



8th International Conference on

Addictive Disorders and Alcoholism

May 17-18, 2018 Singapore

Workshop (Day 1)

8th International Conference on

ADDICTIVE DISORDERS AND ALCOHOLISM

May 17-18, 2018 Singapore



Colin LaGalia

Abbott, Singapore

Drug of abuse testing for synthetic cannabinoids and psychoactive drugs

This presentation provides an insight into synthetic cannabinoids; what they are, how they work and their mind altering impact on drug users. The presentation will take a look at the 7 major structural groups for synthetic cannabinoids and associated effects. The author will also discuss the new psychoactive substances and the evolution of these drugs in our society as well as address suitable drug testing techniques available for these products. The presentation takes a look at the features and benefits, analytical specificity, analytical selectivity and drug testing matrices. This presentation also shares which synthetic and psychoactive drugs we can currently test and provide a solution for to our stakeholders, employers and corporate customers.

Biography

Colin LaGalia is the Regional Business Director, Toxicology for the Asia Pacific, China and Japan Region, based in Singapore. He has worked extensively across the Asia Pacific, North Asia, China and Japan regions in both Corporate Commercial and Consulting roles for the past 15 years with strong established business relationships. He is responsible for providing guidance and direction on all toxicology related matters within the region, including drug and alcohol testing, product knowledge, product training and sales and marketing support and key opinion leader advocacy. He has a passion developing people capability and advocates for the importance of drug and alcohol screening to ensure safety on our roads and in our workplaces to reduce accidents and save lives. He works with the APAC Country Leaders, Toxicology Leads and the Toxicology Global Business Community to identify and develop drug and alcohol testing policies and procedures at government, police and corporate levels.

Colin.LaGalia@alere.com**Notes:**

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*Lissy Ann Puno**International Counselling & Psychology Centre, Singapore***Affairs don't just happen: A challenge to relationships and marriages**

Relationships and Marriages have increasingly been faced with challenges of boredom, disillusionment and infidelity. Couples are finding themselves faced with the threat of ending the relationship sooner and find themselves at a loss on how to strengthen their relationships. Extra relational and extra marital affairs have been increasingly on the rise. Why has it gotten out of control? When is it out of control? Is addiction the culprit? Several studies have seen parallel behaviors in one who is having an affair to one that is experiencing an addiction. What does this tell us about the relationship between infidelity and addictions? Because of this, can infidelity be solely attributed to sex addiction or influenced by other addictions? An understanding of the stages of a love relationship is crucial. The theory of how the unconscious pull of attraction can eventually lead to disillusionment that creates vulnerability towards infidelity will be discussed. This period of vulnerability can indirectly be setting up the stage for an affair amidst the current trend of relationships being disposable and replaceable. Patterns of behavior amidst emotional turmoil will be identified as one may find themselves trapped in the web of intrigues, deception, shame and betrayal that comes with affair discovery. The pain, hopelessness and helplessness during this time may also lead to addictive behavior. Discover ways to nurture a relationship back into trust, safety and commitment through effective relational skills versus destructive and ineffective coping actions. Find ways to feel understood and valued through the years. Stay connected with your spouse to feel cherished and deeply connected as they experience each other at different stages of life.

Biography

Lissy Ann Puno is the Co-Founder of the International Counseling & Psychology Centre in Singapore. With 27 years of extensive experience practicing in the region, her work started in the USA and has covered Thailand, Malaysia, the Philippines and now Singapore handling both the local and expatriate community. She offers counseling and psychotherapy across the developmental stages; child, adolescent, adult, couple and family counseling and psychotherapy, talks, trainings and workshops. Her special interest is in parenting, relationships and marital enhancements and midlife transitions. She has completed her Master's degree in Counseling Psychology from Lesley University in Cambridge, Massachusetts, USA. She is an author of two books entitled *Affairs Don't Just Happen* and *Stay Connected*.

lissy@intlcounseling.com**Notes:**



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Is addiction a state of mind issue rather than a disease issue?

Jacqueline Hollows

Beyond Recovery CIC, UK

Statement of the Problem: Addiction is prolific in the UK Criminal Justice System with 64% of prisoners having used Class A drugs at some point in their life and 22% having drunk alcohol every day in the four weeks before they were admitted to custody. Substance misuse continues whilst people are residing in custody leading to increased violence, debt, family breakdowns and chaotic lifestyles. Mental health issues are closely linked to these problems and people classed as dual diagnosis can often find it difficult to obtain help as many interventions aim to assist one or the other rather than both.

Methodology & Theoretical Orientation: Using a new approach known as the Three Principles, Beyond Recovery designed a study comparing participants receiving the new approach to participants receiving all other interventions but not the new approach. This comprised of one 3-hour session per week for 10 weeks; six separate programs were run. 75 prisoners started and 53 completed the full course; the others dropped out, were transferred to other prisons or were released.

Findings: Prisoners who participated in the program had significant increases in all of the four key factors measured: Thought recognition, innate health via a clear mind, well-being; and purpose; significant decreases in three of the further tests measuring anxiety, anger and depression (with depression being the only one with no significant improvement). Dramatically improved behavior was also recorded by prison staff.

Conclusion & Significance: The conclusion of this study is that the approach used by Beyond Recovery is effective in a prison setting, resulting in improved well-being and behavior. Although this is not a perfect research study (very few are, particularly in prison) it is well-designed using impartial and well-respected psychological measures and supports the view that the Three Principles approach can be effective in prison settings.

Biography

Jacqueline Hollows is the Founder of Beyond Recovery; a social enterprise aiming to improve the health and wellbeing of prisoners in Europe through a pioneering new approach. She is currently working with HMP Onley and HMP Rye Hill with staff and inmates.

jacqueline@beyond-recovery.co.uk

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The role of mindfulness in treating addictive disorders and rehabilitation**Kathirasan K**

Centre for Mindfulness, Singapore

Statement of the Problem: Mindfulness was originally introduced as a participatory medicine and complementary therapy in hospital settings in the 1970s. Since then, countless research experiments on mindfulness practices have shown positive results in the areas of physical and cognitive challenges with a strong impact on the latter.

Methodology & Theoretical Orientation: The connection between rehabilitation in the areas of addiction and mindfulness has also become dominant discussion since the advent of Mindfulness-Based Cognitive Therapy (MBCT) and Mindfulness-Based Relapse Prevention (MBRP) which are variants of mindfulness practices. Research findings suggest positive effects on relapse prevention for addiction and other associated dysfunctions.

Findings: While the results from these research findings appear to suggest that Mindfulness can be favorable to positive change, it is important to: (1) Distinguish between the practices related to mindfulness and MBCT/ MBRP, (2) Understand the uniqueness of this alternative treatment and relief and (3) Review early results from trials and other studies.

Conclusion & Significance: Hence a review and discussion about both mindfulness and MBRP can provide significant insights into the uniqueness of mindfulness interventions in helping people with addiction. The different perspectives to addiction could also be examined according to mindfulness traditions. Without such discussions, the effectiveness of mindfulness in addictive disorders cannot be adequately appreciated in spite of its growing success.

Biography

Kathirasan K is the Founder and Director of Centre for Mindfulness, Singapore. He is also the author of the book *Mindfulness in 8 Days*. He is an established mindfulness teacher and practitioner, with a background in yoga, yoga philosophy, organizational development, leadership and education. He has been teaching contemplative practices and philosophy for more than a decade. He is currently a Doctoral candidate with the Hindu University of America researching in the subject of Yoga Philosophy and Meditation. He is also a certified Yoga Instructor. He has completed Master's degree in Business Administration (MBA) from the University of Wolverhampton.

kathir@centreformindfulness.sg

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Effects of *Camellia sinensis* in alcohol abstinence anxiety, depression and gene expression analysis in hippocampus of rats

Girdhari Lal Gupta¹ and Oseen Thakur²

¹SVKM's NMIMS University, India

²Jaypee University of Information Technology, India

Statement of the Problem: Alcoholism is a serious public health problem that often results in medical, social (violent crimes and traffic accidents) and economic consequences throughout the world. There has been increasing thrust worldwide to opt for safer and effective plant-derived anti-addiction drugs mentioned in the traditional medical systems. Green tea (*Camellia sinensis*, family *Theaceae*) have huge medicinal uses and traditionally used for the treatment of alcohol disorders. Therefore, we evaluated the effect of *Camellia sinensis* in alcohol abstinence syndrome, developed following long-term voluntary alcohol intake in rats.

Methodology & Theoretical Orientation: The hydro-alcoholic extract of *Camellia sinensis* leaves (HECS) was first characterized for the presence of epigallocatechin gallate (15.73% w/w), and subsequently acute, sub-acute toxicity studies were also performed. For evaluation of the effects of HECS in ethanol abstinence syndrome, healthy Wistar rats were enabled to voluntary drinking of 9% v/v alcohol for 15 days. The behavior studies were conducted employing tail suspension test, forced swim test, light-dark model and elevated-plus maze test on day 16th, 17th and 18th and peak ethanol withdrawal syndrome were determined. HECS (50, 100 and 200 mg/kg) and standard drug diazepam were administered orally during withdrawal symptoms. Oxidative stress parameters, serum serotonin, expression of *GABRA1*, *GABRA2*, *GABRA3*, *GABRA4*, *GABRA5* genes for GABA_A receptor and *GRIN1*, *GRIN2A*, *GRIN2B* genes for NMDA-glutamate receptor in hippocampus of rats were also determined.

Findings: The results revealed that no observed adverse effect level was higher than 2000 mg/kg, orally. HECS exhibited significant protective effect at doses 100 and 200 mg/kg, but 50 mg/kg showed insignificant protection against alcohol abstinence syndrome like anxiety and depression. The increased expression of *GRIN2A*, *GRIN2B* and decreased expression of *GABRA1*, *GABRA2*, *GABRA4* following ethanol abstinence were also reversed by HECS at doses 100 and 200 mg/kg.

Conclusion & Significance: Thus, HECS has remarkable protective effects in ethanol abstinence syndrome, which may be due to its antioxidant, serotonergic, GABA-mimetic or anti-glutamatergic effect.

Biography

Girdhari Lal Gupta has received his MPharm degree in Pharmacology and PhD in Pharmaceutical Sciences in year 2005 and 2009, respectively. He is currently working as an Associate Professor, Department of Pharmacology at SPP School of Pharmacy and Technology Management, SVKM's NMIMS University, Mumbai, India. He has published several scientific papers in peer-reviewed journals and presented his research work in conferences of national and international repute. He has also received Young Scientists Award, Travel grants, best oral presentation award, Government funded research projects from Science Engineering and Research Board, Indian Council of Medical Research. He is a Life Member of several professional bodies including Indian Pharmaceutical Association, Society for Ethnopharmacology, Indian Pharmacological Society, Association of Pharmaceutical Teachers of India and Indian Pharmacy Graduates' Association. He has also been nominated as CPCSEA Member by Animal Welfare Division, Ministry of Environment, Forests and Climate Change, Government of India.

girdharilal.gupta@nmims.edu

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Adopting a holistic approach to overcoming alcoholism

Ram Dubey

Registered Clinical Counselor and Accredited Mediator, Singapore

Statement of the Problem: There is a lack of awareness about dangers of problem drinking as well as what to do if somebody has become addicted to it. Social acceptance, associated glamour, career and potential life success benefits often encourage indulgence. When the drinking goes overboard the reverse happens. By this time, addiction may have set in and people, family and friends are at a loss what to do.

Methodology & Theoretical Orientation: Review of books and research shows that ad hoc attempts to resolve the problem, by adopting a piece meal approach of seeking either medical, support group or counseling help often meets with limited recovery.

Findings: One needs to get sober and approach impacts of alcohol on them with honesty, openness, positivity and endurance. They need to take a holistic approach to recovery.

Conclusion & Significance: The SPERM model to overcoming alcoholism and leading fulfilling lives encourages people to get a new life away from alcohol. The acronym is to remind people that the new life should go beyond just seeking medical and counseling help and include rebuilding spiritual, physical, emotional, relational and mental health. The model has been put together from the reading of various books and research done in the addiction and alcoholism area. This is not a research book or paper. It is just an effort to demystify the help available for alcohol addiction and an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

Biography

Ram Dubey is a Registered Clinical Counselor, Accredited Mediator and author of the book *From Drunken to Driven*. He provides individual and group counseling as well as mediation and training in private and institutional settings. Being a former Regional Director in a Banking Software House, he now engages in building social awareness about alcoholism and the harm it brings to people, families and communities. His aim is to encourage people to seek help early and get on the path to recovery. He has also been awarded the Abdeali Tayebali Family Trust Gold Medal by the Muslim Kidney Action Association in recognition of his social work and publication of his book to help the community.

dubeyram@singnet.com.sg

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Using laughter therapy to beat stress

Suchi Deshpande

Happiness Strategist and Laughter Coach, Singapore

Stress has been shown to be a key risk factor in addiction initiation, maintenance and relapse. Stressful life events combined with poor coping skills often bring risk of substance abuse and addiction. Research and review of literature on stress management shows that while it may not be possible to eliminate stress, we can find healthy ways to manage it. Laughter is one such healthy coping mechanism. Laughter has been shown to boost immunity and improve quality of life. It is being shown to be non-invasive and a complementary and alternative therapy in helping people avoid stress and even addiction as well as help in recovery from various ailments. Laughter therapy provides a therapeutic way of dealing with stress. This session aims to share tips with participants on the use of laughter in our daily lives to alleviate stress and use it to get more resilient against addiction and other diseases.

Biography

Suchi is a citizen of Singapore. She studied at Ngee Ann Polytechnic of Singapore. She enjoyed being the operating manager of International Pre Schools of Singapore for years before moving on to become the trainer of Right Brain Development. The position of Chair ~Asia Global Goodwill Ambassadors, LinkedIn is given to her based on her community works. At present she is enjoying roles which include Mentoring, Guiding & Managing language schools. She has spoken to thousands at Schools, Universities, Hospitals and Senior Activity Centres. She loves to facilitate Seminar, Workshops, Conferences and Summits on the topics related to mental health and self-development. She is passionate about working together with other professionals to empower millions so that they feel at their best. She wishes to spread peace, love, light and laughter across the globe.

suchi11sg@gmail.com

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Depression, marital dissatisfaction and problem drinking among adults in Republic of Korea**Myeong-Sook Yoon and Wan-Kyeong Park**
Chonbuk National University, Republic of Korea

Statement of the Problem: This study is aimed to investigate the mediating effect of depression between marital dissatisfaction and problem drinking among married men and women in Republic of Korea. People with alcohol problems report low confidence about resolving marital disagreements with their partner. High family conflict and low levels of family cohesion and support increase the likelihood of problem drinking and depression.

Methodology & Theoretical Orientation: The subjects of this study are 724 married men and women aged 20-49 years old. AUDIT-K, marital dissatisfaction scale, patient health questionnaire (PHQ-9) was used for assessment. Collected data was analyzed by AMOS 22.0.

Findings: Marital dissatisfaction had a significant relationship with depression, but marital dissatisfaction did not show a significant association with problem drinking and depression fully mediated the relationship between marital dissatisfaction and problem drinking.

Conclusion & Significance: Depression in married men and women was a significant variable for marital relationship status and problem drinking. The implications and limitations of these findings are discussed, and directions for future studies are proposed.

Biography

Myeong-Sook Yoon is the Founder of Korean Addiction Forum and now Co-President of the Korean Addiction Forum. She is also a Committee Member of Korean National Gambling Control Commission. She has been working in addiction field since 1987, as a pioneer in Korea and has worked for many national projects. She is a former President of the Korean Association of Social Work Practice and Research and Korean Academy of Mental Health Social Work, Korean Association for Psychosocial Rehabilitation. She is a certified Mental Health Social Worker (Level 1) and certified Drug and Alcohol Therapist, certified Addiction Supervisor and certified Addiction Social Worker (Level 1).

yoon64@jbnu.ac.kr

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Anouk Prop

Psychologists and Yoga Therapists, Thailand

Mindfulness based yoga in recovery

Nowadays there are many programs available to treat addiction and substance abuse. An increasing number is focusing on a more holistic approach, encompassing a variety of methods and tools to help achieve, maintain and enhance recovery. Yoga as a complementary health practice is increasingly being used in substance abuse treatment programs and throughout recovery to help prevent relapse, reduce withdrawal symptoms and cravings and provide a healthy outlet to cope with potential triggers and daily life stressors. Yoga has been used for thousands of years as a means of promoting physical, mental and spiritual health and is seen as a very beneficial coping tool in recovery. The physical benefits support increasing strength, flexibility and dealing with withdrawal pains. Breathing exercises, gentle motions and a mindfulness-based approach reduces stress, cravings and treats any psychological distress or trauma. The improved circulation lowers blood pressure and increases oxygen flow to the brain that has a mood altering effect on the accompanying depression in recovery. Self-awareness and self-discipline is enhanced through the practice of yoga and it is full on exposure therapy nature. Moreover, the origins of yoga are believed to have existed before many other belief systems were born, which provides a solid foundation for a connection with a higher power that has proven to be the crucial step in 12 step recovery programs. In addition, mindfulness based yoga focuses on the principles of acceptance and compassion that are key principles in recovery. In this session, best practices methods of mindfulness-based yoga as a tool in recovery are demonstrated in combination with an overview of its benefits and implications for practice.

Biography

Anouk Prop is a Psychologist and registered Yoga Alliance (500RYT) Yoga Teacher and Trauma Therapist. With additional postgraduate education in trauma healing, she is an expert in addressing the roots of addiction, which are often nurtured by psychological stress, unresolved trauma and deep lack of self-love. She has a broad range of experience in the field, in clinical and rehabilitation settings in several countries, varying from working with children and adults with a history of abuse, addiction, anxiety disorders, depression, but also car-accidents and other traumatic events like war or natural disasters.

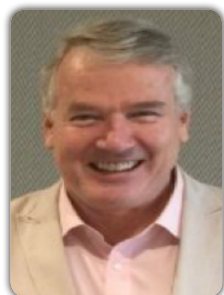
anoukprop@hotmail.com

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*Schulte Paul**Schulte Research, Hong Kong***Using the example of military veterans in community outreach for the LGBT community for drug addiction treatment**

Many in the LGBT community seek drug-taking activity, particularly meth, in part because they have PTSD due to bullying, sexual abuse, rape, assault or homelessness. As with veterans, the problem is too big for a stretched mental health community. The LGBT community could use models that veterans employ to take care of their own who have PTSD. The absence of treatment of underlying issues like widespread PTSD makes continuous sobriety problematic. In my book- 'Paths to Recovery for Gay and Bisexual Drug Addicts,' I examined methods used by the military veterans to help their brothers and sisters returning from battle to cope with PTSD. Military programs for soldiers with PTSD can be easily modified for the LGBT community. These include celebrations of life (with symbols and plays) as well as programs which offer mentors, leaders, values and moral compasses for the LGBT community. The mental health crisis in the LGBT community in Asian cities is deepening and needs urgent attention.

Biography

Paul Schulte has completed his BA and MA from The Catholic University of America (Washington DC) in Philosophy. He has obtained another MA from Tufts University in International Economics. He also has a degree in Alcohol and Drug Counseling from Loyola Marymount University in LA and he did his Internship at the UCLA School of Medicine. He has been active in LGBT drug addiction for 15 years and has established counseling groups for, among others, victims of sexual abuse and crystal meth users. He is the Founder and Editor of Schulte Research.

paul@schulte-research.com**Notes:**



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Residential treatment for LGBTI clients at resort 12 in Thailand

Stuart Fenton

The Cabin Addiction Services Group, Thailand

Recent studies have shown that LGBTI clients who were in treatment with a specialized program tailored had much higher rates of abstinence once they completed the program than those who were not in treatment for LGBTI individuals. In different research it was found that 57% of the gay and bisexual participants in their particular study said that they thought their sexual orientation had negatively affected their treatment experience. Gay and bisexual men were less likely to complete their treatment programs than heterosexual men and were more likely to have left treatment because their needs were not being met. This presentation guides the audience through the reasoning for a LGBTI specific treatment facility and the best clinical practice approaches we are integrating here to achieve successful outcomes from individuals struggling with addiction, alcoholism and other problematic conditions.

Biography

Stuart Fenton is a Clinical Psychotherapist with over 12 years of experience working in the addiction treatment field. He has worked in residential long term and short-term rehabilitation settings, public and private sector rehabilitation, community health centers in addiction and family violence, outreach and GLBTI services whilst for the last ten years simultaneously building a private psychotherapy practice in Sydney and Melbourne. From 2011 to 2013, he facilitated two ongoing process groups in Sydney for gay men which were very popular. He is currently under training to become an IITAP certified Sex Addiction Therapist and regularly presents for AUSMED organization in Australia on the topics of resources and referral pathways, treatment approaches to crystal meth addiction and my own personal journey.

stuart.fenton@thecabin.com

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SNS addiction, SNS fatigue and depression in Republic of Korea

Wan-Kyeong Park and Myeong-Sook Yoon
Chonbuk National University, Republic of Korea

Statement of the Problem: Social Network Service (SNS) is widely spread in Korean society; it has become part of everyday life. At the same time, fatigue or stress related to SNS over-commitment has become a social issue. The SNS fatigue cause SNS user's behavioral reaction or change of satisfaction level. However, a little is empirically studied about SNS fatigue despite its seriousness.

Methodology & Theoretical Orientation: The main purpose of this study was to identify the relationship between SNS addiction, SNS fatigue and depression and to examine the moderated mediating effect of SNS usage intention among early middle aged adults. A total of 784 adults aged from 30-49 participated this study by using allocation standard sampling method.

Findings: The findings of this study are as follows: (1) SNS usage intention showed the moderated mediating effects on the relationship of SNS addiction, SNS fatigue and depression and (2) SNS usage intention divided into two groups: Interpersonal relationship intention group and information gathering and recreation intention group. There were significant differences the path from SNS addiction to SNS fatigue and the path from SNS addiction to depression. However, there were no significant differences the path from SNS fatigue to depression. So the SNS addiction to SNS fatigue in interpersonal relationship intention group showed higher prevalence than information gathering and recreation intention group. But the direct pathway from SNS addiction to depression showed higher prevalence in interpersonal relationship intention group.

Conclusion & Significance: Based on these findings, the research discussion reduced the high risk of SNS addiction among adults and suggested effective intervention programs for the mental health social worker.

Biography

Wan-Kyeong Park is a Certified Social Worker (level 1) and has been working in the internet and game addiction field. His main area of interest is behavioral addiction. In particular, he has been working to apply an advanced research method to this field. Currently he is working on the Korean government project.

smileboy1109@naver.com

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To study the prevalence of adult ADHD and its significance in substance abuse patients

Roop Sidana

Prerna De-addiction and Rehabilitation Centre, Tek Chand Sidana Memorial Psychiatric Hospital and De-addiction Centre, India

Statement of the Problem: Attention-Deficit/Hyperactivity Disorder (ADHD) is a common childhood disorder, with an estimated worldwide incidence of 8%-12%, yet it is now known that ADHD often persists into adulthood. Adult ADHD often co-occurs with Substance Use Disorders (SUD) and is associated with early onset and more severe development of SUD such as polysubstance use. They present with greater psychiatric co morbidity, such as antisocial personality disorder, borderline personality disorder, anxiety disorders, bipolar disorders and/or post-traumatic stress disorders. Despite being in treatment more often, adults with ADHD-SUD co morbidity have more difficulties remaining abstinent and report a reduced quality of life with more professional, social and personal problems.

Methodology & Theoretical Orientation: To study the prevalence of Adult ADHD among Substance abuse patients and other psychiatric co morbidities in such patients. Study the patterns of sociodemographic profile of patients with SUD and comorbid adult ADHD. Written informed consent was taken from the participant subjects. Sample sizes were 100. All cases were assessed using semi-structured questionnaire for socio-demographic profile and substance use. A detailed history, physical and mental status examination was done. The Adult ADHD Self Report Scale (ASRS-VI.1).

Conclusion and Findings: Symptoms of ADHD were significantly associated with severity of addiction, onset of substance abuse, relapses, responding to therapy after treatment among substance abuse patients. Co morbid psychiatric illness among substance abuse patients was strongly associated with symptoms of ADHD. The prevalence of Adult ADHD in substance abuse was 22% and 4.0% in non-substance abuse subjects. Comorbidity of psychiatric disorders and problems is significantly high in those with substance use disorder. Adult ADHD in substance abuse appears to increase the relapse rate and increase the chances of mood fluctuations even in absence of affective disorders. Thus a routine screening for ADHD in substance abuse would better conceptualize the complex disorder. Thus research focusing on managing ADHD in substance use is the need of the day.

Biography

Dr. Roop Sidana is currently clinical director of Tekchand sidana memorial hospital and Prerna deaddiction and rehabilitation centre in Sriganganagar, Rajasthan, INDIA. He did his post-graduation in psychiatry from PGIMER Chandigarh in 1982. He has been the recipient of Dr. Gehlot award, Kota awards and Dr shivgautam oration awards in the past. He is currently serving as a member election commission IPS since 2016. He has been past president of IPS North Zone and IPS Rajasthan state. Currently he is a member advisory board of IAPP. Along with his vast clinical experience in private practice he also has great interest in academics. He has organized various conferences and CMES and also conducted workshop on rtms in India and Abroad. His major areas of interest are addiction psychiatry, psychosexual disorders, rtms. Along with this, he has also been a part of Nishkam foundation providing treatment to homeless persons with mental illness.

drroop67@gmail.com

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Friends' company affected my life

Mafia Shahzadi

Cyberjaya University College of Medical Sciences, Malaysia

Statement of the Problem: There is no doubt that a friend adds to the fullness of life. Friends become increasingly important to health and happiness in individual's life. Some friends may even be closer when compared to some of the others and their company affects a lot on individual's behavior. It is evidence based that humans are influenced by the people they spend their time with. In Pakistan, many adolescents start to take drugs due to the influence of their friends. Friend's sway has a high impact on individual's decision making and most of individuals learn how to use drugs. The use of substance leads toward substance dependence and addiction; therefore, drug addiction is a chronic and rapid spreading problem in Pakistan which is destroying the social velvet of the society.

Methodology & Theoretical Orientation: In this case study, the method which the researcher has used to identify the client's problems deeply was subjective and objective components of assessment such as: Behavioral observation, clinical interview, mental status examination, subjective rating of the problems, trait anger and expression scale and addiction severity index. The researcher selected a client was case study which was admitted in a XYZ hospital of Lahore of Pakistan for substance use treatment and rehabilitation.

Finding: According to behavioral observation technique, this case study showed that client's weight was below average as compare to his height. Client maintained eye contact most of the time during the session, but the speech content was not appropriate because of cocaine's withdrawal symptoms. Moreover, the result of clinical interview revealed that the client was suffering from anger (8/10), fatigue (7/10), muscle pain (7/10) and disturbed sleep (6/10). Whereas, the result of trait anger and expression scale' showed that the client was suffering high level of anger and expression as his score on this scale was 60. Lastly, addiction severity index highlighted that the client was suffering a high level of substance use dependence.

Implementation: In this case study, the client reported to researcher that the main cause of his taking drugs was his friends and due to this he could not sustain recovery. It is evidence based that no client can sustain recovery if the root cause of problem is not sorted. This study is very important in the field of addiction sciences as this case study will help to other researchers to identify root cause of addiction and will provide the psychological interventions e.g., counseling, cognitive behavior therapy and rehabilitation related to root cause of individual.

Conclusion: The result of this case study showed that only main reason of client's problems was friends' company and this company totally affects his life not only biological but also psychological and social perspective as well.

Biography

Mafia Shahzadi is a Clinical Psychologist in Pakistan and Visiting Supervisor at University of Management Technology, Lahore, Pakistan. She has worked as Clinical Psychologist at Punjab Institute of Mental Health, Lahore, Pakistan and Fountain House Lahore Pakistan. She also has work experience in various drug rehabilitation centers as an Addiction Counselor for more than 2 years. Presently, she is doing a Post Graduate Diploma in Addiction Sciences from Cyberjaya University College of Medical Sciences, Malaysia.

mafia.mahak@yahoo.com

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Health promotion intervention for schooling adolescents on harm of alcohol and industry strategies improved awareness and generates collective actions against alcohol use in the community: Example from rural Sri Lanka

Madubashini B A N¹, Fernando WMS¹, Jayamal de Silva² and Senarathna L¹

¹Rajarata University of Sri Lanka, Sri Lanka

²Colombo South Teaching Hospital, Sri Lanka

Statement of the Problem: Alcohol is the single most important cause of preventable illness and premature deaths worldwide. Behavior change and pharmacotherapy are the two key interventions to reduce alcohol consumption. Alcohol industry use diverse strategies to attract teenagers who are vulnerable and adventurous. Hence counter strategies such as improving knowledge on industry agenda and real harm of alcohol are needed to reduce alcohol use among teenage groups. This study reveals effectiveness of an intervention designed to generate collective actions through improving knowledge among schooling adolescents on real harm of alcohol and industry strategies. The study was conducted in a rural area where educational facilities are low and 140 schooling adolescents from the same area were recruited.

Methodology & Theoretical Orientation: A self-administrated questionnaire which focused on knowledge and attitudes on real harm and alcohol industry strategies were used to assess participants' knowledge and as a part of intervention. Focus group discussions were also conducted for the same purpose. An interactive workshop was conducted by expert to discuss industry strategies used to attract them, myths spread through advertisements and promotions and privileges given to drunkards in the society. Changes of knowledge and attitude of participants were assessed using qualitative methods and structured observations during focus group discussions following the intervention.

Finding: Students showed improvements in knowledge on physical, economic and social harms of alcohol. They also have improved view on strategies used by alcohol industry. Number of participants took actions to reduce alcohol consumption of their fathers and started showing disagreement with alcohol use in public by criticizing behavior of alcohol users. Students can be inspired to initiate and take part in collective actions and make supportive environment to quit alcohol and substance use.

Conclusion & Significance: Similar health promotion intervention targeting alcohol can be used in similar setting targeting teenage groups or student groups as change makers.

Biography

Madubashini B A N is currently pursuing BSc in Health Promotion at Rajarata University of Sri Lanka. She works with the community for health promotional works for more than three years. She has studied about human resource management, informational technology and psychology. She has interests to work on control substance use and control non-communicable diseases of the rural community.

madubashi360@gmail.com

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Effectiveness of health promotion intervention on improving skills in identifying alcohol company strategies among school age adolescents**Dilshani Karunaratne**

Rajarata University of Sri Lanka, Sri Lanka

Statement of the Problem: There are over 3.3 million deaths due to harmful use of alcohol around the world and this figure is 0.02 million in Sri Lanka. The percentage of alcohol users has increased to 26% from 37% in Sri Lanka by 2014. Hiding the real harm and boosting up the image of alcohol emphasize the habit as an ideal way for adulthood. This study was conducted in a rural area where vulnerability and school drop outs are high among adolescents. The aim of this study is to see the effectiveness of a health promotion intervention on improving the ability of identifying alcohol company strategies by adolescents in Mihintale.

Methodology & Theoretical Orientation: The sample size was 40 students who are from the same geographical area. This study is based on a health promotion intervention with qualitative and quantitative assessments. An interviewer administered questionnaire which is focused on students' knowledge on identifying industrial strategies was used for the data collection. This questionnaire was expected to be part of the intervention as well. Focus group discussions were conducted with students on industrial strategies and about identifying the real harm of alcohol use. Responses of the participants assessed using semi-structured observations and analyzed using content analysis.

Findings: Positive attitudes of students on alcohol changed following the intervention. Students have gained skills of identifying alcohol industrial strategies and breaking down the heroic status given to alcohol users by criticizing them openly. They identify the real economic harm, physiological harm, dependency and social harm attribute to alcohol.

Conclusion & Significance: This health promotion intervention was effective in breaking down the norms of alcohol image and in identifying industry strategies among adolescents. The intervention inspired students, generated curiosity and led to a beneficial way to the community action.

Biography

Dilshani Kaarunaratne is currently pursuing BSc in Health Promotion and she is interested in working with community level empowering programs. She has worked in the field for more than two years. She tries to apply health promotion principles in action with different communities. She was the Secretary of Health Promotion Society. She is a certified Health Promotion Practitioner and presently studying further about prevention of alcohol and other substances.

dilshaniskarunaratne@gmail.com

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