

EV03

A common mental health disorder. This topic choice ground of Pakistan and try clear the women and my country with others

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Depression: is a mood disorder that causes a persistent feeling of sadness and loss of interest.

Signs and symptoms of depression include:

- depression and women: rates of depression in women are twice as high as they are in men;
- depression in Pakistan: globally depression affects 20% of people while in Pakistan;
- helping a depressed person: if you know someone who is depressed, it affects you too;
- to help your friend or relative.

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EV04

Kleptomania – “it was just a small fragrance in a Chinese store. . .”

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Introduction The idea that some people may not be able to control their stealing impulses emerged in 1838, when Esquirol and Marc coined the term Kleptomanie. Although there are not many studies regarding this issue, becoming therefore difficult to establish epidemiological data, various clinical samples suggest a high prevalence of the disorder. As the problem most likely become chronic when left untreated, the diagnostic approach is very important.

Aims Literature review and discussion about kleptomania, regarding a case report.

Methods Clinical interviews and literature review in PUBMED database.

Results (case report) Female patient, 62 years, with history of Personality Disorder and Persistent Depressive Disorder, confesses in psychiatric appointment that she had been caught stealing. She says that she has this “addiction to steal” since childhood, always stealing cheap stuff, that she does not need, usually giving it away to other people. She has this behavior as she feels an unexpected and irresistible impulse to steal, with increasing anxiety, which relieves when action is consumed. Afterwards she experiences feelings of shame and guilt. The patient symptoms appear to get worse in depressive relapses.

Conclusions Regarding individual, family and social impact of kleptomania is essential to assess it and to treat it promptly. Most of the patients are ashamed of their behavior, so they may not self-report. There are few and controversial data concerning treatment, but it is widely accepted that co-morbidity with mood disorders or substance use disorders is common and may interfere with treatment.

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EV05

Methamphetamine as a risk factor for myopathy

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Introduction Cardiotoxic effects of methamphetamine have been proposed in many investigations, but the risk of striated muscles involvement among methamphetamine abusers is unknown.

Methods A case-control study has begun in our teaching hospital to examine the association between methamphetamine abuse and myopathy. The study population are adult clients who admit in the electrodiagnostic medicine clinic since January 2015 with complains of weakness. For each subject with myopathy, 2 controls without myopathy are randomly selected from the same population. Self-reported history of methamphetamine abuse is acceptable in both groups.

Results A total of 56 persons with myopathy and 112 controls have been identified, of whom 5 (9 percent) and 3 (3 percent) had history of methamphetamine abuse, respectively. Persons with history of methamphetamine abuse have about three times greater chance to develop myopathy (95% CI: 1.5–5.1) as compared with controls.

Conclusion There is a misconception among some workers that some illicit drugs such as psycho stimulants can improve their ability to work. In contrast, this study demonstrates that due to harmful effect on the muscles, methamphetamine could diminish the ability to work in long time.

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EV07

Elderly-study – treatment for alcohol problems among 60+

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Introduction The western societies have a rapidly aging population and an increasing number of elderly with alcohol use disorders. *Objective* The purpose of the elderly study is to develop and test an outpatient behavior therapy program for people with an alcohol use disorders.

Aim of this abstract To investigate the association between ages, gender, drinking pattern and psychology distress.

Method The study is a randomized study expected to enroll and treat 1000 participants aged 60+ years before April 2017; 200 in USA; 400 in Germany and 400 in Denmark. To be included in the study the participants have to fulfil the DSM-5 criteria for alcohol use disorder. All participants are examined at baseline, and at four follow up interviews. After the baseline interview all participants are randomized to Motivational Enhancement Therapy (MET); or MET followed by 8 weeks of counseling based on the Community Reinforcement Approach (CRA) with a module added to address problems relevant to elderly people.