

## P-73 - ANXIETY, DEPRESSION AND QUALITY OF LIFE AMONG PATIENTS ACCESSING ALCOHOL DETOXIFICATION

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**Introduction:** Anxiety and depression are showed as more frequent in alcoholics in both epidemiological surveys and clinical samples. Affective and mood disorder in alcohol-dependent patients may have a negative impact on Quality of Life (QoL) and than on relapse.

**Objectives:** To evaluate the course of alcohol use, anxiety, depression and QoL during alcohol detoxification.

**Methods:** 126 patients entering alcohol detoxification were evaluated at the beginning, at the end and 6 month later of treatment for frequency of alcohol intake, quality of life, anxiety and depression using *Alcohol Use Disorders Identification Test* (AUDIT), *World Health Organization Quality of Life - Brief Version* (WHOQOL-BREF), *State Trait Anxiety Inventor* (STAI-Y) and *Beck Depression Inventory* (BDI).

**Results:** At the admission 78% (n=98) and 94% (n=118) of the sample presented an anxiety score above the threshold on states and traits scale respectively, 92% (n=116) showed depression ranged from mild to severe and QoL score was lower than normative levels in all domains. At the discharge, depression and state anxiety significantly decreased to normative level ( $p < 0.0001$ ), otherwise half part of the sample showed trait anxiety score above threshold. After 6 month, state anxiety was also decreased, whereas trait anxiety and depression levels increased again. QoL was significantly improved at follow-up except for psychological domain.

**Conclusions:** The negative effect of anxiety, depression and alcohol abuse on quality of life was confirmed. Follow-up results suggest that trait anxiety should maintain low levels in psychological domain of WHOQoL in alcoholdependent patients.