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# **Addictive Disorders and Alcoholism**

July 03-04, 2017 Kuala Lumpur, Malaysia

## **Scientific Tracks & Abstracts (Day 1)**



## Session:

Day 1 July 03, 2017

**Addiction | Alcoholism | Addiction Treatment & Rehabilitation | Behavioral Addiction |  
Depression & Anxiety Disorders | Mental Health & Substance Abuse**

### Session Chair

**Prem Kumar Shanmugam**  
The Solace Sabah Retreat, Malaysia

### Session Co-Chair

**Robert R Labos**  
KAYA Rehab Asia, Philippines

#### Session Introduction

**Title:** Using the diamond dialogue to explore community ambivalence towards changing alcohol use and strengthen community action

**Sandi James**, University Malaysia Sabah, Malaysia

**Title:** Socio-demographic & Clinical Profile of Substance Abusers Attending a Regional Psychiatric hospital in Sylhet, Bangladesh

**Mohammed Zubayer Miah**, Bangabandhu Sheikh Mujib Medical University, Bangladesh

**Title:** Substance use prevention through Media

**Adinda Prawityasari Kusubandio**, KAPETA Foundation, Indonesia

**Title:** The frequency of neurocognitive deficits to severity of depression in elderly

**Sadia Yasir**, Institute of Psychiatry WHO Collaboration Center, Pakistan

#### Video Presentation on

**Title:** Sexual behaviour and abuse of drugs among urban teenagers in lagos

**Molobe Ikenna Daniel**, Unified Initiative for a Drug-Free Nigeria, Nigeria

#### Special Session on

**Title:** Addictive Disorders – Treating the whole person

**Fiona Markham**, The Cabin Chiang Mai, Thailand

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Using the diamond dialogue to explore community ambivalence towards changing alcohol use and strengthen community action

Sandi James<sup>1</sup>, Liz Eckerman<sup>2</sup>, Wendy Shoemith<sup>1</sup>, Helen Lasimbang<sup>1</sup> and Asong Joseph<sup>1</sup><sup>1</sup>University Malaysia Sabah, Malaysia<sup>2</sup>Deakin University, Australia

**Statement of the Problem:** Alcohol related harm is considered significant in many areas in Sabah. This project aimed to provide community members with information and approaches to addressing this problem in their own area. This paper shows a unique approach to health promotion and community engagement in rural communities.

**Method:** This project used action research methodology. A workshop for alcohol misuse was held in a rural village. At the start of the workshop four groups were formed and focus group discussions were held using the diamond dialogue technique. Responses were analysed for themes, using grounded theory methods. The position on the diamond shape was analysed by overlaying a 11 point grid, with 10 corresponding to the highest level of happiness and 0 corresponding to the lowest level of happiness.

**Results & Findings:** The diamond dialogue was originally created as a research tool to measure the effectiveness of community level interventions on wellbeing. This tool was initially used as a way of evaluating our alcohol intervention. While being used in this way it was noted that the tool itself provided an avenue for change. It has not previously been used specifically as an intervention in itself. The respondents appeared to understand the exercise well. Five main themes were found: Family and relationships, security, health, expanding horizons, religion. Alcohol was a topic that pervaded all of these themes, with positive and negative effects. Results suggest that using the diamond dialogue created a collective motivation to change. Exploring community ambivalence towards alcohol, acceptance of both the positive and negative effects and validation of the community's views provided a platform for engagement. This leads to "change talk" and ownership of possible solutions.

**Conclusion & Significance:** This research suggests the diamond dialogue tool is useful both as an explorative tool and a stand-alone community level intervention tool. Further research is underway to further explore this conclusion and develop the tool for wider use in communities.

### Biography

Sandi James is a Psychologist registered in Australia and currently working at University Malaysia Sabah within the Community and Family Medicine Department. She has a particular interest in alcohol and addiction treatment, particularly in harm reduction approaches and community level programs and interventions. She is involved in numerous research and community development projects in Sabah and is on the committee of the newly established Association for the Prevention of Alcohol Misuse (APAM). She is also embarking on research in 2017 to investigate the prevalence and treatment gap for mental health disorders in the polyclinic setting in Kota Kinabalu.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Socio-demographic & Clinical Profile of Substance Abusers Attending a Regional Psychiatric hospital in Sylhet, Bangladesh

Mohammed Zubayer Miah M.Phil (Psychiatry) and Susmita Roy, M.Phil (Psychiatry)

<sup>1</sup>Bangabandhu Sheikh Mujib Medical University, Bangladesh<sup>2</sup>Chittagong University, Bangladesh

Substance abuse is one of the major public health issues throughout the world. The menace of substance abuse is a matter of great concern not only for its social & economic consequences but also for its association with psychiatric & physical morbidities. This was a cross sectional & descriptive study. It was conducted in a private psychiatric hospital in Sylhet, Bangladesh; duration was one year from 01/04/2014 to 31/03/2015. Study population is all substance abuser patients, admitted in that hospital who fulfilled the inclusion & exclusion criteria. After consecutive sampling, 155 substance abuser patients were interviewed in a peaceful & non-threatening environment. Patients have been interviewed using questionnaire. Psychiatric disorders were assessed by using DSM- V criteria. This study revealed that, out of 155 patients, 101(65.2%) was below age of 30 years. The mean age of the patients was 25.9 years (SD 7.61). Among all patients 147(94.8) were male and 8(5.2%) were female. Among all respondents 69.1% had history of initiation of abuse in between age of 11 to 20 years. Among them 34.2% patients had been suffering from medical disorders. 57.4% had been suffering from substance induced as well as co morbid psychiatric disorders. The commonest co morbid psychiatric disorder in our population was major depressive disorder (18.1%). Most of our cases came from urban localities (71.6%), which may be a reflection of the increase in urbanization in our country. The educational levels of major portion of respondents were at least up to higher secondary level. This study revealed that poly-substance abuse in young adults from urban residence belonging solvent families was quite common in this area. The high proportion of psychiatric disorders among these substance abused patients is also a matter of great concern.

### Biography

Mohammed Zubayer Miah completed MBBS degree in 2009 from Rajshahi Medical College, Rajshahi, Bangladesh. He completed post-graduation degree M.Phil (psychiatry) in 2009 from Banga Bandhu Sheikh Mujib Medical University, Bangladesh. He had been serving under Ministry of health & family welfare of Bangladesh Government since 2003. He worked as a consultant in Mental Hospital, Pabna, Bangladesh for about 5 years. His present position is assistant professor of psychiatry & serving for about 8 years in Pabna Medical College & Shaheed Taj Uddin Ahmad Medical College of Bangladesh. He delivers specialist consultation & clinical service to the mentally ill patients including women & children at both tertiary level & community level on inpatient & outpatient basis. He organises workshops, seminars & symposium on mental health issues in home & abroad. He involves in research programs especially on community mental health issues.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Substance use prevention through media

**Adinda Prawityasari Kusubandio**  
KAPETA Foundation, Indonesia

**Statement of the Problem:** Indonesia now has 5.9 million drug users; yet society still has low knowledge in substance abuse and how to prevent it. Survey on knowledge of the dangers of drugs is relatively low with a range of 4-53%, for the things that can prevent a person from drug use range between 17-58% in common household. Most that still uses or wanted to try has a misperception about the effect like increase of stamina, even now the New Psychoactive Substance are sold online. Interest in this matter haven't emerge as expected and the media often misrepresents reports of drug use which leads to misperception. Mass communication holds substantial promise as a tool for reaching and persuading people to adopt new and healthier lifestyles and social media use growth in Indonesia has reach 27 million by 2016.

**Orientation:** Systematic review including 12 studies in total, 10 internet and computer based prevention programs concerning tobacco, alcohol and cannabis in a school setting.

**Findings:** In total, the level of substance use in the intervention group was found to be lower than in the control group for six of the seven analyzed programs at the end of the intervention or at the time of follow up. Shown reduction in tobacco use, reduction in alcohol use in four studies, lower binge drinking in two studies. In one studies shows significantly lower frequency of consumption. All programs shown effectiveness between four and 12 sessions and five of six effective programs were based on the social influence model and social cognitive theory.

**Conclusion & Significance:** The research shown significant change through frequent information and educational exposure. As it is also becoming a trend to use social media, those exposures will be more effective among school children and youth to reach behavior or social change.

## Biography

Adinda Prawityasari Kusubandio currently works at KAPETA Foundation as one of the board member. She holds an ICAP II (International Certified Addiction Professionals level II) and Recovery Coach credential from ICCE Colombo Plan, now also set her interest and goal in Prevention. Adinda is pursuing her degree in Public Relation during the weekend and are involved part time as an in-depth interviewer for HIV Prevention Trials Network (HPTN 074) at Cipto Mangunkusumo Hospital. She is one of Indonesia's national trainer for Universal Treatment Curriculum and are one of the developer of Family Empowerment for Substance Abuse Prevention module for Indonesia's Ministry of Health. Her passion for Substance Abuse come from personal experience and is determine to continue broadening her knowledge and skills in Substance use treatment and prevention to help others in need.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## The frequency of neurocognitive deficits to severity of depression in elderly

**Sadia Yasir and Asad Tamizuddin Nizami**

Institute of Psychiatry &amp; WHO Collaboration Centre, Pakistan

**Statement of the Problem:** The emphasis on major depressive disorder has left a gap in the research, concerning the relationship between magnitude of depression severity and neurocognitive functions. The current study addresses this issue and looks at the frequency of neurocognitive deficits in depressed elderly patients.

**Orientation:** It is a cross sectional descriptive study done at Institute of Psychiatry availing inpatient and outpatient facility at Benazir Bhutto Hospital, Rawalpindi, Pakistan. Duration of study was six months from 29th September 2014 to 29th March 2015. 292 patients aged  $\geq 60$  years were screened for depression using Geriatric Depression Scale (GDS). Neurocognitive impairment was assessed using Mini Mental State Examination (MMSE). Severity of depression was assessed by Beck Depressive inventory (BDI). Data was analyzed with Statistical Program for Social Sciences (SPSS version 18). Results showed that severity of depression is associated with the neurocognitive deficits in elderly.

**Findings:** In a sample of (n=292), 32.19% had mild depression, out of these 48.9% had mild cognitive impairment, 20.1% had moderate and 2.1% had severe impairment. 36.9% had moderate depression out of which 34.2% had mild cognitive impairment, 41.6% had moderate and 7% had severe cognitive impairment. 16.4% had severe depression out of which 14.5% had mild neurocognitive impairment, 52% had moderate and 37.5% had severe neurocognitive impairment.

**Conclusions & Significance:** Higher BDI score was associated with a lower baseline MMSE. Depression causes significant neurocognitive impairment in elderly. This has to be differentiated from mild cognitive impairment (MCI) seen in Dementia. Caution must be taken while prescribing the class of anti-depressants as tricyclic antidepressants can further cause neurocognitive impairment.

### Biography

Sadia Yasir comes from a society where mental illnesses are still shrouded in taboos. Patients are stigmatized and neglected. During her Psychiatry Clerkship, she was disheartened to see patients coming to the psychiatry after years of suffering not only at the hands of the disease but also these faith healers. This prevailing attitude increased her interest in the field of psychiatry. She found herself drawn to acquire a greater understanding of mental illnesses, in context to the cultural backgrounds of the effected individuals. For seven years, she has worked in a tertiary care hospital. During these years, she also realized that she has many attributes that make her better suited to this field. I have a gift for communication and people from all walks of life feel comfortable sharing their feelings with me. I am a patient listener and possess a calm demeanor. It is my inherent yearning for this specialty that I consider to be my greatest asset.

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# **Addictive Disorders and Alcoholism**

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## **Video Presentation (Day 1)**



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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Sexual behaviour and abuse of drugs among urban teenagers in Lagos

**Molobe Ikenna Daniel**

Unified Initiative for a Drug-Free Nigeria, Nigeria

Sexual dependence and abuse of drugs including the abuse of sexual stimulants and abortion drugs has been observed among the urban teens. This finding was observed through personal encounters and follow-up investigations while working with teenagers in selected communities of Lagos State. Many youngsters are engaging in risky sexual activities while abusing both prescribed drugs and psychotropic substances to enhance their sexual performance. Most of these sexual activities have resulted to high risk of teenage pregnancy abortion with misuse and abuse of drugs and substances to prevent pregnancy or induce the abortion. In most cases, the male partner responsible contributes or influences the use of these drugs and substances for the prevention of pregnancy or induced abortion. It was also found that these teen surf on the internet to discover abortion pills and have been able to obtain these pills from the pharmacy shops without doctor's prescription. The most abortion pills that have been found used by these teens are Mifepristone and Misoprostol. Some of the affected teens that have committed an unsafe abortion are experiencing post abortion syndrome while passing through physical and emotional trauma thereby resort to drugs and substance abuse, and some had educational setback or have dropped out from the school. It was found that teens use drugs such as Viagra, Marijuana and local herbal substances mostly to stimulate or boost their sexual performance. They purchase these drugs through street drug hawkers. Tramadol is widely abused by these teens to delay ejaculation and prolong intercourse. This tramadol is mostly abused without knowledge of the effect and health implications of the use. It was also observed that teens have developed a strong network of sex engagements on social media using most especially Facebook account to connect to others and negotiate for physical visits or arrangement for sexual intercourse. In this process they also discuss or exchange information on various drugs and substances they can use to stimulate their sexual urge. This study was carried out in Lagos Urban community which revealed the risk sexual behavioral activities engaged by youngsters.

### Biography

Molobe Ikenna Daniel is a Public Health Consultant and Researcher. He has spent major part of his career in public health intervention activities having worked with both local and international organizations. He has wide ranging experience in the development of social intervention programs on drugs and substance abuse for young people. He is a Senior Proof-reader of the *International Journal of Health and Education*, Lead Guest Editor of Special Issue on *Addiction and Substance Abuse of Science Journal of Public Health (SJPH)*, and reviews research papers for other international journal publications. He is also a member of the Editorial Board of the *Journal of Scientific Research and Studies*. He has been invited as a Speaker at a number of conferences on drugs and substance abuse, and has published in peer reviewed journals and other appropriate arenas. He is the author of "*Hunters, a story of teenage drug abuse*". He is a Co-founder/Trustee of Unified Initiative for a Drug-Free Nigeria, and a member of World Federation against Drugs (WFAD). He received his Master's degree in Public Health from the Department of Community Health, University of Lagos; and his Bachelor's degree in Microbiology from Nnamdi Azikiwe University Awka. He also holds a National Diploma in Science Laboratory Technology from the Institute of Management and Technology, Enugu.

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# **Addictive Disorders and Alcoholism**

July 03-04, 2017 Kuala Lumpur, Malaysia

## **Scientific Tracks & Abstracts (Day 2)**



## Session:

Day 2 July 04, 2017

**Alcoholism | Drug Addiction | Behavioral Addiction | Mental Health | Mental Health & Substance Abuse | Depression & Anxiety Disorders | Addiction Treatment & Rehabilitation**

### Session Chair

**Syed Amir Jazaeri**

University of Malaya, Malaysia

#### Session Introduction

**Title:** The readiness of quit smoking status of smokers registered in quit smoking services in the hospital around Klang Valley, Malaysia

**Mohd Haazik Mohamed**, The National University of Malaysia, Malaysia

**Title:** Post-Modernism counseling in treating Addictive disorder: From obstacles to optimism

**Farhana Sabri**, Islamic Science University of Malaysia

**Title:** Comparison of anxiolytic effects of the homeopathic complex Vita-C 15 in compared with aconitum napellus in the acutely stressed C57bl6 mice

**Siaw Min Liew**, Cyberjaya University College of Medical Sciences, Malaysia

**Title:** Study on the genetic basis of Alcohol dependence

**Tripti Grover Arora**, All India Institute of Medical Sciences, India

**Title:** A study on the association of monoamine pathway gene polymorphisms with Alcohol Dependence

**Renu Singh**, All India Institute of Medical Sciences, India

#### Video Presentation on

**Title:** The role of spirituality in long-term sobriety: The power of the collective & life purpose

**Michelle Fondin**, Author and Ayurvedic practitioner, USA

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## The readiness of quit smoking status of smokers registered in quit smoking services in the hospital around Klang Valley, Malaysia

**Mohd Haazik bin Mohamed**

The National University of Malaysia, Malaysia

**Statement of the Problem:** A total of (70%) which is equivalent to three million smokers in Malaysia has an intention to quit smoking. However, there are only less than one percent of smokers enrolled in the Quit Smoking Service in the hospital each year.

**Methodology & Theoretical Orientation:** The cross-sectional study was conducted to assess the status of the characteristics of the socio-demographic, the relationship between psychosocial factors with constructs of readiness to quit and to investigate the relationship between psychosocial factors with readiness to quit smoking.

**Findings:** The majority of respondents involved in this study were men (95.7%) and mostly aged between 30 and 50 years (56%). A total of (27%) of respondents had a high willingness to quit smoking. The study found that there was a significant negative relationship between family social support with pre-contemplation constructs ( $p=0.050$ ,  $r=-0.179$ ). There was also a significant negative relationship between nicotine addiction with contemplation constructs ( $p=0.050$ ,  $r=-0.180$ ). Apart from that, the study also showed that there is a significant negative relationship between social support colleagues with action constructs ( $p=0.050$ ,  $r=-0.183$ ). The study also shows that there is a significant positive relationship between anxiety with the maintenance constructs ( $p=0.004$ ,  $r=0.265$ ), there is also a significant negative relationship between social support and social support partners with maintenance construct with each recorded value ( $p=0.027$ ,  $r=-0.206$ ) and ( $p=0.001$ ,  $r=-0.305$ ). Finally the conducted study also shows that there is a significant negative relationship between social support colleagues with willingness to quit smoking ( $p=0.016$ ,  $r=-0.224$ ).

**Conclusion & Significance:** In conclusion, in addition to providing basic information on psychosocial profile, the study also gives a clear picture of the influence of psychosocial factors on the level of behaviour change and readiness to quit smoking. Thus, the responsible party must ensure that each operator of quit smoking services has high helping skills in controlling the smokers, especially on the assessment aspects of smoker's readiness to quit smoking and psychosocial profile.

### Biography

Mohd Haazik bin Mohamed developed interest in Tobacco Control and Management after working with Ministry of Health about three years ago. His first task was doing an anti-smoking campaign at national level. From there, he continued to do campaigns and promotions for anti-smoking by doing several exhibitions and giving talks to students, public and smokers. He also administrated Ministry of Health's Quitline for Smoking where smokers can call the infoline to get information or help in quitting smoking. He also was one of the influencers in 2015–2020 National Strategic Plan for Tobacco Control. Due to this, he continued his second MSc by doing thesis, "The Readiness of Quit Smoking Status and Psychosocial Profile of Smokers Registered in Quit Smoking Services in the Hospitals around Klang Valley Malaysia".

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Post-modernism counseling in treating addictive disorder: From obstacles to optimism

**Farhana Sabri**

Islamic Science University of Malaysia, Malaysia

**Statement of the Problem:** Traditional addiction counseling became accustomed with the assessment of clients' past life, where they may have failed, and the focus of counseling interventions tend to be surrounded on investigating "why" the clients have continued to 'relapse' back to a drug-involved lifestyle. The repeated conversation on causes of problems and failures about the clients can often be self-fulfilling. When a counselor reviews a client's history, a mind-set develops about the client. If the mind-set is about client being resistant, reluctant, and defensive, the client action will be regarded in that fashion regardless of their behavior. This mind-set can be a form of sabotaging the client treatment even before it has begun. Post-modernism counseling moves away from this paradigm. With that being said, a post-modernist counselor posits that drug addicts' being reluctant and defensive are something constructed in the session using language between the counselor and the client. That means, solution also can be constructed in the session. Viewing clients from solution-oriented could benefit clients with addictive disorder. The purpose of this study is to describe the use of post-modern ideas in addiction counseling in treating clients with addictive disorder at a residential setting in Malaysia.

**Methodology & Theoretical Orientation:** A case study is presented to illustrate the use of post-modern ideas in addressing hope and solutions in a drug addict client. The guidelines of post-modernism counseling is adhered to Solution-Focused Brief Therapy (SFBT).

**Findings:** This study indicated a significant reduction in dysfunctioning behavior and improvement in psychological well-being.

**Conclusion & Significance:** The positive outcomes from this study calls for support to further investigate the use of post-modern ideas in addiction counseling. The underlying theoretical rationale of SFBT, such as being a brief therapy and a focus on strength, can be part of an effective and cost-efficient strategy to treat clients with addictive disorder.

### Biography

Farhana Sabri is a Registered Counselor with the Malaysia Board of Counselor. She earned her Doctoral degree in Counselor Education and Supervision at Kent State University, Ohio, USA. Addiction counseling has always been a field that is close to her heart. In addition to her experience working with individuals with substance abuse issues in the States and in Malaysia, her passion is to advocate for the clients to receive appropriate care and treatment in any possible way. Her interest toward social construction and constructivism started when she was in Doctoral program; investigating the outcomes of solution-focused brief therapy towards dual-diagnosis clients. She believes that drug addiction can be benefited from social-construction thinking, where the other alternatives "story" in the life of drug addicts.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Comparison of anxiolytic effects of the homeopathic complex Vita-C 15 when compared with *Aconitum Napellus* in the acutely stressed C57BL6 mice

**Siaw Min Liew**

Cyberjaya University College of Medical Sciences, Malaysia

Anxiety, phobias and stress are the main mental health problems among the Malaysian population, with global prevalence varying from 8% to 18%. Even so, less than 30% who suffer these disturbances seek treatment. The objective of this study is to evaluate and compare the anxiolytic effects of *Aconitum napellus* and homeopathic complex Vita-C 15 in the acutely stressed C57BL6 mice by using the fecal corticoid test, open field test (OFT) and c-fos, NMDAR 2B, NPY 1R and NPY 2R activity through the hippocampus. A double blinded randomized controlled study is conducted at Animal Laboratory of Cyberjaya University College of Medical Sciences (CUCMS). All the animals are acclimatized to constant laboratory conditions for 14 days before starting the experiments. Prior to the experiment, a pilot study is performed to identify the most suitable and ideal potency for the homeopathic remedy of *Aconitum napellus*. The animals are tested (n=3) per group on the potency of 6 C, 30 C and 200 C. The treatments are carried out over 9 days. 48 male C57BL6 mice (n=6), 4-5 weeks of age are used. They are randomly selected and divided into two groups. Group I is the healthy control group of mice which are not exposed to acute stress. Group II (stress group); comprise of mice expose to acute restraint stress. Prior to restraint stress, the treatments given are *Aconitum napellus* 30 cH, Homeopathic complex Vita-C 15, Diazepam, and placebo. Then the results are evaluated by fecal CORT test and open field test by comparing the anxiolytics between pre-test and post-test. *Aconitum napellus* 30 cH and Homeopathic complex Vita-C 15 are expected to be more effective and can reduce the occurrence of anxiety in the acutely stressed C57BL6 mice. Thus research into prevention and supportive therapies is necessary and beneficial for this disorder.

### Biography

Siaw Min Liew has her expertise in the research on anxiety, depression and stress under the treatment and management of Traditional and Complementary Medicine (Homeopathy) and evaluation and passion in improving the mental health and wellbeing. She is currently pursuing her Postgraduate study of Master of Medical Science (MSc) on the comparison of homeopathic and conventional intervention on anxiety and stress.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## Study on the genetic basis of alcohol dependence

Tripti Grover, Ranjan Gupta, Atul Ambekar, Renu Singh, Raka Jain and Arundhati Sharma  
All India Institute of Medical Sciences, India

**Statement of the Problem:** Alcohol Dependence (AD) is a chronic relapsing disorder with detrimental health outcomes. Substantial evidence suggests both genetic and environmental factors to be involved in its etiology. While environmental factors are known to play significant roles in developing addiction, genetics makes some individuals more susceptible. This study reports on the screening to identify polymorphisms in genes of the dopamine and GABA pathways in AD patients.

**Methodology & Orientation:** The study group comprised 100 each of male AD patients, recruited from the National Drug Dependence Treatment Center, AIIMS and individuals who did not consume alcohol (controls). The AD subjects (diagnosis on DSM IVR) and controls were interviewed using a pre-designed questionnaire and WHO ASSIST and 5 ml peripheral blood drawn for genetic analysis after informed consent. Genomic DNA isolated was screened for DRD1 rs686, DRD2 rs6275, ANKK1 rs877138 of the Dopamine pathway and GABRA6 rs13172914 and GABRG2 rs211014 of the GABA pathway by PCR-RFLP. Association with clinical parameters such as age, age at first use, alcohol intake (g/day), ASSIST score, and LFT (SGOT, SGPT) was analyzed using SPSS 20.0.

**Findings:** Genotype frequencies in the DRD1 rs686 revealed the genotype TT to be significantly higher in patients (78.9%) in comparison to the controls (59.4%) ( $p=0.004$ ). The other two polymorphisms DRD2 rs6275 (cases 16.3%; controls 18.9%;  $p=0.63$ ) and ANKK1 rs877138 (cases 20%; controls 18%;  $p=0.40$ ) did not show association with AD. GABA pathway polymorphisms GABRA6 rs13172914 (cases 17%; controls 16%;  $p=0.39$ ) and GABRG2 rs211014 showed similar frequency (8%) in both groups ( $p=0.91$ ). Correlation with clinical parameters showed the WHO ASSIST score to be significantly associated with DRD2 rs6275 ( $p=0.007$ ) and GABRA6 rs13172914 ( $p=0.05$ ).

**Conclusion & Significance:** The present findings are suggestive of the role of TT genotype of DRD1 rs686 in conferring susceptibility to alcohol dependence in the Indian male patients.

## Biography

Tripti Grover has been a Life Science Researcher with interests in varied fields, including Instrumentation, Bioinformatics and Molecular biology. With her exposure varying from Plant Molecular Biology to Genetics, she has been specializing in Human Genetics from the All India Institute of Medical Sciences (AIIMS), India. With special focus on Alcohol/Opioid addictions, she has been exploring this complex disorder in strengthening the associations among genes. Addiction being a complex disorder has its roots originating both from environment as well as genes. While the environment may vary from child abuse to peer pressure in adolescence, its development and thereafter progression is likely to develop due to Single Nucleotide Polymorphisms (SNPs) in the genes.

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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## A study on the association of monoamine pathway gene polymorphisms with Alcohol

Renu Singh, Ranjan Gupta, Atul Ambekar, Tripti Grover, Raka Jain, Arundhati Sharma  
All India Institute of Medical Sciences, India

**A**lcohol dependence (AD) a neuropsychiatric disorder involves complex interaction of genes and the environment leading to a negative impact on personal, social and economic status of life. Genes of the monoamine (dopamine and serotonin) pathways regulate the release of various neurotransmitters in the brain and studies report on an association of single nucleotide polymorphisms (SNPs) in these genes with AD. The purpose of the study was to identify presence of SNPs in the monoamine pathway genes in AD subjects.

**Methodology:** A total of 110 alcohol dependent males from the Department of Psychiatry (based on DSM-IVR criteria) and 100 healthy males from the general population (controls) formed the study group. Subjects were interviewed using the semi-structured questionnaire and WHO ASSIST and 5 ml peripheral blood was drawn after taking informed consent. Six SNPs of dopamine pathway DRD4 120bp duplication, DRD3 Ser9Gly, DRD2 Taq1α, COMT V158M, COMT-287A>G, DRD4 -521C/T and two of pathway HT1B G861C and HTR3B Tyr129Ser were analyzed by PCR/RFLP. Genotype frequencies were assessed using chi-square test and association with clinical parameters by SPSS v20.0.

**Findings:** Of all the studied SNPs – COMT Val158Met and HTR3B Tyr129Ser showed significant association with AD ( $p=0.03$ ). Other SNPs studied DRD4 120bp duplication ( $p=0.17$ ), DRD3 Ser9gly ( $p=0.185$ ), DRD2 Taq1a ( $p=0.27$ ), COMT-287 A>G ( $p=0.12$ ), DRD4 -521C/T ( $p=0.48$ ) did not show any association. Correlation of clinical features of the AD subjects showed an association of HTR1B G861C with quantity of alcohol consumed per day ( $p=0.05$ ) and COMT -287A/G with liver function (SGPT  $p=0.04$ ).

**Conclusion and Significance:** The present study is indicative of the role of COMT Val158Met and HTR3B Tyr129Ser with AD and suggests that SNPs of the monoamine pathway genes may influence alcohol related behavior in dependent individuals.

### Biography

I am Renu Singh PhD student in Department Of Anatomy, All India Institute of Medical Sciences having knowledge in molecular biology techniques such as DNA isolation, polymerase chain reaction, gel electrophoresis, restriction digestion and various other techniques. Besides that I have experience of microbiology and culture techniques.

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## **Video Presentation (Day 2)**





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# ADDICTIVE DISORDERS AND ALCOHOLISM

July 03-04, 2017 Kuala Lumpur, Malaysia

## The role of spirituality in long-term sobriety: The power of the collective & life purpose

**Michelle S Fondin**

Author and Ayurvedic Practitioner, USA

**Statement of the Problem:** Long-term sobriety from alcohol addiction is a difficult goal to obtain. According to the National Institutes on Alcohol Abuse and Alcoholism, only 14.6 percent of people with alcohol abuse and dependence ever receive treatment. Of those 14.6 percent only a small percentage make it beyond the 90-day mark of total abstinence. If long-term sobriety is elusive to most, what makes some people successful? Researchers have studied people in recovery for 150 years and lack conclusive evidence on what makes a person get and stay sober. While statistics show that a majority of attendees in 12-step programs, such as Alcoholics Anonymous (AA), have a dropout rate of 95% in the first year of sobriety, success is achieved for the other 5%. Alcoholics Anonymous, a spiritually-based program, with over two million members, has several draws for a longitudinal study on long-term sobriety; the longevity of the program itself, the global access to everyone regardless of income level, and members in long-term sobriety.

**Methodology & Theoretical Orientation:** I attended over one hundred hours of AA meetings and interviewed those who had between 2 and 36 years of sobriety. I interviewed a control group of ten recovering alcoholics with at least two years of continual sobriety. The criteria for the intensive interviews were three-fold. The alcoholics in the control group had to have alcohol as their primary drug of choice. They had to be attending at least one 12-step meeting per week and they had to have had continual, uninterrupted sobriety for at least two years. In addition, those selected needed to be alcoholics (alcohol dependent) and not simply heavy drinkers. And they had to be in active recovery rather than being “dry drunks”.

**Findings:** The info graphic above shows the findings of alcoholics in continual long-term sobriety for more than two years. The formula for long-term recovery, according to the control group, is largely dependent on several actions leading to a spiritual path and way of living. While each of these factors contributed to sustained sobriety not everyone participated in every single category, all the time, with the exception of one category. One hundred percent of the control group stated that their long-term sobriety was a direct result of their relationship with a Higher Power.

**Conclusions & Significance:** Not a single person in the control group was pre-selected based on any question regarding religious or spiritual beliefs. The criterion for selection was uniquely based on abstinence, attendance in a 12-step group, and alcohol as the primary drug of choice. The interviews were geared toward determining the factors for sustained sobriety. Living a spiritual life including belief in a Higher Power, prayer, meditation, and service to others as well as connection to a spiritually-based group appear to be a significant formula for long-term sobriety.

### Biography

Michelle S Fondin is the author of *“Help! I Think My Loved One is an Alcoholic: A Survival Guide for Lovers, Family, & Friends”* (2016), *“The Wheel of Healing with Ayurveda: An Easy Guide to a Healthy Lifestyle”* (New World Library, 2015), and upcoming books *“7 Days to Chakra Healing and Enlightened Medicine”*. She is a writer for Deepak Chopra’s website, Chopra Lifestyle and is an Ayurvedic Practitioner, Meditation, and Yoga Teacher.

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