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ALEXITHYMIA AND DRINKING MOTIVATIONS AMONG MALE PATIENTS WITH ALCOHOL DEPENDENCY

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**Objective:** The aim of this study was to investigate the relationship between alexithymia and drinking motivations among male patients with alcohol dependency.

**Method:** Participants were 136 male patients consecutively admitted to an alcohol dependency treatment unit. The Toronto Alexithymia Scale (TAS-20) and the Drinking Motives Questionnaire—Revised (DMQ-R) were administered to all participants.

**Results:** In alexithymic group (N=44, 32.4%) duration of education was lower, whereas current age, age onset of regular alcohol use, marital and employment status did not differ between groups. Scores of drinking motives and severity of general psychopathology were higher in alexithymic group. Alexithymia total and factors of alexithymia (other than third factor) were positively correlated with drinking motives. TAS- difficulty in identifying feelings was significant covariant for enhancement, coping and confirmity motives, whereas TAS- difficulty in describing feelings was significant covariant for only confirmity motives in MANCOVA analysis.

**Conclusions:** These suggest that drinking motives may be a mediator in the relationship between alexithymia alcohol dependence.