



8th International Conference on

Addictive Disorders and Alcoholism

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Accepted Abstracts

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Factors influencing non-use of drugs among Filipino male out-of-school youth

Carmelo Jose A Buhain

Alternative Learning System, Philippines

The study sought to identify factors influencing the non-use of drugs among Filipino out-of-school youth in both the micro- and macro-level environments in terms of personal vulnerability, family structure, peer selection and influence, social activity and social awareness. This study also explores the role of formal, informal and non-formal education in developing resilience to drugs. Five Filipino male out-of-school youth non-users ages 15-30 years old from Barangay Nangka in Marikina city were the participants for this study and data from questionnaire, life-story essay, unfinished statements, participant observation and social media post were triangulated to ensure objectivity. This study made use the modified grounded theory approach for it permitted the researcher to get immersed deeply within the data. The study reveals five factors influencing non-use of drugs among Filipino male out-of-school youth and these are the following: strong spiritual foundation, close family ties, positive peer relationship, interest in recreational activities and active community involvement. The contribution of formal, informal and non-formal education to the non-use of drugs among male Filipino OSY was found to be strongly relevant as it helps them in developing life skills and values for a sound drug literacy. The researcher desire that this study will serve as stepping stone towards exploring other issues concerning drug use in the Philippines particularly those that can help provide evidence on the effectiveness of local drug prevention initiatives, as well as strengthening values education program by integrating it across learning areas in all grade levels in formal education and non-formal education, and incorporating spiritual education and development of sports and social support system under the alternative learning system curriculum.

cjbuhain26@gmail.com

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Factors affecting dose of methadone among patients receiving methadone maintenance therapy: A retrospective study in Taiwan

Dian-Jeng Li¹, Hung-Chi Wu¹ and Cheng-Fang Yen²

¹Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Taiwan

²Kaohsiung Medical University Hospital, Taiwan

Background & Aim: Methadone has been approved to be an effectively therapeutic strategy for opioid users. However, few studies had investigated association between dose of Methadone Maintenance Treatment (MMT) and related factors. Our study aimed to investigate potential factors of them.

Methods: This retrospective study included newly patients with opioid dependence at outpatient department in the Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Taiwan. Primary outcome would be set as daily doses of methadone. The potential predictors, which were presented with categorical variables, included sex, employment status, present of sleep disorder, and marital status. Continuous variables as predictors included age, age at initial MMT, educational level, and attendance rates. The Generalized Estimating Equations (GEEs) were used to analyze the effect of potential variables over time on primary outcome.

Results: Of the 1290 patients, 85.3% (n=1100) were male, and 36.4% (n=469) of patients were comorbid with sleep disorder. Patients comorbid with sleep disorder had higher doses of daily methadone than those without sleep disorder (Estimate: 7.03, $P<0.001$). Younger age (Estimate: -1.22, $P<0.001$) and older age at initial MMT (Estimate: 0.44, $P<0.001$) significantly related to higher doses of MMT. Furthermore, lower educational level (Estimate: -0.90, $P=0.003$) and attendance rates (Estimate: -0.14, $P=0.033$) significantly associated with higher doses of daily methadone among patients undergoing MMT. For the remaining variables, all of them did not reached statistical significance.

Conclusion: We reported that several variables were associated with dose of MMT. Future studies will be necessary to replicate our findings and extend the universality.

edcrfvm45@hotmail.com

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The effectiveness of group motivational therapy on motivation to change among male substance abusers in a controlled environment

Eid Galal Abo Hamza
Qatar University, Qatar

Aim: The purpose of this study is to examine the effectiveness of Motivational Enhancement Therapy (MET) on motivation to change as measured by the University of Rhode Island Change Assessment (URICA) in a controlled environment.

Methods: The treatment program contains 10 sessions; 2 sessions every week in a group format. Participants were drawn from a convenience sample of 22 adolescent males (treatment group n=11; control group n=11) who were in a mandated residential adolescent substance abuse program and who held a formal diagnosis of substance abuse or dependence. One-way repeated measures ANOVA utilized to examine the difference in the means of URICA among participants whose scores were recorded at three different times: Before treatment, after treatment and after a 5 weeks follow up.

Results: The overall results show that there is a statistical significance for the time effect. Additionally, there is a significant difference for the group time interaction effect, which indicates that the MET intervention is significant across time. Further, the simple main effects show no significant difference for the control group across times, but did find significant differences for the experimental group. Finally, tests on the group simple main effect indicated significant differences between control and experimental groups at the pre-assessment, but no significance difference were found between the control group and experimental group in either the post-assessment or follow-up assessments.

Conclusion: Implications of the study and suggestions for future research are explored further, the research recommend using EMT.

eabohamza@qu.edu.qa

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Addictions and the family: A dual diagnosis

Manju Madhusudhanan

PSNA College of Engineering and Technology, India

Recovery from substance abuse is a supportive process; the support of family and friends often plays a large role in recovery from substance abuse. As a family member, spouse or friends, the supporting role can be crucial and confusable to help the loved ones focus on his or her health and recovery. The person addicted to any substance cannot be considered as cured as soon as they step out of a de-addiction or a rehabilitation center as recovery from substance abuse is just not quitting the substance, it is about the life style change of the affected person on a day to day basis which is impossible for him to do it alone. The role of family members in recovery from addiction has been discussed in several researches. This study tries to find out the effect of behavioral modification adopted by the family members to support the patient recovery after the treatment from de-addiction and rehabilitation centers. For this research, suffering families were identified across Tamil Nadu state in India. Where, in few families were taught about BMT (Behavioral Modification Techniques) and remaining families could follow their own method of handling patient who had come out from the treatment centers. As a result, it has been observed from the study that families followed BMT were able to support their loved one's recovery positively than with the families who didn't follow the BMT.

manju.phd@yahoo.com

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The effectiveness of GSC, nicotine and combination treatment on smoking cessation of COPD patients

Fatemeh Taghizadeh and Mehran Zarghami
Mazandaran University of Medical Sciences, Iran

Statement of the Problem: Chronic Obstructive Pulmonary Disease (COPD), usually caused by tobacco smoking, is one of the leading causes of morbidity and mortality. Smoking cessation at an early stage of the disease usually stops further progression. A study was undertaken to determine if diagnosis of airway obstruction was associated with subsequent success in smoking cessation, as nicotine gums (2 mg), or GSC (guided self- change) and combine (nicotine and GSC).

Methodology & Theoretical Orientation: We did a randomized-controlled trial in Sari, Iran, between Sept 6, 2016, and Sept 5, 2017. Adult (≥ 45 years) smokers wanting to quit were randomized (with computerized block randomization), sex [men], and COPD, nicotine gums (2 mg), or GSC (guided self- change) and combine (nicotine and GSC). The primary outcome was FEV1 and biochemically verified continuous abstinence at 6 months (exhaled breath carbon monoxide measurement < 6 ppm). Primary analysis was by intention to treat. This trial is registered with the Iran Clinical Trials Registry, number IRCT201609271457N11.

Findings: 57 people were randomized (19 to GSC, 19 to nicotine gum and 19 to combine of them) and were included in the intention-to-treat analysis. At 6 months, verified abstinence was 15.8% (9 of 57) with GSC, 7% (4 of 57) with nicotine gum and 15.8% (9 of 57) with combine. In order to study and compare nicotine and combination therapy groups with GSC, it was determined by multivariate analysis of GEE that FEV₁-pred levels in the nicotine group were lower than GSC and were statistically significant marginally (-0.28, CI 0.95: -0.57-0.01) and PV=0.05. Also, this variable was less in the combined group than in the GSC group, but this difference was not statistically significant (-0.16, CI 0.95: -0.44-0.1) and PV=0.26. The level of FEV₁-act in the nicotine group was lower than the GSC group and was statistically significant (-0.5, CI 0.95: -0.9 - (- 0.12)) and PV=0.009. Also, this variable was also lower in the combined group than in the GSC group and was statistically significant (-0.38, CI 0.95: -0.72 - (- 0.05)) and PV=0.03. The FEV₁-actpred level in the nicotine group was lower than the GSC group and was statistically significant (-9.7, CI 0.95: -17.9 - (- 1.5)) and PV=0.02. Also, the level of this variable in the combined group was lower than the nicotine group, but it was not statistically significant (-7.4, CI 0.95: -15.8-0.9) and PV=0.08.

Conclusion & Significance: The effectiveness of GSC on smoking cessation and increasing FEV1 in 6 months was significant.

fatemehtaghizadeh93@gmail.com

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What is the nature of the bond between psychoactive substance use and artistic creation?

Fruzsina Iszák¹, Mark Griffiths² and Zsolt Demetrovics¹

¹ELTE University, Hungary

²Nottingham Trent University, UK

Statement of the Problem: The connection between the use of psychoactive substances and the artistic creation and creativity is a long-standing topic. This bond is often marked as mysterious and is popularized a lot by the media. However, science does not state a clear viewpoint in the topic. Based on this, a systematic review about the relationship between psychoactive substances and the artistic creation and creativity was conducted.

Methodology: In this presentation, the summary of this review is introduced which means a total of 19 studies. These include all the empirical publications and case reports that had been published in English in peer-reviewed journals or scientific books.

Findings: The general results suggest that there is an association between creativity and substance use. However, because of the diversity of the studies, it is still not clear whether substance use directly facilitates creativity or the artistic creative process.

Conclusion: It is concluded that specific skills might be changed as a consequence of substance use and therefore might have an effect on the style of creation.

cgaspari@gmail.com

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Improving addiction treatment outcomes through intervention, case management and family involvement

Karen Franklin

Family Intervention & Recovery Services LLC, USA

Statement of the Problem: Studies have confirmed the central role of family in addiction treatment positively impacts outcomes. Addiction recovery may appear to be a personal journey; however, it often actually ends up being a group effort. Family members have a role to play in every phase of addressing addiction; from the earliest stages of encouraging them to seek treatment on through the maintenance of ongoing recovery.

Methodology & Theoretical Orientation: Intervention helps to change perspectives for many families giving them the first exposure to addiction as a disorder affecting the brain of the person struggling. The family is educated on how their own denial and how enabling of the problem plays into the cycle that is addiction. When the family stops contributing to the problem, there is the beginning of change to break the cycle. Without education, the family continues in the cycle of dysfunction, chaos and distress.

Findings: A study at a treatment facility in India examined whether family members involvement in intervention and relapse prevention would improve the individual's success in remaining sober. The study was conducted by Prasanthi Nattala, Kit Sang Leung, Nagarajaiah and Pratima Muthy. The intervention group participants consistently showed better results than those in the non-intervention group on all of the outcomes, such as reduction in quantity of alcohol, drinking days and number of days with dysfunction in family, occupational and financial dimensions. The study's findings show the important of family "buy-in" when an individual enters treatment for alcohol use disorder. The involvement of a family member helps ensure that an individual will be successful in avoiding relapse.

Conclusion & Significance: On-going involvement in case management, family recovery coaching and after care planning by an intervention professional, helps the family to begin their own journey of recovery which in turn helps them to become stronger and more supportive in healthy behaviors.

olusegunojedoyin@gmail.com

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Predictors of retention in methadone maintenance treatment (MMT): An Indonesian perspective**Kristiana Siste Kurniasanti**

University of Indonesia, Indonesia

Dr. Cipto Mangunkusumo National Central General Hospital, Indonesia

Statement of the Problem: In Indonesia, about 4 million people aged between 10 to 59 years old used illegal drugs in 2014 and around 15% of those were injecting drug users (IDUs) associated with the HIV/AIDS cases. Methadone Maintenance Treatment (MMT) was conducted in Indonesia as a harm reduction program focusing on IDUs. Despite its effectiveness and advantages, several drop outs were recorded. Predictor factors, such as program, patient and social characteristics, were needed to assess the treatment retention. This study aimed to evaluate the rate and to identify the predictors of MMT retention among patients with opioid dependence in Indonesia.

Methodology & Theoretical Orientation: This study was a quantitative research conducted on 264 subjects with opioid dependence who met the inclusion and exclusion criteria through consecutive sampling established in four community health centers in Jakarta. They were measured for independent variables using geographic data, SCL-90, ASI and URICA, before started the MMT. On the third and sixth month, they were evaluated and measured for retention. The data were analyzed using univariate Chi-square/Mann-Whitney test and multivariate logistic regression test.

Findings: Among 264 subjects who enrolled in this study, 227 were male (86.0%) and 37 were female (14.0%), aged 29-37 years old and received 50.0-133.8 mg of methadone dose. There was no subject who lost to follow-up. The retention rate was 91.3% (n=241) after 6 months. Predictors of retention found in the study including: (1) Financial support (p=0.029), (2) History of psychiatric problem (p=0.031), (3) Action motivation (p=0.004) and (4) Contemplation motivation (p=0.016).

Conclusion & Significance: From the study, we can conclude that financial support and history of psychiatric problem were positive predictors for MMT retention. Furthermore, motivation did contribute to the retention, while contemplation motivation was a positive predictor for retention, action motivation proven otherwise. Therefore, intervention program is needed for the patients who are prone to drop out.

ksiste@yahoo.com

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Morphine-induced conditioned place preference increases dendritic spine densities and enhances drug relaps

Mina Sadighi Alvandi^{1,2}, Judith Homberg¹ and Yaghoub Fathollahi²

¹Radboud University Medical Centre, Netherlands

²Tarbiat Modares University, Iran

Statement of the Problem: Drugs of abuse have the potential to produce structural and functional changes in the brain that are implicated in learning and memory. Dendritic spines represent key components involved in these changes, as they drive neuronal connectivity and synaptic plasticity. The overall aim of this study was to evaluate the effect of morphine-induced Conditioned Place Preference (CPP) on the dendritic spine density in the ventral hippocampus, a region involved in associative memory and emotional behaviors.

Methodology & Theoretical Orientation: Male Sprague Dawley rats (320-400 g) were subjected to the morphine-induced CPP test during 10 days, consisting of a pre-test, 8 conditioning trials and a post-test. During conditioning days, rats received 10 mg/kg morphine. After the post-test, rats were anesthetized and brains were removed. The brains were subjected to Golgi staining to evaluate changes in spine density.

Finding: The results showed that rats that received morphine exhibited more place conditioning as compared to saline treated rats and rats that were exposed to the CPP paradigm without any injections. Locomotor activity did not change significantly in these groups. The morphine-CPP group displayed a significant increase in spine density as compared to the saline-CPP and CPP without injection groups in the dentate gyrus and CA1 area of the ventral hippocampus.

Conclusion & Significance: In conclusion, our findings support the idea that morphine-induced reward-related memory is associated with synaptic plasticity changes by up-regulation of spine density in the ventral hippocampus. Such neural changes could underlie contextual cue-induced drug relapse in morphine exposure subjects.

mina_sadighi@yahoo.com

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The trauma heart

Judith T Crane

Institute of Technology, USA

We live in an age of trauma. The majority of people who are addicted to substances and/or afflicted with process addictions are trauma survivors. Many people who are caught in the web of addiction don't identify as trauma survivors until their personal, familial, intergenerational and in-uterine history is fully understood. When we recognize that childhood trauma, including abandonment and neglect are the building blocks of a person's blueprint for functioning and thriving, we can understand the power of addiction as a soothing and survival mechanism offering relief and release from the emotional and psychic pain of trauma. These addictions are learned very early in life. Unfortunately, research shows that relapse is inevitable without trauma resolution. The core of this presentation is this realization that 90% of addicts are trauma survivors. Families often believe that their loved one must be bad and the addict begins to believe it too and the hopelessness ensues. When we unravel the trauma the behaviors make sense. When one of our clients begins to "act out" at 8 or 12, they are often diagnosed with ADHD or oppositional defiance when in fact they're holding a secret of sexual abuse or a family secret of domestic violence, infidelity or substance abuse. The truth of the behavior is that "we are not bad people trying to get good we are wounded people trying to heal". The whole family is embroiled in their own survival coping mechanisms the addicted member is often the red flag indicating that the whole family needs healing. This presentation explores making sense of behaviors, how to identify the signs that trauma may be an issue with your client and their families and offers the stories and process of healing that has worked with the most "resistant" clients which translates to our most wounded clients.

jcrane@theguesthouseocala.com

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Poverty leading to drug addiction

Mwambu Margaret Jane

Nkumba University, Uganda

Drug abuse is becoming an increasing problem among students in Uganda. The major cause for concern is that a high proportion of the Ugandan youth in secondary schools are involved in drugs (NACADA 2012). As a result, these young people eventually become addicted, posing a threat to their own health and safety. This study sought to establish the current trend of drug abuse among students in Ugandan secondary schools. The aim was to analyze the strategies used to address the problem and propose prevention and intervention measures. This article reports on the findings of the study which was carried out in Uganda. The study, being descriptive in nature, adopted a field survey approach to collect both quantitative and qualitative data using structured questionnaires and interviews. The sample population consisted of students, teachers and parents from selected secondary schools in, Uganda. Some of the major findings of the study showed that drug abuse is widespread among students, regardless of gender and that there is a strong relationship between drug abuse and family members using/abusing drugs, as well as the easy availability of drugs to students. The findings also emphasize key challenges in addressing the drug abuse problem among students. The study makes several recommendations for developing strategies for drug abuse prevention and intervention.

jajazinchrist25@yahoo.com

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Investigating the role of self-efficacy in alcohol and nicotine dependence: A study conducted to provide empirical evidence to generate a therapeutic model for drug dependence to Sri Lanka

Naren Selvaratnam, Dantanarayana D and Pothmulla L
Colombo Institute of Research and Psychology, Sri Lanka

Statement of the Problem: Alcohol and nicotine dependence has become one of the main concerns in the country. This is one of the determinants that debilitate the subjective well-being of many individuals in the country at present. Although cognitive behavior therapy and motivational interviewing are commonly used as recovery interventions through psychiatry, the importance of enhancing efficacy beliefs on self has never been considered separately in both psychiatry and psychology to address dependence. The principal researcher develops a therapeutic model to investigate the applicability of the model to be used in the country's blooming field of psychology.

Methodology & Theoretical Orientation: This is a multi-phased study currently been conducted. The current paper is dedicated for the first phase of the study, where the Generalized Self-Efficacy Scale (GSES) is culturally adapted and statistically validated on a randomly selected sample. Psychometric properties including reliability and validity were investigated. A second study was conducted to investigate self-efficacy's ability to predict drug usage/dependence on a conveniently selected sample. A regression analysis was conducted to investigate the proposed hypothesis and a one-way ANOVA analysis was conducted to investigate the mean self-efficacy scores for non-drug users, alcohol only users, and both alcohol and nicotine users.

Result & Conclusion: The scale was successfully adapted and validated. GSES generated a reliability of alpha 0.858 and the 10-item scale demonstrated unidimensionality adhering to original authors findings. This was done through principal component analysis and principal axis factoring. The second study of phase-I demonstrated a moderate negative relationship between self-efficacy and drug usage. The one-way ANOVA conducted demonstrated drug users to have a significantly lower score of efficacy compared to non-users. The two studies conducted provided the required empirical evidence to continue with the second phase of the study.

naren@researchandpsychology.com

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Magnitude and predictors of alcohol misuse in Ethiopia: Findings from the 2015 national non-communicable disease stepwise survey

Theodros Getachew Zemedu¹, Atkure Defar¹, Habtamu Teklie¹, Geremew Gonfa¹, Alemayehu Bekele², Abebe Bekele¹, Terefe Gelibo¹, Kassahun Amenu¹, Tefera Tadele¹, Girum Taye¹, Misrak Getinet¹, Feyissa Chala¹, Kissi Mudie¹, Mulugeta Guta¹, Yeweyenharg Feleke^{3,5}, Fassil Shiferaw⁴, Yewondwossen Tadesse⁵, Dejjuma Yadeta⁵, Mussie G/Michael⁶, Yabetse Girma⁷ and Tedla Kebede⁵

¹Ethiopian Public Health Institute, Ethiopia

²Ethiopian Public Health Association, Ethiopia

³Ethiopian Medical Association, Ethiopia

⁴World Health Organization, Ethiopia

⁵Addis Ababa University, Ethiopia

⁶Ministry of Health, Ethiopia

⁷Tuberculosis and Rehabilitation Training Center, Ethiopia

Background & Purpose: Alcohol is a psychoactive substance with dependence-producing properties. Consumption of alcohol and the related problems vary widely around the world. The burden of disease and death associated to alcohol remains significant in most countries. Less is known and noted on alcohol misuse in Ethiopia. The main purpose of this study was to determine the magnitude and predictors of alcohol use in Ethiopia.

Method: The WHO stepwise approach to the surveillance of NCDs risk factors was used and, a community-based cross-sectional study was carried out. Mix of stratified, three-stage cluster and simple random sampling were used to the study setting or clusters and households. Kish sampling method was used to identify the study participant from the selected households. The sampling frame was based on the population and housing census conducted for Ethiopia in 2007. Data were collected using WHO NCD STEPs questionnaire; alcohol misuse was taken as a dependent variable. Five hundred thirteen EAs as PSUs (404 rural and 109 urban) were selected with probability proportionate to size, followed by selection of households as a Secondary Sampling Units (SSUs). A total of 10,260 households were selected from the 513 EAs (20 households per EA). Eligible individuals were selected from household using Kish method. Descriptive statistics including frequency table, mean, median, interquartile range and standard deviations were computed. Binary logistic regression was used to analyze the independent predictors of Alcohol misuse. An Estimator of 95% confidence interval was used both in computing frequencies and the predictors.

Result: A total of 9,800 participants were interviewed in the study. The majority, 5,823 (59.4%), of the study subjects were female and 3,959 (40.4%) were 15-29 years of age. The overall lifetime prevalence was 49.3% and among them 89.6% drinks alcohol in the 12-months preceding the survey. Among the lifetime drinkers, 92% are current alcohol user. 29% of life time alcohol user stopped drinking due to health reasons. In multivariate logistic regression, factors independently associated with alcohol misuse/binge alcohol use after adjusting for other characteristics were sex, residence type, marital status and current smoking status.

Conclusion: Half of the Ethiopian population reported drinking alcohol at some point in their lives. The findings would be helpful to initiate effective alcohol prevention and control programs focusing on rural and would also serve as a stimulator to conduct further longitudinal studies on this topic in Ethiopia.

tedi.getachew@yahoo.com

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Exploration of psychological distress among care givers in ayurvedic treatment setting

Hemant Gupta and G V Ramana

National Institute of Mental Health and Neurosciences, India

Statement of the Problem: Caring for a patient with psychiatric illness affects the family caregiver's quality of life. The burden experienced by caregivers of patients of psychiatric illness has been associated with increased incidences of depression, anxiety and mental health service use. As caregiver burden is also associated with poor patient treatment outcome, these findings may indicate a source of distress not only for caregivers, but also for patients.

Objectives: The aim of the present work is to explore the psychological distress among caregivers of psychiatric inpatient at ayurvedic center, to examine quality of life of the caregivers and to examine nicotine dependence among caregiver.

Methodology & Theoretical Orientation: This is a cross sectional normative study of 40 caregivers of psychiatric inpatient at ayurvedic center, NIMHANS. The care givers who are willing to participate and are familiar with English and regional language were included. Participants were excluded if they had history of neurological/neurosurgical/psychiatric illness.

Findings: The impact of caring for someone with mental illness brings the risk of mental ill health to the carer in the form of emotional stress, depressive symptoms or clinical depression. Most individuals with mental disorders live in their own homes and cared by family members. The caring process can be very taxing and exhausting if the care recipient has a severe mental disorder. Providing such long term care can be a source of significant stress. The behavioral problems associated with mental disorders further increases the stress levels of the carer and therefore impacts significantly on the mental health.

Conclusion & Significance: Care givers mental health has a direct consequence of their caring role and experience higher rates of mental ill health than the general population, this leads to negative effect on the quality of life of the carer and the standard of care and the standard of care delivered. Efforts to identify and treat care givers psychological distress will need to be multidisciplinary, require consideration of the cultural context of the patient and care giver and focus on multiple risk factors simultaneously.

hemantgupta04@yahoo.com