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Addiction Research & Therapy

October 03-05, 2016 Atlanta, USA

Posters



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What does the hamilton depression rating scale measure in methamphetamine users?

Tracy L Hellem

Montana State University College of Nursing, USA

The Hamilton Depression Rating Scale (HAMD) is widely used in studies to measure change in the severity of depression. There are reports of established reliability and validity of the HAMD in both inpatient and outpatient psychiatric patients. However, there are no published psychometric studies of the HAMD in a methamphetamine using population. Given that the symptoms of depression and intoxication or withdrawal from methamphetamine overlap, it is possible that the HAMD does not measure severity of depression in individuals who use methamphetamine. Thus, we are conducting a psychometric evaluation of the HAMD in methamphetamine users with and without depression. This evaluation is currently underway, and we anticipate having results in 6-8 weeks.

Biography

Tracy L Hellem completed the PhD program at the University of Utah's College of Nursing in 2015. She has worked with methamphetamine users with comorbid depression for 5 years. She has authored 14 manuscripts of systematic reviews, clinical trials and magnetic resonance spectroscopy studies. Dr. Hellem is an Assistant Professor at Montana State University's College of Nursing where she conducts a clinical trial of comorbid depression and anxiety among individuals who use methamphetamine.

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Innovation to integration

Michael Judd

Aware Recovery Care, USA

Addiction is increasingly conceptualized as a chronic disease, yet the current addiction treatment system is largely based upon an acute model. This current model consists of costly residential care and is followed by intensive outpatient programs. The model has been effective for some but could be more successful with a continual evaluation and modification to an individual's needs. Due to the high demand for individuals needing treatment, current inpatient and outpatient services aim to develop a one size fits all approach. This type of approach touches the greatest amount of individuals at the lowest cost to already strained budgets. Nevertheless, the cost savings is front loaded and short term. Readmission rates, healthcare treatment and judicial costs continue to rise. The current treatment model cannot meet the challenges unique to each client. The need for recovery support, relapse prevention, assessing and addressing environmental and social barriers, as well as integration back into the home and the community has been a challenge for traditional treatment methods.

Traditionally, individuals were expected to fit into routines and practices that treatment providers referred them to. However, recent studies have revealed the effectiveness in a new collaborative approach to address these barriers and has proven to be an effective method for addressing each individual's unique set of challenges. This new model offers higher percentages of long term success, which directly impacts savings to the behavioral health, healthcare and the judicial systems, and is comparative to current treatment costs to the consumer. It also assigns to each client a personal highly specialized multi-disciplinary team made up of a Psychiatrist (MD), a registered nurse (RN), a licensed clinician (LCSW, LMFT), and a certified recovery advisor (CRA) who utilizes life experience. All team members work collaboratively to assess and develop a unique person centered treatment plan that addresses the multi-dimensional needs of the client within their natural environment.

Biography

Michael Judd is a Certified Recovery Advisor, Certified Recovery Support Specialist, WRAP Facilitator, CCAR Recovery Coach. Using personal experience and evidence based practices to affect positive changes in those individuals suffering from chemical dependence. A Certified Facilitator offering trainings in evidence based practices such as WRAP, Wraparound, Motivational Interviewing, Recovery Coaching, and Alternatives to Violence.

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Gateway drugs in thai addict patient

Narakorn Wongsing

Mahidol University, Thailand

Drug and substance abuse, including tobacco and alcohol, are a cause of deaths. The global demand for drugs has not been substantially reduced and so some challenges exist in the implementation of the drug control system, in the violations generated by drug trafficking of illicit drugs, in the fast evolving nature of new psychoactive substances, and those in national legislative measures, which may result in a violation of human rights. Throughout the world of narcotics trafficking, world heroin consumption (340 tons) and seizures represent an annual flow of 430-450 tons of heroin into the global heroin market. People experiment with drugs for many different reasons, and many of them first try drugs out of curiosity, to relax and have a good time, visibility from friends and peer encouragement, enhance athletic performance and activity, and/or to ease problems with prolonged stress, anxiety, or depression. They probably start from smoking to hard drugs, which cannot be controlled when addicted, which leads to drug abuse. The Gateway Hypothesis was first proposed by Denise Kandel in 1975 in her article "Stages in Adolescent Involvement in Drug Use", which entails the idea of the logical sequence that users of hard drugs (cocaine and heroin) begin with licit substances (alcohol and tobacco) to marijuana and ends with harder illicit substances. This study was to examine the gateway drug theory in order to determine which drug (alcohol, tobacco, or marijuana) is the actual "gateway" that leads to additional substance use in patients. The cross-sectional studies were used and data were collected, in which the calculated numbers of the sample size were 440 cases. The questionnaires were supplied to drug addict patients at Princess Mother National Institute on Drug Abuse Treatment. The reliability of the values were calculated to be greater than 0.7. Data were analyzed by using descriptive and inferential statistics. P value < 0.05 is considered statistically significant.

The results showed ages of between 18-56 years old. Age of onset was 17 years old. This result confirmed the gateway theory, in which 3 patterns of the gateway were found respectively as follows: Cigarette - Alcohol - Methamphetamine (27.0%, P value < 0.05), Cigarette - Alcohol - Marijuana (18.6%, P value < 0.05), Cigarette - Methamphetamine - Crystal Ice (10.2%, P value < 0.05). Research found that knowledge and attitude are not statistically and significantly associated with the pattern of cigarette - alcohol - methamphetamine.

In conclusion, this is the first study on patient abuse that shows the gateway theory. The present study examined the extent and ordering of licit and illicit drug use. The typical gateway sequences of patients were cigarettes prior to illicit drugs. While previous studies have consistently documented that the use of an earlier substance in the gateway sequence predicts progression to use of later substances. The recommendations from the studies were focusing on drug prevention in Thai children.

Biography

He completed bachelor degree in Law on 2006. After finished I had experience in Research about Drug, substances, game and Internet addict. Then he completed Master degree in Addiction Studies from Mahidol University, Thailand on 2015. Right now he is a researcher at ASEAN Institute for Health Development, Mahidol University, Thailand. My research fields are Policy and community based drug rehabilitation.

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Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) for dealing substance craving among substance abusers

Adeela Saba

Global welfare organization, Pakistan

The present study explored the efficacy of Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) for dealing substance craving among substance abusers. It was hypothesized that Rational Emotive Behavior Therapy (REBT) with Emotional Freedom Technique (EFT) are likely to be more effective for dealing craving than Rational Emotive Behavior Therapy (REBT). Repeated measure research design was employed and non probability purposive sampling was used to draw a sample of 20 patients who had undergone treatment for substance used disorder from addiction wards, Punjab Institute of Mental health (PIMH) and Fountain House, Lahore. Demographic Information Sheet, History take examination and Brief Substance Craving scale (BSCS) were used to assess demographic information, history of patients related to drug abuse and craving level (before and after the treatment). T test indicated that REBT with EFT is more effective for dealing craving than REBT. The present study contributes for the importance of eclectic approach in the treatment through this approach patients gain help for controlling craving issue not only for physical craving as well as psychological craving with very short of time.

Biography

Adeela Saba has completed advance Diploma in Clinical Psychology from University of Sargodha, Pakistan. She is working as Psychologist at Global Welfare Organization, Pakistan.

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Approaches for addiction treatment: The freedom of choice today

David E McCauley

Oak valley Foundation, USA

With the freedom of choice today we must look at all approaches for Addiction Treatment for the individual. The models include Twelve-Step programs, Smart Recovery, Motivational Therapy, Holistic Approach, Religious Approach, Rational Recovery, One-on-One Counseling Approach, and individuals who stop on their own, who have great insight to offer. What we need to celebrate is the self-discovery of the individual, with that in mind we must look at always in which an individual can be relieved of a lifestyle of addiction. This presentation will also include an introduction to the insight of the book *Addiction to Recovery / Unlocking your Potential* this book is a doorway that leaves an open mind to a higher more integrated way of living. With the concept that all change starts in the mind, in order to have a breakthrough in recovery, it requires a shift of awareness and consciousness in the individual- a shift in how we deal with our problems. All answers lie in the discovery of our inner freedom, with the freedom of choice the individual will have many reasons to feel optimistic about their life and their future. *Addiction to Recovery* is a book of knowledge about life in recovery. Bringing the mind, body, soul and self together as one in order to have a breakthrough in recovery. In recovery the individual must heal what is broken, one must start with the inner core of their being. Our answers to many questions of life lie in our soul, buried under the wounds of our past and present. They must be revealed and understood, and learn from released and "let go of for good." One must rise from the unconscious addictive thinking into conscious thinking, where recovery is given meaning and purpose, thus enhancing the individuals life. It is in essential key to happiness, inner peace and freedom in recovery.

Biography

David E McCauley is the Author of *Addiction to Recovery / Unlocking your Potential*. This book has been featured on TV Healthy Lifestyles with Eraldo. David began working in the field of substance use disorders in 1991. Working in St. Clair's Hospital detox unit while studying at Rutgers University and earning his certification in alcohol and drug counseling as well as becoming a certified social worker. He later moved on to an outpatient facility then worked with the Division of Youth and Family Services before opening his own outpatient program (Life Skills Counseling) in 1998. In recovery since 1989 David brings in the accumulation of existential realization, many resources, years in recovery, education, insights and years working in the field, with all adepts in the goal of personal transformation from addiction to recovery. An integrated approach to living in wellness of recovery by reframing the process in such a way that the right interpretation by the individual will help recovery click into place. Currently working on forthcoming book, *Recovery: What Cost so Little is Worth so Much*. This book will provide a new optimistic outlook as a guide for the unwary who have failed at recovery in the past and those coming into recovery for the first time.

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Traumatic experiences in childhood and coping strategies among drug addicts

Qudsia Nashee

University of the Punjab, Pakistan

The present study explored the relationship between traumatic experiences in childhood and coping strategies among drug addicts. It was hypothesized that there is likely to be relationship between traumatic experiences in childhood and coping strategies among drug addicts. Correlational research design was employed and non probability purposive sampling was used to draw a sample of 80 participants from addiction centers, Fountain House, Emaan Clinic, Silver lining and Pak Clinic Lahore. Demographic Information Sheet, Early Trauma Inventory Self Report-Short Form (Bremner, Bolus, & Mayer, 2007), Brief Cope were used to assess demographic information, traumatic experiences in childhood and coping strategies respectively. Correlation analysis indicated that there was a significant positive relationship between traumatic experiences in childhood and coping strategies. Emotional abuse showed a significant positive relationship with humor coping. Sexual abuse showed a significant positive relationship with self distracting and substance use coping. General traumas showed a significant negative relationship with positive reframing coping. Physical punishment showed no relationship with subscales of Brief cope. The study contributes for development of better patient's treatment plans and recovery and also provides literature for new researchers to work in this area and create awareness about coping styles.

Biography

Qudsia Nashee completed her Mphil in Applied psychology from Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan. She is working as psychologist and visiting lecturer at present. She has experience of five years in drug addiction rehabilitation and treatment.

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Female alcoholism: The need for a specific approach from a spanish perspective

Francisco Jose Montero Bancalero
Osuna University Spain

In recent decades, female alcoholism (FA) has become a growing phenomenon in Spain. Changes in the traditional family structure and the assumption of typically male roles by women have contributed to the current situation. However, the features and meaning of female alcoholism are different from males. Jellinek (1960) described different profiles for alcoholism, but we have to consider the specific nature of alcoholism when women are considered. First, FA is underconsidered because it remains hidden much more time. As a result, the time needed to access treatment is longer than for men, and the associated damage is greater. It is important to highlight that women suffer a greater social stigma than men. Most of the time, women are expected to fulfill their responsibilities despite their addiction disease, but the same is not expected of men.

Etiological factors are also different when you look at FA. 50% of alcoholic women were victims of family violence in childhood and married an alcoholic husband.

One of the most important factors that point to the need for a specific approach to FA is that special treatment programs aimed at alcoholic women achieve better results than programs without a gender perspective.

As with men, different profiles can be identified when FA is considered. Based on our own experience, we suspected the existence of two other profiles for FA that would show the complexity of this phenomenon. On the one hand, we observed a profile mainly associated with a particular stage of the family life cycle, featuring a middle-aged woman whose alcohol problems get worse when children leave the family home. On the other hand, we suspected another profile particularly associated with a broken home, characterized by a woman that develops an early problematic consumption of alcohol, together with a higher rate of psychopathological comorbidity.

Biography

Francisco Jos Montero Bancalero, from Spain, studied psychology at Seville University and obtained his doctorate at Huelva University. He is currently a professor at Osuna University His professional career started in the field of addictions working as a therapist in an outpatient treatment center, and then he began to participate in different investigation projects. He has long been interested in female alcoholism, working on it both as a researcher and therapist. He received funding from the Andalusian government to carry out an investigation comparing alcoholism by gender. In a therapeutic context he has managed group therapy for alcoholic women. He has become a member of the National Hispanic Science Network on Drug Abuse and has presented his research at different international conferences.

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Prescription of psychotropic drugs & psychotherapy in Spain, Mexico & Colombia

Francisco Monter-Bancalero, University of Osuna, Spain
GomezBujedo, University of Huelva, Spain

We compared the prescription of psychotropic drugs and psychotherapy manifested in professionals belonging to primary care medicine in Spain on the one hand, and Mexico and Colombia on the other. A descriptive-analytical and cross-sectional research was conducted using as a technique to collect information, the questionnaire. The sample was contacted by dissemination of the questionnaire link. Acceptance sample was compound by 60 individuals, 50% from Spain and the rest from Mexico and Colombia. The mean age was 45,66 years (SD=10,75). The 51,7% were male. Total average frequency for prescription of psychotropic drugs in the past year was 6 (SD=2,2) on a 9 point Likert Scale (0=none, 9=very often). When different countries were considered, the results were as follows, Spain: 6,77 (SD=2,31), Mexico and Colombia jointly: 5,23 (SD=2,28). The difference between both means was significant, $t(58)=-2,85$, $p=0,006$. Total average frequency for prescription of psychotherapy was 5,1 (SD=2,91) on a 9 point Likert Scale (0=none, 9= very often). By countries, results were the following, Spain: 4,21 (SD=2,72), Mexico together with Colombia: 5,93 (SD=2,88). The difference between both means was significant $t(58)=2,32$, $p=0,02$. The reported prescription of psychotropic drugs and psychotherapy may be influenced by cultural factors depending on the Spanish context by one hand, and Mexico and Colombia, by other hand.

Biography

Francisco Jose Montero Bancalero, from Spain, studied psychology at Seville University and obtained his doctorate at Huelva University. He is currently a professor at Osuna University His professional career started in the field of addictions working as a therapist in an outpatient treatment center, and then he began to participate in different investigation projects. He has long been interested in female alcoholism, working on it both as a researcher and therapist. He received funding from the Andalusian government to carry out an investigation comparing alcoholism by gender. In a therapeutic context he has managed group therapy for alcoholic women. He has become a member of the National Hispanic Science Network on Drug Abuse and has presented his research at different international conferences.

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Meeting our relational needs: Building a new life after addiction

Rukhsana Khan

Bridgwater Community Healthcare NHS Foundation Trust, United Kingdom

Addiction is often a substitute for healthy attachments, and prevents the addict from getting their needs met in a healthy way. Eric Berne wrote of our innate hunger for attachment (recognition hunger) and for stimulus. These hungers can be seen even in newborn babies. Healthy neurological development depends on both attachment and stimulus. Throughout life we continue to grow and mature through meeting these psychological needs.

My focus in the presentation is how difficulties in relational needs may contribute to addiction, and how addiction perpetuates those difficulties. I will explore the profound lifestyle changes that are part of successful recovery from addiction.

Theories from Transactional Analysis to be covered: Psychological Hungers and Relational Needs. Contaminations and Discounting, Strokes, Injunctions, Counter injunctions and Life Positions.

Biography

She works in my private clinic as well as in primary care NHS Foundation Trust to treat symptoms of anxiety, panic attacks, depression, low self-esteem, childhood traumas, suicidal ideations and self-harming.

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The prevalence of *Helicobacter pylori* infection, (gastritis) in methamphetamine abuser patients

Mahsa Houshdar

Houshdar Medical Technology Company, Iran

The prevalence of *Helicobacter pylori* infection, (gastritis) in methamphetamine abuser patients. Following the program of researching metabolic changes in methamphetamine abuser patients, we have earned these data: 1- High prevalence of vitamin B12 deficiency in methamphetamine abuser patients (%56) 2-High prevalence of reactive hypoglycemia in methamphetamine abuser patients Following these findings we decided to find the factors that can cause these problems *Helicobacter pylori* infection (gastritis) not only can cause vitamin B12 deficiency (3), but also can cause reactive hypoglycemia. Thus, we decided to measure serum *Helicobacter pylori* antibody (IgG) level in methamphetamine abuser patients.

Method. We visited all the patients that refer to in Karaj in Iran. We have been requested serum *Helicobacter pylori* antibody (IgG) level, in the case that accepted our rules. According to lab findings we had 3 groups:

- 1- Serum *Helicobacter pylori* antibody level was positive for gastritis.
- 2- Serum *Helicobacter pylori* antibody levels show the patients were at risk of gastritis. (Borderline)
- 3- Serum *Helicobacter pylori* antibody level was negative for gastritis.

Laboratory and office-based serologic assay of antibodies to *Helicobacter pylori* have sensitivity and specificity of >%85 and are considered the non invasive testes of choice for initial documentation of *Helicobacter pylori* infection 23 of the volunteers were suitable for this study, 21 of volunteers were men and 2 were women. in 16 patients out of 23 patients that I inspected in this study, the serum *Helicobacter pylori* antibody level (IgG) was positive and shown they suffer from gastritis. In 1 patients out of 23 patients that I inspected in this study the serum *Helicobacter pylori* antibody (IgG) level shown they was at risk of gastritis (borderline) and in 6 patients that shared in this study, serum *Helicobacter pylori* antibody (IgG) level did not show gastritis. In the other hand, %69.56 of methamphetamine abuser patients had gastritis. %4.3 of them had the risk for gastritis and %26.08 did not show any reason for gastritis.

Biography

Masha is a Psychiatrist and Consultant Ghaem General Hospital from 2011 to Present and Active in a personal office. Currently she is consultant psychiatrist in Ghaem General Hospital of Karaj. She had proposed the idea of moving parts of the medicare workflow online to increase the efficiency of the process. Currently this idea is implemented in the psychiatry field.

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