems to promote identifications and make more difficult the rehabilitation of the recipient. Significant differences between the types of transplantation were found in the items of psychopathology and understanding of transplantation, in our sample.

The present study approaches for the first time the peculiarities presented in our country regarding the psychological, social and cultural aspects of transplantation. Additionally we describe some preliminary 'normative data' for Greek population in a scaled format that allows comparisons with other transplant programmes.

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## NR8. Substance and alcohol abuse

*Chairmen:* H Ghodse, J Marshall

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### HEALTH PROMOTION IN THE DRUG SUBCULTURE

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A harm reduction approach in an open drug scene is described. The effectiveness of a needle exchange scheme can be increased if it is part of primary medical care. Besides the basic documentation on services provided through various studies, data on the population of an open drug scene were obtained. Viro-epidemiological studies showed a 100–300 times higher prevalence of hepatitis A, B, and C compared with the Swiss population in general. A downward tendency of HIV prevalence could be demonstrated. An overall reduction of needle sharing between 1989 and 1992 was noted. However risk behaviour still exists in some subgroups of intravenous drug users, especially in beginners, where a high prevalence of hepatitis B was found. Methodological considerations of research in open drug scenes are discussed.

### VALIDATION OF THE ALCOHOL USE DISORDERS IDENTIFICATION TEST (AUDIT) — ROMANIAN VERSION FOR ICD-10 DIAGNOSES

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The AUDIT has been developed from WHO collaborative project as a screening instrument discriminating harmful and hazardous alcohol consumption and alcohol dependence. This instrument is very useful in preventive medicine, primary health care and psychiatric epidemiology. Previously screening technics for alcoholism were based only on the presence of abnormal physical findings. On the other side, a lot of studies have shown that AUDIT was suitable in different cultures.

The present study aimed to transfer this epidemiologic technique in Romania as a first step developing a real communitar policy against alcohol misuse. The author tried to find if the AUDIT could appropriately "read" the ICD-10 diagnoses and diagnostic criteria in a Romanian clinical and nonclinical sample.

Two groups of volunteers were recruited for this study: the clinical sample encompassed 70 alcoholics from alcoholism treatment units (mean age  $43.22 \pm 9.91$ ; M/F: 57/13; years of education  $11.96 \pm 3.91$ ) and healthy control group contained 74 subjects from general population (mean age  $38.33 \pm 11.58$ ; M/F: 43/31; years of education:  $13.77 \pm 2.96$ ).

All subjects were assessed by AUDIT Core (the first 10 questions) and AUDADIS (Alcohol Use Disorders and Associated Disabilities Interview Schedule) developed by Grant & Hasin (1991) from National Institute of Alcoholism and Alcohol Abuse-Rockville USA.

The discriminant validity of the AUDIT was performed determining the ability of this instrument to differentiate alcoholics vs non-alcoholics and various alcoholism diagnostic criteria vs non-criteria. The cutoff point of AUDIT score is the true threshold between the categories above mentioned.

The AUDIT score of 10 is a good cutoff point discriminating between alcoholics vs non-alcoholics diagnosed according to AUDADIS algorithm ( $\kappa = 0.81$ , sensitivity/specificity: 90.6/90.6) and between non-criteria and harmful ( $\kappa = 0.65$ , sensit./specif.: 83.5/81.0), tolerance ( $\kappa = 0.40$ , sensit./specif. 67.0/72.9), neglecting interests ( $\kappa = 0.51$ , sensit./specif. 63.5/91.5), and withdrawal/relief ( $\kappa = 0.71$ , sensit./specif. 88.2/83.0) criteria.

This study highlights that AUDIT is a suitable instrument that is able to distinguish between alcoholics and non-alcoholics and furnishes confident thresholds outlining diagnostic criteria. Contrary, AUDIT is not able to differentiate between harmful and dependency, the diagnostic categories from ICD-10.

### EPIDEMIOLOGY OF ALCOHOLISM IN THE EUROPEAN RUSSIAN NORTH

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The main aim of the present study was to investigate the level of alcoholism among some professional groups of Arkhangelsk city (500 000 inhabitants) and the rural population of Arkhangelsk region as well.

The object of the study were: seamen of the Northern Shipping Company, pilots of Arkhangelsk Air Company and workers of different industrial plants, rural population of the remote districts.

The main methods of investigations were testing, interviewing, clinical and psychological analysis, including symptomatological and syndromological evaluation of alcoholic disease.

According to the investigation data the frequency of alcoholism among these groups varies from 10% to 30%. It is specially dangerous for transport specialities where even slight postintoxication disorders can essentially affect the quality of professional ability.

### A COMPARATIVE STUDY ON THE MOTIVATION OF DRUG ADDICTS ADMITTED TO METHADONE MAINTENANCE TREATMENT (UK,LONDON SW — BULGARIA, SOFIA)

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Measures of motivation for drug use change and admission to methadone maintenance were examined among two groups drug

addicts — in Bulgaria (Sofia) and in London. Three scales created by D.Simpson were used to obtain personal assessment of: Drug Use Problems, Desire for Help, and Treatment Readiness. Data was collected from a total of 60 patients newly attending to outpatient methadone maintenance treatment agencies (30 in Bulgaria and 30 in London). Considerable differences in patient's motivations for seeking methadone maintenance treatment, and their expectations from it were found between the two groups. Such differences could be interpreted as resulting from the lack of previous experience and reliable knowledge about methadone treatment among drug users in Bulgaria, where the first methadone maintenance programme started in the end of 1995, while this approach is well known to the drug users population in UK.

### AN INTEGRATIVE RELAPSE PREVENTION PROGRAM FOR ALCOHOLICS

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Alongside of new results on pharmacological relapse prevention in alcoholism a number of relapse prevention programs are described in the literature, but only few are empirically tested. For physical fitness programs, a power motivation training, behavioural and cognitive interventions there are some hints for being effective [1,2]. This contribution reports an integrative inpatient relapse prevention program with behavioural, cognitive and meditative components. Two groups of inpatient treated alcoholics (N = 21; standard treatment plus relapse prevention program; standard treatment only) had been compared in an experimental pre-post design. The relapse prevention program group showed an increase of self-efficacy and a decrease of hopelessness. No differences had been found in treatment motivation and effectiveness of coping behaviour. Six month after discharge from inpatient treatment the relapse rate of the experimental group was lower compared to the standard treatment group. It is concluded that relapse prevention programs need several components for effective and protection of abstinence.

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- [2] Lauer, G. (1992). Interventionsstudien zur Rückfallprophylaxe: Ergebnisse und Probleme. In J. Körkel (Hrsg.), *Der Rückfall des Suchtkranken. Flucht in die Sucht?* (S. 217–137, 1. Nachdruck). Berlin: Springer.

### ART-PSYCHOTHERAPY IN DRUG-ADDICTION

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Many drug-addicted patients exhibit hypersensitivity to visual impressions and *regressive Ego-functions*, sometimes associated with a capacity for profound *symbolic experiences* and their *abstract pictorial expression*.

Ideas, images and emotions are blended in a process which is experienced as a *new autognosis*, a *transformation of the Self*, through philosophical enlightenment, culminating in 'mystic union'.

A symbolic plane of experience enlarges the '*individual-personal*' into '*personal-individual*' by leading to more and more eminent connections and universal formations. In this way the liberated spirit is qualified to realize '*auto-therapeutic effect*'.

During Art-psychotherapy we distinguished the following stages:

- *Personality dissociation*: with realistic and grotesque graphic presentations of morbid and symbolic experiences.
- *Self-identification*: with abstract and symbolic graphic presentations of realistic experiences and conflicts.
- *Ego-reintegration*: with realistic graphic presentations of realis-

tic experiences, wishes and feelings, after the patient's amelioration.

Thus, *Art-psychotherapy* is considered as the combination and the correlation between *Art-therapy* (nonverbal psychotherapy) and *Psychoanalysis* (verbal psychotherapy).

### METHADONE VERSUS INTRAVENOUS OPIATE ADDICTION: THE EVALUATION OF A SUBSTITUTION PROGRAMME

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The main reasons for establishing an oral methadone substitution programme are always based on the intention of improving physical and social conditions of drug addicts. Disregarding the problems due to HIV-infection, the somatic status of intravenous opiate addicts is primarily influenced by the drug itself and the high frequency of infectious diseases. Besides this, numerous additional behavior patterns influence the physical health of i.v. drug addicts: frequent intoxications, needle sharing, irregular food intake, promiscuitive behavior, lack of hygiene etc.

Social impairment of i.v. drug addicts is mostly reflected by a bad status of education, frequent unemployment, a poor situation of housing, frequent financial problems and a high frequency of imprisonment etc.

Evaluation of an oral methadone substitution programme was done by the comparison of patients included in this programme versus i.v. opiate addicts. 49 patients have been included into this study, 20 of which were intravenous heroine users and 29 received oral methadone substitution for at least 7 month. Physical status was determined by the following parameters: immuno-globulines, Beta 2-microglobuline, neopterin, soluble IL-2-receptor, T-lymphocytes including subsets, hepatitis serology, liver transaminases. Social status was evaluated by parameters such as level of education unemployment and frequency of delinquency etc. The inclusion criteria for all patients were a negative HIV test in the last two weeks before the immunological investigation and good physical health on the day they had blood drawn.

Surprisingly the three groups did not show any statistical differences when comparing the above mentioned somatic parameters. Referring to the social parameters, social integration was significantly worse in the heroine addicted group compared to the methadone substituted group. Most remarkable differences could be shown in the status of employment and frequency of delinquency ( $p < 0.01$ ).

### ALCOHOL USE AND ABUSE AMONG REFUGEES

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The aim of this study was to investigate the consumption of alcoholic beverages among refugees and to determine the causes of such behavior and of the disturbances connected with it.

To achieve this aim, we have examined the group of 46 male refugees, and compared their results to the control group. The results have shown that refugees have more frequently consumed the alcoholic beverages compared to the control group, what was determined at the level of statistical significance ( $p < 0.01$ ), and that among them the alcohol dependency was diagnosed more often.

The most frequent reason for drinking among refugees were anxiety (41.4%) and fear (28.3%) as a consequence of previously more frequent exposure to the stressful situations compared to the control group ( $p < 0.01$ ).

The results stress the problem of drinking the alcoholic beverages