



ADDICON 2021

1st National Conference of APSI
Virtual • December 10-11, 2021

**ADDICTION PSYCHIATRY IN A POST-PANDEMIC WORLD:
NEWER CHALLENGES, NEWER OPPORTUNITIES**

Abstracts Book

Organized by

Addiction Psychiatry Society of India (APSI)

&

**National Drug Dependence Treatment Centre (NDDTC) &
Department of Psychiatry, AIIMS, New Delhi**



December 10-11, 2021

www.addicon2021.com

ADDICON 2021

ORGANIZING COMMITTEE

Patron	Prof. Randeep Guleria
Co-Patron	Prof. Rajat Ray
Organizing Chairperson	Prof. Rakesh K Chadda
Advisors	Prof. Rakesh Lal & Prof. Raka Jain
Organizing Secretary	Prof. Atul Ambekar
Jt. Organizing Secretary	Dr. Alok Agrawal & Dr. Roshan Bhad
Treasurer	Dr. Ravindra Rao
Scientific Committee	Prof Anju Dhawan, Prof. Pratap Sharan, Prof. Atul Ambekar, Dr. Ravindra Rao, Dr. Ashwani Kumar Mishra, Dr. Alok Agrawal, Dr. Siddharth Sarkar
Publication Committee	Prof. Pratap Sharan, Dr. Ravindra Rao, Dr. Biswadip Chatterjee, Dr. Rohit Verma, Dr. Piyali Mandal
Website and IT Management Committee	Dr. Ravindra Rao, Dr. Koushik Sinha Deb, Dr. Rohit Verma, Dr. Roshan Bhad, Dr. Gagan Hans, Dr. Vaibhav Patil
Hospitality/Catering Committee	Prof. Raka Jain, Prof. Mamta Sood, Dr. Sujata Satpathy, Dr. Rizwana Quraishi
Registration Committee	Prof. Sonali Jhanjee, Dr. Rachna Bhargava, Dr. Raman Deep, Dr. Alok Agrawal, Dr. Bichitra Patra, Dr. Biswadip Chatterjee
Finance & Sponsorship Committee	Prof. Rakesh Lal, Prof. Nand Kumar, Dr. Gauri Shanker Kaloija, Dr. Alok Agrawal, Dr. Vijay Prasad Barre
Accommodation & Transport Committee	Prof. Rakesh Lal, Dr. Prabhu Dayal, Dr. Roshan Bhad
International Coordination Committee	Prof. Atul Ambekar, Dr. Yatan Pal Singh Balhara, Dr. Roshan Bhad
Press/Media Committee	Prof. Rajesh Sagar & Prof. Atul Ambekar

Suggested citation: Abstracts of the 1st National Conference of APSI: ADDICON 2021, conducted by Addiction Psychiatry Society of India (APSI) and the National Drug Dependence Treatment Centre (NDDTC) and Department of Psychiatry, AIIMS, New Delhi, Virtual, 10-11 December 2021.

Compilation by: Dr. Siddharth Sarkar, Dr. Abhishek Gupta, Ms Anshika Tyagi Vats on behalf of the Scientific Committee of ADDICON 2021

© Addiction Psychiatry Society of India (APSI); <https://addictionpsychiatry.in/>

Compilation of Abstracts

Contents

Plenary Speakers.....	Page 05 to 06
Symposia and workshops.....	Page 08 to 72
Free papers (oral communications)	Page 74 to 130
E-Posters.....	Page 132 to 158

Plenary Speakers

Plenary Speakers

**Controversy, Thy Name is
Cannabis!**

By



Debashish Basu

CHANDIGARH

**Substance Use and the
Law :
Respecting Choice?
Preventing Harm?
Providing Care?**

By



Tripti Tandon

DELHI

**Rethinking Addiction as
outcomes of
neurodevelopmental
deviations : evidence
from the cVEDA**

By



Vivek Benegal

BENGALURU

**Addictions in Punjab:
Historical, Socio-cultural
and Political aspects**

By



Anirudh Kala

LUDHIANA

**Service engagement by
people who inject drugs:
evidence for integrated
models in India**

By



Suresh Kumar

CHENNAI

**Behavioral Addictions:
Are we ready to open the
Pandora's Box?**

By



Bhaskar Mukherjee

KOLKATA

Plenary Speakers

**How can a digital
platform support
international addiction
medicine communities?**

By



Alexander Baldacchino

UNITED KINGDOM

**Variations in the Indian
Opioid Epidemic:
Perspectives from the
Anthropology of
Addiction**

By



Bhrigupati Singh

DELHI/USA

**Innovating Care for
Alcohol Use Disorders in
Low Resource Settings: a
'Spirit'ed Response**

By



Abhijit Nadkarni

GOA

Symposia and Workshops

1. From Sharaabi to Devdas- How Bollywood Portrays Substances: A Mixed Method Study

Ravindra Rao, Snehil Gupta, Udit Panda, Swati Kedia Gupta

Psychiatry and NDDTC, All India Institute of Medical Sciences, New Delhi, India

All India Institute of Medical Sciences, Bhopal, Madhya Pradesh, India

National Institute of Mental Health and Neurosciences, Bangalore, India

drvr Rao@gmail.com,

snehil2161@gmail.com,

uditpanda@gmail.com,

swati.nakshatra@gmail.com

Abstract:

From Sharaabi to Devdas- How Bollywood Portrays Substances: A Mixed-Method Study”

Substance use causes not only adverse health effects but also social and economic loss to the individual and the society. Initiation of psychoactive substances is associated with various individual and environmental factors including media. Media, especially cinema not only depict social realities, but also influence perception, attitude, and behaviour of individuals. Various studies, using Hollywood as the framework, have highlighted the association between exposure to alcohol, tobacco and other drugs in movies to early initiation and maintenance of the same. In India, mass media especially films represent one of the most comprehensive sources of communication and knowledge as compared to anywhere in the world. A few studies and lay articles have described depiction of alcohol in movies. However, to the best of our knowledge, there are no studies that have systematically assessed the extent of depiction of alcohol as well as other psychoactive substances in Bollywood movies and their trends over several decades. Moreover, there have been no studies that have specifically addressed patterns of use in women. The present mixed-method study was planned keeping this background in mind. The symposium will present the existing literature on this topic, describe the study conducted by our team, and discuss the significance of the findings obtained.

A. Portrayal of Substances in Bollywood Movies: Introduction and methodology

Snehil Gupta

All India Institute of Medical Sciences, Bhopal, Madhya Pradesh, India

snehil2161@gmail.com

Abstract:

Exposure of substance use (SU) through media during the youth period is associated with early initiation and higher rates of SU. Movie characters, serve as the super-peers for the youths and affect their learning. However, literature on this is mostly limited to opinion papers or non-systemic qualitative analysis, moreover, data is sparse from India.

The current study was aimed at assessing the extent and pattern of the depiction of alcohol and tobacco (henceforth, SU) in Bollywood movies, and analysing the trends in the portrayal of substance over three decades. The specific objectives are 1) Quantification (duration and number) of

scenes depicting SU, 2) to conduct a content analysis of the scenes in which substances have been portrayed, and 3) to analyze the trend in this depiction over the three decades.

B. Alcohol depiction in Bollywood

Ravindra Rao

Psychiatry and NDDTC, All India Institute of Medical Sciences, New Delhi, India
drvr Rao@gmail.com

Abstract:

Of the total 150 movies analyzed, 135 (90%) movies contained scenes depicting alcohol; 7% of the total movie time contained alcohol scenes. The majority of the scenes (92%, n=976) showed alcohol itself. Spirits were the most common alcohol beverages shown (75%, n = 733). Only 7.9% of scenes (n=84) depicted alcohol brands. About 67% (n=709) of scenes showed characters consuming alcohol or shown intoxicated. Most scenes portrayed hero (n=253, 36%) consuming alcohol. Female characters were depicted in 7% (n=53) alcohol scenes. The most common setting of alcohol depiction was at home (35%, n = 374). Most alcohol depicting scenes were in India (83.8%, n = 887), in urban cities or towns (82%, n = 872). In 38% (n = 271) scenes, the characters used alcohol in no particular context. In 10% (n = 72) scenes that showed characters using alcohol, the characters engaged in behaviors that could be termed as “high-risk” behavior.

The third decade (2001–2010) had the least proportion of scenes depicting Spirits and the highest proportion of scenes depicting beer and wine. Decade three also had the most proportion of scenes set in clubs, bars, discotheques, or restaurants, scenes with characters of “positive” shade depicting alcohol use, and the scenes portraying heroine with alcohol use.

C. Tobacco Use Depiction in Bollywood

Udit Panda

National Institute of Mental Health and Neurosciences, Bangalore, India
uditpanda@gmail.com

Abstract:

120 out of 150 movies (80%) depicted tobacco in some form or the other and about 53% of the total scenes involved tobacco, totaling a time of about 19 hours. In 84.5% of the scenes, tobacco was shown in visual form, that is smoked in form of cigarettes, bidi, hookah, or cigar. Cigarettes were the most commonly depicted form of tobacco (48.6%), followed by cigar (22.9%), bidi (4.8%), and hookah (3.7%). Tobacco use was depicted in an urban setting and used inside the house, followed by smoking in public places. In 91% of the scene, one or more characters were shown using tobacco. Hero was shown as the one using tobacco (71.3%), followed by the villain (24.4%). Only in 2.8% of the scenes, the lead female character was shown as using tobacco. The majority of the characters were in the age group of 25-60 years and belonged to upper socioeconomic status. In the first two decades, 39% of the scenes had tobacco use, whereas, in the third decade, it dropped

to about 21%.

Tobacco use portrayal in Bollywood movies has mostly been without any context and use has been shown as a matter of habit of the characters. The portrayal of Tobacco use has shown a steady decline across decades, possibly due to legislative restrictions regarding the onscreen portrayal of Tobacco use. Still, the fact that smoking is more prevalent in the movies than in real life and that smoking in films is rarely associated with any negative outcomes encourages tolerance for smoking in society and reinforces smoking as a desirable behaviour. Policy changes should be made to address that.

D. Women, Drugs and Bollywood

Swati Kedia Gupta

swati.nakshatra@gmail.com

Abstract:

Out of 150 movies that were analyzed, 35 (23.33%) had scenes depicting some form of alcohol or drug use by female characters. A total of 76 scenes were analyzed, totaling a time of about 175 minutes. The lead female actor (“heroine”) was seen to be consuming substances in 61 (80%) scenes, while only 20% depicted the female actor in a negative role (“vamp”) using any form of substance. Majority of the scenes were just visual depictions without dialogues or songs (45%); followed by a verbal depiction of substance in the scene (30%). The substance itself was depicted in majority of the scenes (91%) and in only 6.5% of the scenes, an intoxicated character was shown. Alcohol was the most commonly consumed substance (49%), followed by tobacco (24%). Only in two scenes was brand of alcohol was shown. In 28% of the scenes, the scene of substance use was set at home, while 17% were set in public places and parties. Majority of individuals were from upper socioeconomic status (62%). The number of movies depicting female drug use did not differ across the three decades. However, there was a significant difference in the duration of depiction (41 minutes vs 62 minutes vs. 71 minutes). In the first decade, the bulk of the scenes were from one particular movie (25 minutes), while in the third decade, they were distributed across the movies. Moreover, in the first decade, the consumption was primarily at home setting, while in the third, most scenes were shot at a party or discotheque. In the decade of 80s, primarily the vamp was seen to be consuming alcohol/tobacco, while in the third decade, mostly the heroine was seen doing the same showing normalization of alcohol/drug use.

2. How to Choose an Anti-craving Medication for Alcohol Use Disorder?

Prabhoo Dayal, Shiv Prasad, Omsai Ramesh

National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India

drpd@rediffmail.com, drspkhedar@gmail.com, omraksha@gmail.com

Abstract:

Background and Objectives: Alcohol use disorder is a chronic relapsing disorder associated with a variety of psychological, social and physical problems. It is estimated that alcohol use disorders are more prevalent than other non-communicable diseases in the society, and alcohol use has been linked to 15-20% of absenteeism, 40% of accidents at work, 15-20% of traumatic brain injuries, 20% of domestic violence, and deliberate self-harm. Relapse prevention is a major challenge in the treatment of alcohol use disorder. Various outcome studies have documented that more than 75% of patients relapsed within one year of treatment. Craving is an important risk for relapse in patients with alcohol dependence and high craving is associated with relapse and craving creates more problems when cognitive processes are dysfunctional. Management of craving remains great challenges in the treatment of alcohol dependence, although pharmacological treatments with Naltrexone, Baclofen, Topiramate and Acamprosate for alcohol dependence in combination with psychosocial therapies are available, these have often only modest effect and not fully addressed these issues so far. Alcohol use disorder, however, is a chronic condition, and the changes in brain pathways created by years of alcohol use do not revert to normal when the body is detoxified of the alcohol. Thus, long-term treatment beyond detoxification is usually necessary. Because of the chronic nature of alcohol dependence, with relapses and remissions and a strong genetic component, we can compare it to other chronic diseases, such as diabetes and hypertension. A recent U.S. review the US found that both naltrexone and acamprosate are moderately effective and extremely under-prescribed. In Germany, only 5% of appropriate patients are treated. So, opportunities for therapy appear to be underutilized.

Therefore, evidence-based use of anti-craving medications after alcohol detoxification with psychosocial programs should consider to enhance treatment outcomes in alcohol dependence.

A. Approved Anticraving Medications for Relapse Prevention and their Mechanism of Action

Shiv Prasad

LHMC, New Delhi, India
drspkhedar@gmail.com

Abstract:

Mechanism of action of anticraving drugs

Opioid modulation: Naltrexone, Nalmefene
Dopamine neurotransmission: Naltrexone, Nalmefene
Serotonin neurotransmission: Ondansetron
GABA neurotransmission: Gabapentin
Glutamate neurotransmission: Acamprosate
Blockage of GIRK channel: Ifenprodil.

B. How to Choose Anticraving Medications?

Prabhoo Dayal

National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India

drpd@rediffmail.com

Abstract:

Setting goals for medication assisted treatment

Addressing co-occurring disorders level of motivation for abstinence, medical status and contraindications for each medication in addition to factors specific to each medication, clinician should consider patients past experience with particular medication and history of medication adherence, belief and opinions about which medication may be most helpful monitoring.

C. Effectiveness and Tolerability of Anticraving Medication in Patients with Alcohol Use Disorder

Omsai Ramesh

LHMC, New Delhi, India

omraksha@gmail.com

Abstract:

Effectiveness and tolerability of anticraving medication in patients with alcohol use disorder.

3. Injection Heroin Use in Kashmir: The Emerging Threat

Yasir Hassan Rather, Fazle Roub Bhat, Kubra Wani

Government Medical College, Srinagar, India

yasirhrather@gmail.com, fazleroub@gmail.com, qubrawani@gmail.com

Abstract:

Kashmir valley has been facing armed insurgency since 1980s and there have been multiple studies documenting high prevalence of different psychiatric disorders. From the last couple of years, there has been an exponential increase in the number of individuals seeking treatment for use of opioids. Injection drug use is the emerging threat that valley of Kashmir has been facing recently. Easy availability, boredom and volatile political scenario have been proposed as the causative factors for the new threat. Opioid Agonist Therapy (OAT) or Opioid Substitution Therapy (OST) for individuals with opioid dependence is an effective treatment for management of opioid dependence syndrome. Service providers have reported an alarming increase in the enrolment of the individuals with heroin user, which suggests an increase in the heroin use in the valley.

A. Profile of Injection Heroin Users Seeking Treatment at De Addiction Facility of the Institute

Fazle Roub Bhat

Institute of Mental Health and Neurosciences- an associated hospital of Government Medical College, Srinagar, India

fazleroub@gmail.com

B. Hepatitis C Virus among Injection Heroin Users Seeking Treatment at De Addiction Facility in Kashmir

Kubra Wani

Institute of Mental Health and Neurosciences- an associated hospital of Government Medical College, Srinagar, India

qubrawani@gmail.com

C. Current Scenario of Injection Heroin Use in Kashmir

Yasir Hassan Rather

Institute of Mental Health and Neurosciences- an associated hospital of Government Medical College, Srinagar, India

yasirhrather@gmail.com

4. Unwinding the Link Between ADHD and Addiction

Parvathy RS, Varghese P Punnoose, Mareen Benjamin, Bettina Sara Mathew

Government Medical College, Kottayam, Kerala, India

parvathyrajkafoor@gmail.com,

varghese.p.punnoose@gmail.com,

mareenbenja-

min87@gmail.com, bettinamathew09@gmail.com

Abstract:

Objectives: To discuss the prevalence, neurobiology, salient characteristics and management of co morbid ADHD and addictive disorders.

Background: ADHD and addictive disorders are both common mental disorders that often co-occur. The prevalence of ADHD in addiction is estimated to be around 19% in India. There are many dilemmas in management of patients with comorbid addiction and ADHD, due to uncertainty in diagnosis, difficulties in prioritizing the treatment and drug diversion related issues. Studies have shown that early detection and appropriate management of the condition will improve the overall outcome. This necessitates the need for an elaborate discussion of the same.

Description: Comorbid ADHD and addictive disorders is a frequent and critical issue in clinical practice. They belong to the more heritable psychiatric conditions with common neurocognitive and neurobiological findings. Addiction in ADHD can be behavioral or substance related. Research shows that those with ADHD were about 2–3 times more likely to develop nicotine, alcohol, marijuana, cocaine addiction and they have an earlier onset of substance use, a faster transition to addictive disorder, and a higher risk of relapse compared to those without ADHD. The persistence of ADHD symptoms beyond childhood further increases the likelihood of development of addictive disorders, particularly in hyperactive-impulsive and combined subtypes. Personality disorders and affective disorders are recognized to be higher among this comorbid group. Early stimulant treatment of childhood ADHD can prevent the development of addiction and that pharmacotherapy of addictive disorders can improve the outcome of this comorbid condition. It is suggested to combine pharmacotherapy with psychotherapy for a better outcome. Hence it is of utmost importance to take an integral approach, individualizing the needs of each patient.

A. Overview of Co-Occurring ADHD and Addiction

Varghese P Punnoose

Government Medical College, Kottayam, Kerala, India

varghese.p.punnoose@gmail.com

Abstract:

ADHD and addictive disorders are both common mental disorders that commonly co-occur. In the general population, ADHD occurs in about 6% of children and adolescents and about 2.5% of adults. In Addictive disorders, the prevalence of ADHD is estimated to be around 20%. The prevalence of ADHD depends on the type of substance of abuse, the setting and the diagnostic procedure. Age, gender, ethnicity and primary substance of abuse do not seem to systematically impact

the prevalence rate of comorbid ADHD and addiction. ADHD and addiction belong to the more heritable psychiatric conditions and both twin and genome-wide association studies have indicated a strong shared heritability. Neurocognitive and Neuroimaging studies have identified cognitive control pathways, reward pathways, and emotion regulation pathways to be centrally involved in both conditions. Addiction in ADHD can be behavioral or substance related. Research shows that those with ADHD were about 2–3 times more likely to develop nicotine, alcohol, marijuana, cocaine addiction and they have an earlier onset of substance use, a faster transition to addictive disorder, and a higher risk of relapse compared to those without ADHD. Early stimulant treatment of childhood ADHD can prevent the development of addiction and that pharmacotherapy of addictive disorders can improve the outcome of this comorbid condition. The International Collaboration on ADHD and Substance Abuse (ICASA) was established as a foundation under Netherlands law in September 2010, to improve the scientific basis for the screening, diagnosis, and treatment of ADHD-addiction comorbidity. It aims to contribute to a substantial decrease in the proportion of ADHD patients developing an addiction and to substantially improve the detection, diagnosis and treatment of patients having the dual diagnosis.

B. The Overlapping Neurobiology of ADHD and Addiction

Mareen Benjamin

Government Medical College, Kottayam, Kerala, India
mareenbenjamin87@gmail.com

Abstract:

Attention-Deficit/Hyperactivity Disorder (ADHD), constitutes a vulnerability to addiction because of the overlapping neurobiology involving the mesolimbic and mesocortical dopamine neural networks. In both of these circuits dopaminergic neurons ascend from the ventral tegmental area of the brain which is part of a group of structures located deep within the brain called the basal ganglia. In the mesolimbic pathway the critical connection is with the nucleus accumbens. It is this pathway that is most closely associated with motivation, incentive salience, and impulsivity. In the mesocortical pathway the critical connections are with prefrontal, orbital/frontal, and cingulate cortices. This pathway is associated with cognitive functions such as error detection, executive functions, and maintenance of goal directed behavior. In addition, this pathway exerts control over the mesolimbic dopaminergic system.

The deficits in ADHD and addiction involve dysfunctions in the mesolimbic and mesocortical dopaminergic systems which in ADHD are neurodevelopment in origin and in addiction are acquired. Since it is precisely these acquired deficits in the mesolimbic and mesocortical dopamine systems that propel the three-stage addiction cycle, it can readily be seen how these same neurodevelopmental deficits in ADHD can help initiate such a cycle, and therefore why ADHD is a major risk factor for addiction.

C. ADHD and Addiction: A Complicated Liaison

Bettina Sara Mathew

Government Medical College, Kottayam, Kerala, India
bettinamathew09@gmail.com

Abstract:

Comorbid Attention Deficit Hyperactivity Disorder (ADHD) and Addictive disorders is a frequent and critical issue in clinical practice. Impulsivity, disinhibition, executive function deficits and slowed mental processing in ADHD can contribute to the development and persistence of addictive behaviours. It's presence has been associated with an earlier onset, greater severity, and increased chronicity of problematic substance use. Faster transition to dependence pattern, and a higher risk of relapse has also been noted in those with ADHD. The persistence of ADHD symptoms beyond childhood further increases the likelihood of comorbid addictive disorders. Increased risk of subsequent development of substance use disorders were particularly noted in combined and hyperactive-impulsive subtypes, with less risk in those with inattentive type of ADHD. However, inattention is the most associated ADHD symptom of internet addiction. Those with ADHD are also found to have increased risk of psychotic experiences with cannabis. Personality disorders, affective disorders and lifetime anxiety disorders are recognized to be higher among those with comorbid addiction and ADHD. High novelty seeking and low cooperativeness characterize adults with comorbid addictive disorders and ADHD. Impairments in cognitive and affective regulations are also noticed to be significantly higher. Lowered recognition of having a problematic substance use, in addition to being ambitious and self-forgetful are found in these patients. This can be related to the attentional problems, reward-processing and self-monitoring deficits in ADHD. In patients with both addiction and ADHD, the attention problems possibly interfere with making thorough reflections regarding own substance use. This comorbidity is associated with a more severe course of substance use, poorer outcomes and more hospitalizations. Thus, it is necessary to take an integral approach with individualization of the needs of each patient.

D. Screening, Diagnosis & Treatment of Co-Occurring ADHD and Addiction

Parvathy R S

Government Medical College, Kottayam, Kerala, India
parvathyrajkafoor@gmail.com

Abstract:

Early detection is of key importance for successful treatment of comorbid ADHD and addiction. ICASA has reviewed the existing scientific literature on screening, diagnosis, and treatment of addictive disorder patients with adult ADHD and synthesized a consensus guide for clinical practice. Several screening tools are available for use in adults with ADHD and addiction. A positive screening result should always lead to further diagnostic assessments. ICASA recommends combining any two of the validated screening instruments for proper screening. Clinically suspected cases of ADHD should always receive an extended diagnostic assessment. The diagnosis of ADHD should be part of a medical and psychiatric examination. This includes a thorough investigation of current symptoms, history taking, and additional examinations.

Proper treatment of ADHD in people with addiction comprises several components, including psycho-education, pharmacotherapy, individual and/or group cognitive and behavioral therapy, as well as peer support. In adults with comorbid ADHD and addiction, research suggests the usefulness of combined pharmacotherapy and psychotherapy. The treatment of ADHD should be integrated in the treatment of addictive disorders and vice versa. This is important because ADHD symptoms can interfere with deaddiction treatment and/or addiction can complicate the treatment of ADHD. It is advisable to first start deaddiction treatment, followed by ADHD treatment as soon as possible thereafter.

Evidence shows that medications are moderately effective in reducing ADHD symptoms in patients with comorbid addiction. High doses of long-acting stimulants are preferred in ADHD patients with stimulant use disorders and atomoxetine in patients with alcohol use disorder. Long -acting formulations, particularly osmotic-release oral system formulations of methylphenidate (OROS-MPH) and lisdexamphetamine, have considerably lower rates of misuse and diversion compared to immediate-release preparations. Pharmacotherapy has more positive effects when combined with psychotherapy. Integrated cognitive behavioral therapy, dialectic behavioral therapy, structured skills training, and mindfulness-based therapy are some of the non-pharmacological interventions.

5. Outpatient Opioid Assisted Treatment (OOAT), an Overview

Rajesh Jaiswal¹, Harpreet Sidhu¹, Sanjeev Rampal¹, Rana Ranbir Singh², Manbhavan Singh³

¹Special Task Force, SAS Nagar (Mohali), Punjab, India

²Punjab Health and Family Welfare, NACO OST and Punjab State OOAT, Project, Member of NACO TRG for PWID, Amritsar, Punjab, India

³Punjab Health and Family Welfare, De-addiction Centre & OOAT Centre, Civil Hospital, Pathankot, Punjab, India

rkjaiswalips@gmail.com, adgp.stf.police@punjab.gov.in, sarampal@yahoo.co.in, rana-foryou2002@yahoo.co.in, manbhavankahlon@gmail.com

Abstract:

The AIIMS Punjab Opioid Dependence Survey-2015 had given an estimate of 2.3 lakh Opioid dependent patients and 8.6 lakh harmful users. Punjab Government, while recognising this, accepted Special Task Force-STF strategy of 'Comprehensive Action against Substance Abuse' which aims at balanced focus on Supply, Demand & Harm Reduction. Treatment process was revamped by adopting the Outpatient Opioid Assisted Treatment (OOAT) model to ensure wide accessibility to free-of-cost treatment.

OOAT relies upon harm reduction approach and ensuring outdoor treatment to large numbers of patients rather than previous limited access, lengthy and expensive indoor patient treatment modality having infrastructure and manpower requirements but provided only 600 beds for de-addiction and 1100 for rehabilitation in government sector.

OOAT deploys a three-pronged method of medication, counselling and peer support. Its implementation process conserved resources by efficiently utilising existing public health infrastructure rather than undertaking expensive and time-consuming projects. Redeployment of doctors, staff nurses, counsellors and support staff from primary health centers and training them using NACO OST training modules reduced requirement of additional manpower. At present there are 202 OOAT centres functioning across state with about 230451 patients registered.

OOAT journey encountered hurdles and faced resistance for a paradigm shift in treatment approach from within system, disagreement from those believing in 'cleansing' of patients through abstinence and others who ignored research to incorrectly equate medication as mere substitute for illicit opioids. OOAT still has distance to cover and needs to improve quality in all three methods it deploys along with increasing its outreach, improving patient retention rate, providing quality psycho social interventions and liberalising 'take home' medication so that patients do not waste productive time waiting for medication, nevertheless, these improvements are in process.

Further it is recommended that Punjab OOAT model can be emulated by other states having high prevalence of opioid dependence

6. Behavioral Addiction in the Covid Era: Clinical Features, Assessment and Management

Kota Suresh Kumar, Sanjay Yalamanchili, Ivaturi Sriramya, Maithri Kolluri, Saka Meghana

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India

drkotasuresh@gmail.com, yalamanchilisanjay69@gmail.com, kundetisriramya@gmail.com, maithrikolluri@gmail.com, meghanavinni.22@gmail.com

Abstract:

Objectives of the symposium: The objectives of this symposium are to understand various forms of behavioral addictions; assessing the impact of Covid lockdown on various internet addictions; and management of the internet addiction

Background: Addiction is the term employed not only for excess consumption of substances but also for problem behaviours like eating disorders, pathological gambling, computer addiction and pathological preoccupation with video games and sexual acts. These can be brought together under the umbrella term of behaviour addiction. This era of information and technology brings with it a new set of problems that did not exist until a few decades ago. The internet which provides unlimited access to attractive features acts as a breeding ground for multiple addictions. This has been superimposed by the Covid 19 outbreak and the consequent lockdown which has grossly affected every aspect of living and created a need for alternative ways of social communication, education, work, and entertainment. This has led to a surge in the amount of internet usage, and in turn, the number of addictions that can be easily missed or misdiagnosed. The management of these addictions is a challenge that can be dealt with by an in-depth understanding of the various forms and individual features.

A. Introduction, Diagnostic Dilemma, the Impact of Covid

Sanjay Yalamanchili

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India

yalamanchilisanjay69@gmail.com

Abstract:

The term “behavioural addiction” has been used to refer to a range of excessive behaviours, such as gambling, video game playing, eating disorders, sports and physical exercise, media use, sex addiction, pathological working, and compulsive criminal behaviour.

Although behavioural addictions do not involve a chemical intoxicant or substance the core neuronal pathways of the behavioural addictions are similar to those of chemical or substance addiction. The absence of physical signs of withdrawal, absence of substance, clear-cut classification, and less availability of literature on these addictions carries with it the difficulties in diagnosis and management. The digital surge during Covid and accompanying disruption of mental health services during this period have significantly increased the risk of developing behavioral addictions

B. Cell Phone, Internet, Online Shopping, Social Media Addictions

Ivaturi Sriramya

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India
kundetisriramya@gmail.com

Abstract:

Cell phones provide individuals unlimited access to information and to connect with others all around the world in a way otherwise thought to be impossible. With the unparalleled dominance of cell phones involving every aspect of life, dependence on it has become inevitable in the Covid era, affecting social, educational occupational, and cultural functioning. But when this dependence becomes problematic and significantly impairs the functionality then it can be labelled as cell phone addiction. With the whole of the world under the thumb of the internet and a false sense of control over it, the prevalence of addictions related to smartphone are on the constant rise. The cell phone addiction branched out into multiple addictions based on the vulnerability of the person using it. Internet addiction, social media addiction, online shopping, gaming have not been included in the current diagnostic classifications. These behavior addictions have a major psychological impact on people of all age groups, especially the unguarded adolescents in their formative years. It is the need of the hour to tackle these addictions for prevention and effective management of the psychological wellbeing.

C. Gambling Addiction and Porn Addiction

Maithri Kolluri

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India
maithrikolluri@gmail.com

Abstract:

Gambling disorder is defined as gambling that disrupts or damages personal, family, or recreational pursuits. Just like substance use, gambling too exists on a spectrum or continuum of escalating severity (ranging from social or non-problem gambling, through problem gambling, to gambling addiction or gambling disorder) and can have multiple adverse consequences. Adult problem gambling over the last 12 months ranged from 0.5 - 3% with three to four times as many people reporting sub-clinical problems and harm. Gambling in India, just as it is in the rest of the world, is a common and socially acceptable leisure activity. Simply put, gambling involves wagering something of value (usually money) on a game or event whose outcome is unpredictable and determined by chance. Examples of popular gambling activities include lottery, slot machines, sports betting, card games, scratch cards, internet gambling, casino games, bingo, and private betting. Online pornography use, also known as Internet pornography use or cybersex, maybe one of those Internet-specific behaviors with a risk for addiction. It corresponds to the use of the internet to engage in various gratifying sexual activities. Continued use in this fashion sometimes leads to

financial, legal, occupational, and relationship trouble or personal problems, with diverse negative consequences. Feelings of loss of control and persistent use despite these adverse results constitute “online sexual compulsivity” or Problematic Online Pornography Use. A study reports that 58% of men view pornography weekly and 87% at least monthly; while the prevalence of pornography addiction ranges from 4.5 – 9.8%. Overall, pornography consumption increases over years, more among males particularly young adults, and decreases with age.

D. Assessment Tools for Behavior Addictions

Saka Meghana

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India
meghanavinni.22@gmail.com

Abstract:

The assessment of behavioural addictions is of importance for counteracting an inflationary use of the concept of behavioral addiction and for distinguishing pathological behaviour from normal excessive behaviour. Scales like South Oaks Gambling Screen (SOGS) and the National Opinion Research Center DSM Screen for Gambling Problems (NODS) were being widely accepted. In addition, many other scales like the Problematic Internet Use questionnaire, Video game addiction scale, Exercise addiction inventory were being used. Due to a lack of statistical validation, most of the instruments had their limitations. Especially in certain areas, there are only a few valid and reliable instruments available to assess excessive rewarding behaviour. The strength of instruments relies in their ability to deliver extensive and essential information for the diagnostic and therapeutic process. Standardized classification of mental disorders should classify excessive behaviour meeting criteria of addiction as addiction disorder and operationalize them according to diagnosis. This will establish an accurate diagnosis and facilitate the effective treatment of individuals. Current popular diagnostic instruments to assess different forms of behaviour addictions will be discussed.

E. Management of Behavior Addiction

Kota Suresh Kumar

Katuri Medical College and Hospital, Guntur, Andhra Pradesh, India
drkotasuresh@gmail.com

Abstract:

The prevalence of behavioral addiction disorders has increased in tandem with the rise in technology-facilitated by the Covid pandemic ushering a need for better classification, diagnosis, and management. People with behavioral addictions may not suffer the same physical risks to their health that people with drug addiction experience. But, leaving a behavioral disorder untreated can cause immense suffering for the person addicted and their family.

With its similarities and differences with substance addiction, various pharmacological and non-pharmacological treatment modalities are being tried. The management of behavior addiction should be a holistic approach with a broader view focussing on multiple problematic areas following the biopsychosocial model of the disease.

7. Opioid Dependence: Challenges in management: Tripura Scenario

Priyojyoti Chakma, Santanu Ghosh

Department of Psychiatry, Agartala Government Medical College & GBP Hospital, Tripura, India
Department of Psychiatry, Tripura Medical College & DrBRAM Teaching Hospital, Tripura, India
pjchakma84@gmail.com, drsantanu_healthyplanet@yahoo.co.in

Abstract:

Substance abuse is a major public health problem in most parts of India. Tripura is a North-eastern State & the third smallest State of the country. It is bordered by Bangladesh to the North, South, & West & the Indian states of Assam & Mizoram to the East. Because of its unique geographical location, drug trafficking is common and illicit substances are also easily available in the State. It is being observed that there is a rise in the burden of opioid use over the last few years in the state. Moreover, there is also increasing trend of Injectable drug (opiate) use, especially in the young adult group. They exchange and share the common syringe/needle. Due to this, the number of cases of blood borne infectious diseases (Hepatitis B, Hepatitis C & HIV) are increasing which is now a major health concern among youths.

Opioid addiction is a complex disorder with multifactorial etiology. In current scenario, brown sugar is primary drug of abuse in the State of Tripura. Locally available opioids are popularly known as 'Kauta'. Commonest age of initiation of Opioid is between 12-20 years. More than 90% cases of opiate users have frequent relapses. In addition to patient related factors (poor motivation, stigma, lack of awareness), the shortage of drug treatment facility center and recognized OST center for opiate abuse is another contributor to treatment gap. Because of these factors management of the opiate dependence is a big challenge.

State Government is trying their level best to reduce illicit drug trafficking and illicit substance related issues. Simultaneously, Indian Psychiatric Society- Tripura State branch also doing activities in the form of public awareness against illicit substances. In spite of all sincere efforts, there is rising trend of opioid dependence in the state.

Speaker 1: Overview of Opioid Dependence scenario in Tripura: Dr Santanu Ghosh

Speaker 2: Challenges of Management of opioid Dependence: Tripura Scenario: Dr Priyojyoti Chakma

8. Tobacco Use: Across the Life Span of Women

Piyali Mandal, Biswadip Chatterjee, Sonali Jhanjee

National Drug Dependence Treatment Centre, AIIMS, New Delhi, India
piyum2008@gmail.com, biswadip.c@gmail.com, sonalijhanjee@gmail.com

Abstract:

Objective: The symposium intends to summarize the pattern of use of tobacco products, its psycho-social and biological correlates, and the gender difference across the life span of women.

Background: Tobacco use by women has increased over the past century. Use of tobacco products have been popular among all age groups. Among the adolescent females, it often acts as a gateway product like their male counterpart. The long-term course of tobacco dependence among adolescent girls is not clear. The reason for initiation and continuation of tobacco use among adult women are essentially different from their male counterparts. Epidemiological studies suggest higher prevalence of tobacco use among elderly women compared to elderly males. Due to the remarkably complex Indian picture of tobacco use by women, an immediate and compulsory implementation of tobacco control policies is the need of the hour.

Description: There will be three presentations in this regard. The first presenter Dr. Biswadip Chatterjee will discuss the pattern of tobacco use among adolescent females, gender difference and various correlates. The second presenter, Dr. Piyali Mandal will focus on tobacco use among women, gender difference and treatment seeking for tobacco use. The third presenter, Dr. Sonali Jhanjee will discuss the unique patterns of tobacco use among elderly women, gender differences and treatment seeking for tobacco use. The regulatory control related to tobacco use among women would also be discussed at the end.

Dr. Biswadip Chatterjee: Epidemiology of tobacco use among adolescent girls, knowledge and attitude, among adolescent girl tobacco users.

Dr. Piyali Mandal: Tobacco dependence among women.

Dr. Sonali Jhanjee: Tobacco dependence among elderly women and regulatory control.

A. Tobacco Dependence among Women

Piyali Mandal

National Drug Dependence Treatment Centre, AIIMS, New Delhi, India
piyum2008@gmail.com

Abstract:

Objective: This presentation intends to summarize the epidemiological findings related to tobacco use by adult women and address concerns related to the same.

Background: Tobacco use among women has been assimilated in the cultural rituals as depicted in the history. Epidemiological surveys report urban-rural difference in pattern and prevalence of tobacco use among women. A recent increase in the prevalence has also resulted in tobacco use

related health hazards among women. Tobacco use among pregnant and lactating mother cause an array of hazard among the offspring. The knowledge and attitude towards the need for treatment for cessation is poor among women. Unfortunately, women are the weak targets of tobacco industry in countries like India. Stricter implementation of tobacco control policies along with awareness generation among women may be key to prevent or reduce these hazards.

Description: Dr. Piyali Mandal will focus on the history and gender aspects of tobacco use, epidemiology, knowledge and attitude, health hazards among women tobacco users.

B. Epidemiology of Tobacco Use among Adolescent Girls, Knowledge and Attitude, Among Adolescent Girl Tobacco Users

Biswadip Chatterjee

National Drug Dependence Treatment Centre, AIIMS, New Delhi, India
biswadip.c@gmail.com

Abstract:

India has a huge adolescent population of 253.2 million adolescent population as per the 2011 census which constitutes 22.8% of the population. The ratio of females per 1000 male adolescents is 882. There is an increasing problem of substance use among children and adolescents. As per the Global Youth Tobacco Survey, 2009 the prevalence of tobacco use was 8.3% among school-going girls. While tobacco use among female adolescents is less than that in males, the fall in the rate of its use among them is not as much as in males, over time. There are differences in the reasons and the characteristics among both genders, which appear to be narrowing over time. The presentation will focus on these characteristics and their implication.

C. Tobacco Dependence among Elderly Women and Regulatory Control

Sonali Jhanjee

National Drug Dependence Treatment Centre, AIIMS, New Delhi, India
sonalijhanjee@gmail.com

Abstract:

Objective: This presentation intends to summarize the pattern and prevalence of use of tobacco products amongst elderly women and also summarize regulatory aspects of control in this population.

Background: Research studies suggest that tobacco use is common in elderly population and is associated with increased rate of chronic obstructive pulmonary disease, myocardial infarction and many types of cancer and accentuated cognitive decline. Clinically relevant aspects of tobacco use and cessation in women are discussed here. A regulatory approach to control is also discussed. Description: Generally tobacco use decreases in higher age groups and in India also middle aged adult males have higher prevalence of tobacco use. National data suggests that the prevalence of

all forms of tobacco increases linearly with age among females with elderly and middle-aged females having significantly higher odds of consuming tobacco. This underscores the importance of targeting women across all age groups when planning interventions for tobacco control. Implementing regulatory approaches, particularly the MPOWER strategy by WHO as well as culturally appropriate intervention strategies would go a long way in assisting efforts in tobacco control.

9. Natural Opium Dependence Management – Lacunae in Literature & Challenges in Clinics

Preethy Kathiresan, Navratan Suthar, Swati Choudhary, Surendra Singh Rajpurohit

AIIMS Jodhpur, Rajasthan, India

princyaiims@gmail.com, navratansuthar86@gmail.com, doc.swatich@gmail.com, surendrasinghssr@gmail.com

Abstract:

Objectives: The symposium will focus on the available evidence-base on the management of natural opium dependence nationally and internationally followed by the practical challenges faced while treating patients who have natural opium dependence.

Background: Natural opium use and dependence is more common than other types of opioids in the state of Rajasthan. Patients with natural opium dependence pose unique challenges in the presentation in the clinic as well as in management, for example, treatment-seeking at an older age, presence of various myths prevalent related to quitting opium use, culturally acceptable use, etc.

Description of the symposium: The first presentation will discuss the history of natural opium use in India – its cultural use in the past, the history of opium registry and the current status of natural opium use in India. The second presentation will discuss the available evidence on the management of natural opium dependence including the lacunae available in the current literature. The third presentation will discuss the practical challenges faced – in consultation-liaison psychiatry as well as in the outpatient or inpatient setting - while managing patients with natural opium dependence and the strategies being followed to manage the same. The fourth presentation will discuss the legal and policy level challenges related to natural opium dependence management as well as future directions.

A. Practical Challenges in Management of Natural Opium Dependence – Experience from AIIMS Jodhpur

Navratan Suthar

AIIMS Jodhpur, Rajasthan, India

navratansuthar86@gmail.com

Abstract:

The presentation will discuss the various practical challenges met while managing patients with natural opium dependence at AIIMS, Jodhpur like the easy availability of natural opium in the area, cultural acceptance of its use in the society, use despite knowledge of physical complications among patients (e.g. intestinal obstruction, etc.), usually older age of presentation, inability for patients to come to take OST on daily basis due to limited OST services, various myths associated with quitting opium, etc. The presentation will also cover the management strategies being followed at AIIMS Jodhpur currently for management of patients with natural opium dependence.

B. Management of Dependence to Natural Opium – Lacunae in Evidence

Swati Choudhary

AIIMS Jodhpur, Rajasthan, India
doc.swatich@gmail.com

Abstract:

Natural opium dependence is found to be more common only in certain regions of the world like Iran, Afghanistan, certain regions of India like Rajasthan, Punjab, etc. Hence, the literature on the same is also scarce. Most of the literature on opioid dependence management has focused on patients with heroin dependence or semi-synthetic opioids. However, natural opium users are a unique population - they do not take opium by injection route and hence chances of overdose or injection-related complications are less. Also, legal and social complications are relatively less compared to other types of opioid dependence. The current presentation will give an overview on the available literature on the management of natural opium dependence with a focus on the various gaps that need to be filled.

C. Legal Challenges Related to Natural Opium Use and Dependence & Future Directions

Preethy Kathiresan

AIIMS Jodhpur, Rajasthan, India
princyaiims@gmail.com

Abstract:

In India, there are various legal and policy-related challenges when it comes to the management of people with substance use disorders in general, and especially so, in the case of opioid dependence. With respect to natural opium dependence, while the opium registry established by British rule had been providing a sort of maintenance treatment among patients with natural opium dependence, its closure in recent years without a simultaneous increase in the treatment services for people with opium dependence can push patients to take the opium from illegal sources. Also, the availability of OST medications like buprenorphine is not widespread due to restrictions. Other medications like tramadol used for the treatment of natural opium also has restrictions - both in dosage and its availability. The presentation will also discuss about the future directions needed in research, in clinics as well as in policy and law to help patients with natural opium dependence.

D. History of Natural Opium Use in India

Surendra Singh Rajpurohit

AIIMS Jodhpur, Rajasthan, India
surendrasinghssr@gmail.com

Abstract:

Opium was introduced into India by Arab traders around 330 BC. Following the same, opium use became gradually ingrained into the society as part of the culture - Opium was used as part of celebrations as well as to calm the baby while mother worked in fields. Even till now, opium is being used as part of tradition and culture in some parts of Rajasthan. The presentation will discuss how opium was introduced in the country, how much it was engrained in the culture in the past, how and why the opium registry was started, the current status of natural opium use, and the opium registry in the country.

10. Google Trends in Substance Use Research

Abhishek Ghosh¹, Shinjini Choudhury², Venkata Lakshmi Narasimha³

¹Post Graduate Institute of Medical Education and Research, Chandigarh, India

²AIIMS, Rishikesh, India

³AIIMS, Deoghar, India

ghoshabhishek12@gmail.com, cjini2584@gmail.com, narasimha.gvl.mbbs@gmail.com

Abstract:

Objectives:

- To understand the basics of Google Trends-based research in public health
- To review the existing literature on Google Trends research application in substance use
- To inform the limitations of Google Trends-based research

Ubiquitous use, systematic organization, availability, and access have made it possible to utilize Google Trends (GT) for public health research and response. Researchers have used GT to track and forecast influenza-like illnesses and other infection outbreaks. The use of GT in substance misuse research is a relatively novel phenomenon. Google Trends-based research in substance misuse is primarily focused on (a) visualization of trends of use of alcohol, drugs, new psychoactive substance, and electronic nicotine delivery systems, (b) correlation of GT dataset with the existing national or regional data, to show the reliability of GT to measure the use, availability, and consequences of substance misuse, and (c) potential of GT for forecasting the change in substance use patterns. Lack of standardized methods of data capture and analysis, limited research from non-English-speaking countries, and from countries and territories with restricted internet access are a few of the many caveats in any Google tool-based analysis. Future research should address these limitations.

A. Basics and Limitations of Google Trends Based Research in Public Health with a special Focus on Substance Use

Abhishek Ghosh

Post Graduate Institute of Medical Education and Research, Chandigarh, India

ghoshabhishek12@gmail.com

Abstract:

Ubiquitous use, systematic organization, availability, and access have made it possible to utilize Google Trends (GT) for public health research and response. Researchers have used GT to track and forecast influenza-like illness and other infection outbreaks. The use of GT in substance misuse research is a relatively novel phenomenon.

GT is an online tool developed by Google. Inc. It helps visualize and discover trends in people's search behavior within various Google products. GT provides a relative search volume (RSV): that is the query share of a user-specified search term, normalized by the highest query share of that

term over the time series, for a specific location and period. Health researchers have been increasingly using Google Trends and other Google Tools because of their ease of access, ability to track public health phenomenon in real-time and predict future patterns or both, and potential to signal population response to a recent change in public health policy- all these can be accomplished in a short span of time with minimal requirement for funding and other resources. These characteristics would make GT research a good candidate for health surveillance. Broadly the GT output can be analyzed as a time series or a cross-sectional comparison of various geographical locations at a single point in time. Limited research from developing, non-English speaking countries, sub-optimal predictive modelling and limited power of forecasting are a few of the many caveats in GT research.

B. Google Trends-Based Research on Tobacco and Nicotine Delivery Systems

Shinjini Choudhury

AIIMS, Rishikesh, India
cjini2584@gmail.com

Abstract:

In the field of tobacco-related research, Google Trends (GT) has been put to use for diverse purposes. Search query surveillance using GT has been a valuable and freely accessible tool to study changes in public perceptions of tobacco and other nicotine delivery systems as well as near real-time responses to changes in tobacco-related policies.

GT has found use in monitoring population response to the introduction of novel nicotine products or novel techniques to use tobacco, detect changes in public interest in smoking cessation associated with the implementation of tobacco-related taxes as well as assess the magnitude and duration of the impact of tobacco control policies and smoking regulations. GT appears to have a role in predicting future outbreaks as in the case of electronic cigarettes and potentially for Heat-not-burn (HNB) tobacco products.

C. Google Trends Based Research in Alcohol and Other Drugs

Venkata Lakshmi Narasimha

AIIMS, Deoghar, India
narasimha.gvl.mbbs@gmail.com

Abstract:

While most research using Google Trends (GT) analysis was related to tobacco and illicit substances, the ongoing pandemic led to an increased interest in alcohol. GT reflected the changes in Relative Search Volumes (RSV) of alcohol and related factors secondary to policy shifts during the pandemic by documenting change in the population-level interest. GT-based research has demonstrated its potential to forecast alcohol-related health complications and mortality. Further, tem-

poral trends in help-seeking at the population level for various drugs have been studied. GT appears to be a promising way to study epidemiological trends of new psychoactive substances (NPS) and other drugs. Variations in NPS and drug-related RSV were associated with policy changes and events like elections. Studies elucidated its potential to act as indicators for production, sale, and availability of drugs, usage patterns, and criminal activities. GT may also help in drug overdose surveillance. Overall, findings from the preliminary research indicate a potential for GT-based forecasting and surveillance for drug and alcohol use.

11. Recent Changes in Cannabis Regulation: An Opportunity or a Road to Disaster

Tamonud Modak¹, Kamini Verma², Tanmay Joshi³, Shubham Narnoli², Ankita Chattopadhyay²

¹AIIMS, Bhopal, India

²AIIMS, New Delhi, India

³AIIMS, Rishikesh, India

tamonud4@gmail.com, kamini.aiims@gmail.com, j.tanmay@outlook.com, narnoli.shubham@gmail.com, chattopadhyayankita@gmail.com

Abstract:

Objectives: To understand the current status and regulation of cannabis worldwide with its beneficial and adverse effects and the implications of re-scheduling of cannabis.

Background: Cannabis as a substance has been highly debated with varied regulation across the globe. Recent change in scheduling of cannabis gives an opportunity to further this debate with review of recent evidence of beneficial effects versus harms of cannabis.

Description: Cannabis has been used for millennia, in folk medicine and for textile fibre. The plant is also highly interesting from pharmaceutical aspect for its potent bioactivities on human health. Medical uses of cannabis continue to be debated globally. Only approved indication of dronabinol and nabilone includes chemotherapy-induced nausea and vomiting. Meticulous cost benefit analysis to weigh therapeutic potential alongside detrimental effects is needed before advancing it as medicine. Simultaneously, cannabis research shows that its adverse effects may have dose response relationship, important to consider in this new age of more potent and synthetic cannabinoids. The debate of association vs causality is not yet settled but there is hope with preclinical and back translational research being supported by genetic and molecular studies underway. Considering potential harms of cannabis use, it was banned worldwide after 1961 UN single convention. But series of changes in laws of some countries followed which liberalized production, trade and consumption of cannabis. With changing cannabis policy landscape around the world, the first ever scientific review of scheduling status of cannabis was done in 2018 and based on WHO ECDD recommendations, UN Commission on Narcotic Drugs in December, 2020, deleted cannabis from schedule IV, thus acknowledging harm from cannabis being less than schedule IV drugs and also accepting medical use of cannabis. Though not a major change, it finally paved way for scientific evidence-backed scheduling decision, with need for follow

A. Cannabis: Introduction

Tamonud Modak

AIIMS, Bhopal, India

tamonud4@gmail.com

Abstract:

Cannabis sativa is an important plant, which has been used in folk medicine and as a source of textile fiber since the dawn of times. This fast-growing plant has recently seen a resurgence of interest because of its multi-purpose applications: it is indeed a treasure trove of phytochemicals and a rich source of both cellulosic and woody fibers. Equally highly interested in this plant are the pharmaceutical and construction sectors, since its metabolites show potent bioactivities on human health. The major phytochemicals in this compound are delta-9-tetrahydrocannabinol and cannabidiol, which have opposing effects. Despite the huge potential clinical and commercial uses of cannabis the plant has had a cyclic relationship with society, being vilified for its psychoactive effects and also often at the same time regarded as panacea for human ailments. In this review we discuss the evolution of this views and the various phytochemicals produced by the plant with their potentials uses.

The understanding of cannabis, its potential for compulsive use and the consequential impact on society has been evolving over the last 60 years. Scientific research has failed to produce clinching evidence for widespread harm which was feared by society. This has resulted in multiple countries legalizing its recreational use or at the very least decriminalising its possession. This has led to a complex legal status where both at the individual as well as the country level the substance can be simultaneously both legal as well as prohibited. We discuss the international legislative frameworks that govern its production and distribution and the global status of cannabis in various countries. Finally, we discuss the complex grey legal relationships these recent changes has brought about.

B. Cannabis: Beneficial Effects and Medical Marijuana Use

Kamini Verma

AIIMS, New Delhi, India
kamini.aiims@gmail.com

Abstract:

Cannabis is comprehended to be used medicinally when it is taken by a person for the medicinal purpose of attempting to cure or remedy a medical condition. It's been used for centuries in India, China, Egypt, Middle East for its various properties. In 1985 pharmaceutical companies received approval to develop Δ -9-THC preparations dronabinol and nabilone for therapeutic use. The ASAM, American Academy of Paediatrics and other medical organizations have issued statements opposing its current use for medicinal purposes, advocating more research to establish the efficacy, benefits and harms that may arise as side effects. USFDA has not recognized or approved the marijuana plant as medicine. The process for accessing medical cannabis in US states involves assessment of medical condition by a licensed doctor, getting registered as a medical cannabis user, and receiving medical marijuana card, which allows its legal acquisition, possession and use. Only FDA approved indication for nabilone and dronabinol is for chemotherapy-induced nausea and vomiting. Low quality evidence also supports, benefit for use of dronabinol for weight gain in HIV/AIDS. Studies also suggest its use in appetite stimulation in cancer associated anorexia/ cachexia syndrome. Other proposed uses of medicinal cannabis include chronic pain, multiple sclerosis, epilepsy, Alzheimer's, PTSD, sleep and anxiety disorders, and fibromyalgia. Adverse effects,

safety issues and addictive potential remains important issues for its medicinal use. For psychoactive drugs such as cannabis, rigorous criteria for its approval as a safe and effective medicine need to be fulfilled. Meticulous cost-benefit analysis to weigh its therapeutic potential alongside its detrimental effects to individuals and to society needs to be considered before it is advanced as a medicine. Further quality research is warranted.

C. Cannabis – Adverse Effects, Dependence and Dual Disorders

Tanmay Joshi

AIIMS, Rishikesh, India
j.tanmay@outlook.com

Abstract:

Background: With cannabis heading to be a legal substance, research on the benefits and harms of cannabis has been on the rise. UN Drug Report 2021 has highlighted that 40% fewer young people perceive cannabinoids as being harmful while the potency of delta-9-tetrahydrocannabinol, 'THC' has increased from an average 4% to 16% over the decades. There has been a perennial debate on association versus causality for associated dependence and dual disorders.

Objective: (i) To find out if the adverse effects associated with cannabis have a dose related effect. (ii) Whether there are any distinctions between cannabis use and cannabis use disorders/dependence, and (iii) The role of cannabis in dual disorders.

Discussion: Cannabis use has shown to be associated with an array of adverse effects including mental health disorders, cognitive and sleep disorders, systemic disorders alongside public health hazards like increased association with motor vehicle collisions, suicidal and violent behaviour.

A probability of transition to dependence in users was as high as about one in four with a higher probability in men, ethnic minorities, early onset users and those with an experience of childhood adverse events. An increasing severity of adverse effects and dependence have been associated with increasing potency. There are at least partially different genetic underpinnings of cannabis use and cannabis use disorder as per a meta-analysis of GWAS studies. Cannabis use disorder was positively genetically correlated with other psychopathology, including ADHD, major depression, and schizophrenia. The preclinical and clinical studies underway are informing us of the mechanisms of cannabis use disorders via the endocannabinoid systems.

Conclusion: We need to weigh the higher potency, adverse effects, easy accessibility and public health measures while addressing any talk on cannabis and its effects.

D. Cannabis: Status in Different Countries: Medical Use, Decriminalization, Legalization

Shubham Narnoli

AIIMS, New Delhi, India
narnoli.shubham@gmail.com

Abstract:

Cannabis use has been prevalent since ages and considered a traditional recreation and used medicinally, and holds an important spiritual as well as religious place in some cultures, while regulation on cannabis has only been recent, that is, after the start of 20th century. The UN single convention on narcotic drugs was an international treaty which was the consolidation of a series of multilateral drug control treaties negotiated between 1912 and 1953. The signatory countries (including India) agreed for a complete ban on cannabis in this treaty. This was followed by a series of ban on cannabis in various countries. India too after immense international pressure banned all forms of cannabis and included them under narcotics in the NDPS Act, 1985 (bhang wasn't banned due to its cultural significance).

All this while, during the 1970s, commissions that were appointed in the US & Netherlands reported that criminal law on cannabis for possession of small amounts was too harsh and recommended decriminalization. Whereas Netherlands headed towards decriminalization of cannabis, the US was still not prepared. It was in 1996, that California exempted the medical use of cannabis from criminal penalties, and was the first US state to do so. A series of such laws followed, which led to further liberalization of cannabis production and use in the various states of USA and other parts of the world. As of now, recreational use of cannabis is legalised in Canada, Georgia, Mexico, South Africa, Uruguay, Australian capital territory and in 18 states of the US. Recreational use is allowed only in licensed coffee shops in the Netherlands. While many other countries have decriminalized cannabis for personal possession and legalised for medical use, it remains banned in most countries. Likewise, legal status of cannabis in India hasn't changed since 1985.

E. Cannabis: Recent Re-Scheduling and its Implications in India and Across the World

Ankita Chattopadhyay

AIIMS, New Delhi, India
chattopadhyayankita@gmail.com

Abstract:

In current global drug control system, most national legislations of consumption, production, and distribution of cannabis and related substances are decided by the 3 UN drug conventions according to dependence potential, abuse liability and therapeutic usefulness. Cannabis scheduling in Schedules I and IV of the UN 1961 Single Convention seems to be product of political motive, based on colonisation and marginalisation of natives with disregard of scientific evidence of Indian Hemp Commission Act and La Guardia report. However, with changing cannabis policy landscape around the world with rapid expansion of medical cannabis market and nationally regulated domestic non-medical cannabis market, the first ever scientific review of scheduling status of cannabis was done

in 2018. The decision of re-scheduling was taken after long 59 years. Based on WHO ECDD recommendations, with the vote of 27 out of 53-member countries, the UN Commission on Narcotic Drugs in December, 2020, deleted cannabis from schedule IV, thus acknowledging that the harm from cannabis being less than schedule IV drugs and also accepting the medical use of cannabis. In India, all narcotic drugs of Schedule-I and Schedule-IV of convention are placed in same category under the NDPS Act, 1985, thus are subjected to the same treatment. Therefore, deleting cannabis and its resin from Schedule-IV would not lead to any change in law enforcement in India. Overall, in strict legal terms removing cannabis from schedule IV is not a major change, but it has finally paved the way for scientific evidence-backed scheduling decision, with need for further follow up of evidence and regular updates in scheduling accordingly.

12. Basics of Research Methods in Addiction Sciences

Ashwani Kumar Mishra, Ravindra Rao

National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi, India

ashwanikm@yahoo.com, drrvrao@gmail.com

Abstract:

A sound research method is a necessary tool in today's scientific world. It is important to those not only involved in conducting research but also to clinicians who interpret the research and apply the research findings in their practice. The complete process of research methodology consists of three sequential phases of design, analysis, and interpretation. Well-planned research using the right design is important for appropriate analysis and interpretation of data. The choice of a particular research methodology depends upon the nature of the investigation in general and the research question in specific. The present workshop attempts to sensitize the professionals of addiction sciences to different aspects of research methodology.

The workshop would attempt to cover different aspects of study design (descriptive, analytical, case-control, cross-sectional, longitudinal, experimental, and non-experimental) and biostatistical approaches for data analysis and interpretations (data structures, measures of association, summary statistics, traditional and contemporary methods of analysis-parametric, non-parametric, regression, dimension reduction techniques, and emerging areas of statistical sophistication).

A. Epidemiology and Research Designs

Ravindra Rao

National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi, India

drvr Rao@gmail.com

Abstract:

In this presentation, different aspects of the study design will be sensitized to the participants. The two broad domains of clinical research namely the observational and experimental studies will be the focus of the presentation. In observational studies, different designs of case-control, cross-sectional, pre-post, and the longitudinal cohort will be covered. In the experimental design randomized and non-randomized will be part of the presentation.

B. Quantitative Approaches for Data Analysis: Considerations and Interpretations

Ashwani Kumar Mishra

National Drug Dependence Treatment Centre (NDDTC), All India Institute of Medical Sciences (AIIMS), New Delhi, India

ashwanikm@yahoo.com

Abstract:

This focus will be on the quantitative aspects of the research methodology. The talk will start with basic data structures and an overview of analytical techniques suited to specific data structures and research questions. The emphasis will be on the statistical assumptions, consideration, analysis, and interpretation of the data.

13. Setting Up Addiction Treatment Services in the Private Sector

Ashwin Mohan¹, Yosef Kale², Puneet Kathuria³

¹ Euzen Mental Health Clinic, Chandigarh and Healing Hospital, Chandigarh, India

² Manipal Hospital Patiala, Punjab, India

³ K.K. Hospital, Sangrur, Punjab, India

ashwinpsych@gmail.com, Yosephkale@gmail.com, drpuneetkathuria@gmail.com

Abstract:

The workshop will be mainly an interactive session with experienced speakers who have successfully worked in the area of addiction in the private sector. It proposes to deal with the basics of setting up both inpatient and outpatient facilities, improving quality of services, legal and regulatory issues, data management and ethical aspects. It will also focus on issues related to medications.

A. Legal and Regulatory aspects of addiction treatment facilities

Ashwin Mohan

Euzen Mental Health Clinic, Chandigarh and Healing Hospital, Chandigarh India

ashwinpsych@gmail.com

Abstract:

The presenter will focus on the regulatory and legal aspects of addiction treatment facilities including ethical and human rights aspects

B. Basics of Setting up an inpatient facility

Yosef kale

Manipal Hospital Patiala, Punjab, India

Yosephkale@gmail.com

Abstract:

The presenter will focus on the basic essentials of setting up an inpatient addiction treatment facility.

C. Quality assurance and service delivery in Addiction treatment facilities

Puneet Kathuria

K.K. Hospital, Sangrur, Punjab, India

drpuneetkathuria@gmail.com

Abstract:

The presenter will focus on the improvement in quality and delivery of services.

14. Examining Interface of Sleep Disorders and Substance Use Disorders

Siddharth Sarkar¹, Richa Tripathi², Jawahar Singh³, Sambhu Prasad⁴

¹Department of Psychiatry and NDDTC, AIIMS, New Delhi, India

²Department of Psychiatry, AIIMS, Gorakhpur, U.P, India

³Department of Psychiatry, AIIMS, Bhatinda, Punjab, India

⁴Department of Psychiatry, AIIMS, Patna, Bihar, India

sidsarkar22@gmail.com, drricha12@gmail.com, drjawaharaiims@gmail.com, sambhu3011@gmail.com

Abstract:

Co-occurring substance use disorders and other psychiatric disorders present several clinical challenges. Sleep is affected by a range of substances of abuse. Some of the substances cause impairment of sleep, some promote sleep, and some alter the sleep architecture. Dependence to substances may have an impact on the sleep processes and intoxication/ withdrawal affect sleep in differing ways. Sleep disorders otherwise are common the general population, and have been classified into various forms. The International Classification of Sleep Disorders (ICSD) classifies sleep disorders in seven broad sub-types. This symposium would discuss the interface of sleep disorders and substance use disorders. The first presenter would provide a broad overview of the interface of sleep disorders and substance use disorders, and the conceptual understanding of co-occurring disorders in the context of this interface. The second presenter would discuss the neurobiological and neurophysiological understanding of the sleep issues in patients with substance use disorder, with an emphasis on alcohol and opioid use disorders. The third speaker would discuss the diagnostic and assessment challenges when sleep disorders and substance use disorders coexist. The fourth speaker would discuss the pharmacological, psychological and alternate treatment approaches for patients with sleep disorders and substance use disorders.

A. Sleep Disorders in the Context of Co-Occurring Disorders: Some Conceptual Issues

Siddharth Sarkar

Department of Psychiatry and NDDTC, AIIMS, New Delhi, India

sidsarkar22@gmail.com

Abstract:

Sleep disorders are prevalent in the community and in the clinical population. They often are present concurrently with substance use disorders. Several of the substance use disorders affect sleep, either as manifestation of use or intoxication (for example, lack of sleep due to cocaine), or due to withdrawal (for example, withdrawal due to alcohol). Many individuals consume psychoactive substances when they have problems with sleep. The overlap between sleep related problems and substance use disorders can have many facets, particularly in terms of simply co-occurrence,

cause of consequence. This first presentation of the symposium will discuss about how sleep problems and sleep disorders co-exist with substance use disorders.

B. Neurobiological and Neurophysiological Understanding of the Sleep Issues in Patients with Substance Use Disorder

Richa Tripathi

Department of Psychiatry, AIIMS, Gorakhpur, U.P, India
drricha12@gmail.com

Abstract:

Patients with substance use most commonly report of sleep problems. The substance of abuse alters the homeostatic balance of neurotransmitters systems, such as acetylcholine, GABA, dopamine, glutamate, norepinephrine, and orexin. The resulting neurochemical changes lead to tolerance and withdrawal, which further contribute to the development of dependence. Many of the same neurotransmitter systems affected by substances of abuse are intimately involved in the regulation of sleep-wake systems too. As a result, sleep disturbances and circadian dysregulation may result at various stages of substance use or withdrawal, in particular, initiation of sleep, increasing the difficulty in maintaining sleep, and altering the cycling of sleep stages from non-rapid eye movement (NREM) sleep to rapid eye movement (REM) sleep. These sleep disturbances can lead to an increased risk of relapse. Various preclinical model suggests incentive motivation circuits overlap with those involved in sleep- wake regulation. The symposium will discuss various neurobiological mechanisms and neurophysiological processes common to both sleep and substance use.

C. Sleep Disorders and Substance Use Disorders: Diagnostic and Assessment Challenges.

Jawahar Singh

Department of Psychiatry, AIIMS, Bhatinda, Punjab, India
drjawaharaiims@gmail.com

Abstract:

Co-occurrence of different mental health problems are quite known, sleep disorders and substance use disorders are no exception, such comorbidity can offer some diagnostic and clinical challenges. There may be a lack of clarity about whether the sleep issues presented by the patient are independent of the substance use or are intrinsically related with the substance use disorder. The relationship may be complex and bidirectional: Substance use causes sleep problems; but insomnia and poor quality of sleep may also be a factor increasing the risk of drug use and consequently addiction. Deciding when to initiate independent evaluation and treatment for insomnia in patients with a substance use disorder is challenging. This part of the symposium would discuss approach to how diagnostic and assessment challenges can be addressed. The presentation would

aim to discuss how certainty can be achieved in diagnosis, so that the diagnosis can be ascertained, and further management can be planned. The presentation would also discuss briefly the role of polysomnography in evaluation of the patients with sleep problems who present with substance use disorders.

D. Pharmacological, Psychological and Alternate Treatment Approaches

Sambhu Prasad

Department of Psychiatry, AIIMS, Patna, Bihar, India
sambhu3011@gmail.com

Abstract:

Sleep is an ongoing mystery for ages and a significant symptom. Ancient pharmacopeia used substances for sleep-promotion (e.g. alcohol) and sleep-inhibition (e.g. opium). The neurobiology of sleep and substance abuse interconnects, such that alterations in one process have consequences for the other. Sleep and substance use disorders are commonly comorbid conditions. Use of psychoactive substances often leads to the development of complaints of disturbed sleep, insomnia disorder or circadian rhythm sleep disorders. Abrupt cessation of substances of abuse commonly results in sleep disruption, which may be treated with behavioral or pharmacological interventions as a means of improving cessation attempt outcomes. Other sleep disorders, such as SRBD should be considered in the differential diagnosis for insomnia, especially in those with opioid use or alcohol use disorders. When chronic insomnia or another intrinsic sleep disorder is suspected, a referral to the local sleep center is recommended. Chronic insomnia may be optimally treated with CBT-I. Acute insomnia or insomnia in the context of active substance use may be best treated in an addiction medicine or a primary care setting where the preliminary focus should be to target abstinence.

15. Clinician-Informed Perspectives: Optimizing Harm Reduction Interventions for Help-Seeking Tobacco-Dependent Clients

Prem Kumar¹, Badam Arunakumari², Kiran Melkote³

¹AHRER, Mumbai, Maharashtra, India

²ESI Medical college, Hyderabad, India

³Fortis Memorial Research Institute, Gurgaon, Haryana, India

premedico.1987@gmail.com, badamarunakumari@gmail.com, sucharithat2@gmail.com

A. Challenges Clinicians Encounter While Offering/Providing Tobacco Cessation Services

Badam Arunakumari

ESI Medical college, Hyderabad, India

badamarunakumari@gmail.com

Abstract:

In India, 28.6 % of the population use tobacco products but treatment seeking adults for tobacco dependence in India face scarce opportunities for counselling and treatment. Targeted integrated approaches involving pulmonologists, psychiatrists, public health and oral medicine specialists are needed to address unique factors which prevent help-seeking. The current symposium proposal will use a multi-disciplinary clinician-informed approach to understand the multiple dimensions of care in clinical setting considering the heterogeneity and inclusive of needs of women, vulnerable populations etc.

Objectives: To describe the profile of clients seeking services for tobacco use; to enlist the challenges in delivery of tobacco cessation services; and to discuss the potential alternatives to consider in improving the range of services for help-seeking clients

B. Knowledge and Training Gaps among Care Providers and Patient/Client Autonomy

Kiran Melkote

Fortis Memorial Research Institute, Gurgaon, Haryana, India

sucharithat2@gmail.com

Abstract:

Nicotine dependence clients are at risk for other substance co-use and mental health disorders but even less likely to access services due to stigma, negative beliefs about treatment, lack of mental health knowledge. Mainstream tobacco cessation interventions fail to address unique factors that lead to multiple substance use that inhibit help-seeking: double stigma (judgmental attitudes by healthcare providers that weak personality as root cause for poly substance use), low

family support to quit tobacco unlike other substance addictions, lack of access to integrated services including mental health professionals. Despite being a significant public health problem riddled with cessation treatment gaps, yet specific multi-disciplinary evidence-based interventions are lacking to address tobacco dependence. This session will inform the participants of the conference of realistic appraisal in implementation of tobacco cessation services in clinical setting from clinician-informed perspectives and opens up opportunities for intervention which can include tobacco harm reduction. By working with experts in tobacco related diseases and health outcomes, multiple stakeholder engagement, we have an exciting opportunity to bridge the gap in tobacco cessation services by inclusion of harm reduction principles.

C. Lack of Objective Measurement Tools for Tobacco Dependence at Point of Care

Prem Kumar

AHRER, Mumbai, Maharashtra, India
premmmedico.1987@gmail.com

Abstract:

Clinicians need to assess the severity of nicotine dependence and formulate treatment plan in a limited time frame of a clinic visit. The need for a reliable tool to objectively measure the severity and extent of nicotine dependence reflects in the paucity of research in nicotine dependence relative to other psychoactive substance use. The symposium aims to shed light on existing methods to assess nicotine dependence, their limitations and how they impact the treatment plan of clinicians. Knowing the limitations of current methods aids in the development of new tools that could potentially address these shortcomings.

16. Acute Encephalopathies in Patients with Alcohol Use Disorder

Vinit Patel, Prakrithi Shivaprakash, Lekhansh Shukla

National Institute of Mental Health and Neurosciences, Bangalore, India
vinit2503@gmail.com, prakrithishivaprakash@gmail.com, drlekhansh@gmail.com

Abstract:

Objective: To discuss acute encephalopathy in patients with Alcohol Use Disorder using clinical case vignettes.

Background: The prevalence of moderate to severe Alcohol Use Disorders (AUD) is estimated at 2.7 per cent in India. Approximately 10-15 per cent of these patients will present to health facilities for the management of an acute confusional state.

Addiction specialists frequently consult on cases with acute encephalopathy in a patient with Alcohol Use Disorder (AUD). In a CLP setting, addiction specialists are members of a team of specialists managing such cases, whereas, in addiction treatment centres, they may be the primary treatment providers. In a multidisciplinary setup, the addiction specialist has the additional responsibility of advocating against 'diagnostic overshadowing'. Diagnostic overshadowing manifests as doctors believing all clinical presentations in AUD patients are explained by alcohol use. Thus, it is vital to have a firm grasp of common causes of acute encephalopathy and an ability to recognise red flags that indicate uncommon causes.

Description: The workshop will be styled as a problem-based learning (PBL) activity. Depending on the specifics of the presentation platform, we will adapt our presentation to conform to PBL principles. The first two presentations will discuss real-world clinical cases of acute encephalopathy in AUD patients, seen in the High Dependency Unit (HDU) of the Centre for Addiction Medicine (CAM), NIMHANS. A total of 10 completely worked up clinical cases will be discussed. The third presentation will synthesise learnings from the previous presentations and give an algorithmic approach to these clinical challenges.

A. Is This DT ± Wernicke's Encephalopathy?

Vinit Patel

National Institute of Mental Health and Neurosciences, Bangalore, India
vinit2503@gmail.com

Abstract:

The presenter will discuss five clinical cases with complete clinical descriptions and investigations. The typical clinical threads between the cases are:

- a) The onset of confusion following cessation of long-standing, heavy alcohol use.
- b) All classical stigmata of severe alcohol withdrawal like tremors, tachycardia, diaphoresis and hyperactive delirium.
- c) Lack of improvement with standard treatment.

The presentation will discuss various possible diagnoses, possible investigations and their cost and pitfalls in managing the cases. Finally, the attendees will be informed of the final diagnoses of these cases. The cases are etiologically linked - neuro infections and autoimmune conditions were masquerading as hyperactive delirium. Neuro-brucellosis, tubercular meningoencephalitis, viral encephalitis and multiple sclerosis variants are the aetiologies in these cases. A reflective discussion of multiple missed red flags and the phenomenon of diagnostic overshadowing will conclude the activity.

B. Is This Just DT?

Prakrithi Shivaprakash

National Institute of Mental Health and Neurosciences, Bangalore, India
prakrithishivaprakash@gmail.com

Abstract:

The presenter will discuss five clinical cases with complete clinical descriptions and investigations. The typical clinical threads between the cases are:

- a) Unclear onset and progression of the acute confusional state, especially concerning alcohol intake.
- b) All classical stigmata of severe alcohol withdrawal like tremors, tachycardia, diaphoresis and hyperactive delirium.
- c) Subtle focal neurological signs.
- d) Lack of improvement with standard treatment.

The presentation will discuss various possible diagnoses, possible investigations and their cost and pitfalls in managing the cases.

Finally, the attendees will be informed of the final diagnoses of these cases. The cases are etiologically linked — abrupt demyelination syndromes and severe dyselectrolytemia, corpus callosal demyelination (Marchiafava-Bignami Disease), pontine and extra pontine demyelination and severe hypophosphatemia are the aetiologies in these cases.

A reflective discussion of multiple missed red flags and the phenomenon of diagnostic overshadowing will conclude the activity.

C. Approach and Shared Pathophysiology of Various Syndromes

Lekhansh Shukla

National Institute of Mental Health and Neurosciences, Bangalore, India
drlekshansh@gmail.com

Abstract:

This presentation will expand the reflective discussion started in previous presentations. The themes to be discussed are as follows:

- a) Practical challenges in obtaining an accurate history in severe AUD patients due to their lack of connectedness with family.
- b) Practical challenges in carrying a complete neurological examination in patients who are in a hyperactive delirium.
- c) Practical challenges in carrying out an extensive diagnostic workup in AUD patients. For example, the availability of Magnetic Resonance Imaging (MRI) and imaging safety under general anaesthesia.
- d) Safety of guideline-based benzodiazepine regimens when hyperactive delirium is due to delirium tremens along with another condition.
- e) Clinical and pathophysiological overlap between Wernicke's, Marchiafava-Bignami Diseases and Osmotic Demyelination Syndrome.
- f) Red flags that should alert the clinician about the possibility of other conditions.

17. New Psychoactive Substances: Critical issues and Current Challenges

Raka Jain, Rakesh Lal, Kamini Verma,

Department of Psychiatry, National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India

rakajain2009@gmail.com, drrakeshlall@gmail.com, kamini.aiims@gmail.com

Abstract:

Over the last decade, the world is witnessing an alarming new drug problem. Most of these new drugs are legal and marketed as “legal highs”, “plant food”, “research chemicals”, “smart drugs” and “bath salts”. These are collectively called as New Psychoactive Substances (NPS). These drugs have been designed to evade drug laws and have the potential to pose significant health threat to public. With a slight alteration in the chemical structure of existing illegal substances these NPS circumvent existing controls. These drugs are less expensive and easily available through head shops and internet. They are associated with a number of health and social harms on an individual and societal level. NPS toxicity and dependence syndromes are recognised in primary care, emergency departments, psychiatric inpatient and community care settings. There is a need to create awareness regarding the risks and the health hazards caused by these novel substances. The focus of the presentation would be to discuss an overview and magnitude of the problem, various health risk associated with NPS use, consequences of COVID-19 lockdown on the misuse and marketing of addictive substances and new psychoactive substances, legal issues, and analytical techniques for detection of NPS in biological matrices. Moreover, the current challenges faced by laboratory testing for NPS will also be discussed, in the context of the diverse range of NPS currently available, rate of production and emergence of new substances, the different formulations, and methods of acquisition and distribution.

These issues and challenges would be important for clinicians, toxicologists, law enforcement authorities and policy makers to design new prevention approaches and to control the use of NPS.

A. Overview of NPS and Magnitude of the Problem

Rakesh Lal

Department of Psychiatry, National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India

drrakeshlall@gmail.com

Abstract:

The presentation would be to discuss an overview and magnitude of the problem. The presentation would also cover legal issues and challenges.

B. Health Related Issues of NPS

Kamini Verma

Department of Psychiatry, National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India
kamini.aiims@gmail.com

Abstract:

The focus of the presentation would be to discuss various health risk associated with NPS use, consequences of COVID-19 lockdown on the misuse and marketing of addictive substances and new psychoactive substances.

C. Laboratory Related Challenges of NPS and the Way Forward

Raka Jain

Department of Psychiatry, National Drug Dependence Treatment Centre, All India Institute of Medical Sciences, New Delhi, India
rakajain2009@gmail.com

Abstract:

The focus of the presentation would be analytical techniques for detection of NPS in biological matrices. Moreover, the current challenges faced by laboratory testing for NPS will also be discussed, in the context of the diverse range of NPS currently available, rate of production and emergence of new substances, the different formulations, and methods of acquisition and distribution.

18. Tobacco Addiction: Nurse as Catalyst

Sudha Mishra¹, Keerthi Mohanan², Srinivasan G³, Deblina Roy⁴, Monika Thakur⁵

¹King George's Medical University, Lucknow, India

²All India Institute of Medical Sciences, Patna, India

³King George's Medical University, Lucknow, India

⁴T.S. Mishra College of Nursing, Lucknow, India

⁵NIMHANS, Bangalore, India

*sudha13pandey@gmail.com, keerthimohanan36@gmail.com, sriniaaiims@gmail.com,
roy.deblina001@gmail.com, monikassweet@gmail.com*

Abstract:

Background: Tobacco use is the leading single preventable cause of death worldwide. Each year an estimated seven million deaths are attributed to the use of tobacco. On average, tobacco users lose 15 years of life.

Objective: To understand the impact of Covid 19 on tobacco addiction and to discuss its prevention and its management

Current Issues in Tobacco Addiction: Sudha Mishra

Tobacco Addiction Patterns in Special Population: Keerthi Mohanan

Post COVID-19 Challenges on Tobacco Addiction: Srinivasan G

Psychosocial Intervention on Tobacco Addiction: Deblina Roy

Prevention and Relapse Strategies Against Tobacco Addiction: Monika Thakur

19. Value of a Consultation Liaison Addiction-Psychiatric Nursing and Crisis Intervention in addressing Addiction Disorders in Various Settings

Sandhya Gupta¹, Sumity Arora², Monika Sabbarwal³, Renju Susan Baby⁴, Preeti Margaret⁵

¹Formerly College of Nursing, AIIMS, New Delhi, India

²School of Nursing, DDU Hospital, New Delhi, India

³College of Nursing, AIIMS, New Delhi, India

⁴College of Nursing, AIIMS, Bhubaneswar, India

⁵Sparsh Bethany Health Centre (NGO), BURARI, DELHI, India

drsandhyag407@gmail.com, sumityarora@gmail.com, kmonika2006@yahoo.co.in, renjsusane@gmail.com, preetim13abs@gmail.com

Abstract:

Objectives of the symposium: To highlight the role of nursing professionals in providing consultation Liaison addiction-psychiatric nursing and crisis intervention in addressing addiction disorders in general and medical-surgical units

Background: The most effective early detection and brief intervention opportunity that a nurse can seek for substance-using patients and expand the role of the nurse in consultative and liaison addiction psychiatric nursing. With this framework, the modifications that may be required for nursing officers working in various settings can incorporate into their routine practices.

Description of the symposium: These case studies are shared by four nursing experts in addiction-psychiatric nursing in addressing addiction disorders in general hospitals the medical-surgical units, the neurological and Cardiology units, in the Trauma & Emergency units in primary and secondary schools. The persons using substances were identified from various settings followed up till they registered for treatment programs.

Conclusion: Nurses can expand their role of providing consultation Liaison addiction-psychiatric nursing and crisis intervention in addressing addiction disorders in school, community health, and hospital settings.

A. Value of a Consultation Liaison Addiction-Psychiatric Nursing and Crisis Intervention in Addressing Addiction Disorders in the General Hospital (Delhi Govt.)

Sumity Arora

School of Nursing, DDU Hospital, New Delhi, India

sumityarora@gmail.com

Abstract:

In Delhi govt. hospitals' recent case studies have shown that in some cases it was useful to extend liaison interventions for addiction into outpatient consultations that are directly integrated into the consultation units of certain specialties. Such a partnership can substantially enhance patients' motivation and addiction outcomes.

B. Case Study of Consultation Liaison Addiction-Psychiatric Nursing in the Neurological and Cardiology Units- AIIMS, New Delhi

Monika Sabbarwal

College of Nursing, AIIMS, New Delhi, India
kmonika2006@yahoo.co.in

Abstract:

CL addiction- the psychiatric nursing team has a very intensive intervention role of advising their colleagues for a personalized somatic screening among patients with substance misuse. In this respect, the service undertaken by CL addiction-psychiatric nursing is not only based on relational skills but also comprises somatic expertise. Case studies on post-stroke and MI patients are presented with a successful outcome from a selected cardiology and neurology units.

C. Role of CL Addiction-Psychiatric Nurse in ED unit of Trauma Centre and Crisis Intervention in Addressing Alcohol Use Disorder in Selected Hospital of Kerala.

Renju Susan Baby

College of Nursing, AIIMS, Bhubaneshwar, India
renjsusane@gmail.com

Abstract:

Two case studies are presented on accident victims who were using alcohol while driving from a selected trauma unit of the hospital in Kerala. In this respect, practice frequently involves screening, brief intervention, and referral to treatment (SBIRT) interventions, which are rather specific of addiction medicine and consist more of prevention interventions than actual addiction treatment. Moreover, for patients with characterized substance use disorders substantial skills in motivational interviewing are required in CL addiction- psychiatric nursing. Though motivational interviewing is not specific to addiction medicine, its regular use is uncommon for other liaison teams. Furthermore, substance misuse can induce many types of acute or delayed substance-specific medical consequences. These consequences are often poorly known and thus poorly explored in day-to-day practice.

D. Role of Value of a Consultation Liaison Addiction-Psychiatric Nursing for School-Going Youth: Community Setting

Preeti Margaret

Sparsh Bethany Health Centre (NGO), Burari, Delhi, India
preetim13abs@gmail.com

Abstract:

Consultation Liaison addiction-psychiatric nursing in Community settings: Screening of children from class seven grade onwards was done and parents and their wards were counseled. The school authorities and parents appreciated the value of a consultation liaison addiction-psychiatric nursing in addressing addiction disorders in the schools. And few adolescents who were school drop-outs also were given group counseling and were motivated to join treatment programs for alcohol and tobacco use.

20. Challenges Faced in Utilization of Toolkits for Quitting Tobacco use: Experience of Nurses in Delhi NCR

Sandhya Gupta¹, Prerna Kumara², Y Surbala Devi³, Renju S baby⁴, Sushil K Maheshwari⁵, Laxmi Kumari⁶

¹Formerly college of nursing, AIIMS, New Delhi, India

²College of Nursing, VMMC, SJH, New Delhi, India

³College of Nursing, AIIMS, New Delhi, India

⁴College of Nursing, AIIMS, Bhubaneswar, India

⁵University College of Nursing, BFUHS, Faridcote, Punjab, India

⁶School of Health sciences, Chitkara university, Mohali, Punjab, India

drsandhya.id@gmail.com, Parul.prerna@gmail.com, surshaikhom@gmail.com, renjsusane@gmail.com, skmbfuhs@gmail.com, laxmisainivd@gmail.com

Abstract:

Objectives of the symposium: To discuss challenges faced by nursing professionals in utilization of toolkits for quitting tobacco use.

Background: The most effective preventive intervention that a nurse can provide for tobacco-using patients against heart disease, cancer, cerebrovascular disease and chronic obstructive pulmonary disease is an empathic, personalized smoking cessation intervention program with extended assistance and follow-up. The goal of the intervention must be complete smoking cessation. Reduction provides no direct health benefits to the individual smoker. Tobacco Quitline and WHO-toolkit interventions are readily available, but underutilized, in part due to lack of training of nursing professionals and lack of professional support. Beyond this framework, specific categories of tobacco users (including smokeless tobacco users), cultural snuff and bidis, women, and users of multiple forms of tobacco require special consideration. With this framework and the modifications that may be required for specific categories of patients, nursing professionals can incorporate into daily practice a successful tobacco cessation intervention program with an increase in quit rates.

Description of the symposium: This project was taken up by training thirty nursing professionals working as nursing officers and nursing faculty in Delhi NCR in three batches of ten each. Three hours duration training on the use of tobacco quit-lines and WHO-toolkit on the virtual platform was given. Pre-test and post-test assessments were done and trainees were also given assignments for practice. Case studies were presented after two months by trainees. There was a very good effort made by all trainees in exploring how to use quit-lines and toolkits. Each had to teach anyone Quitline or toolkit to two to five tobacco users and follow them up for ten weeks and assess their motivation level to quit tobacco use.

Conclusion: Nurses can promote use of tobacco Quitline for all patients and their families who are visiting health-facility.

A. Resource Materials for Tobacco Control and Cessation WHO: Toolkit

Prerna Kumari

College of Nursing, VMMC, SJH, New Delhi, India
drsandhya.id@gmail.com

Abstract:

Self-help material developed based on WHO Capacity Building Training Package 4 entitled “Strengthening health systems for treating tobacco dependence in primary care”. Its target audience is tobacco users. It aims to give advice and information to improve tobacco users’ readiness to quit and to help those who are ready to quit to plan a quit attempt. The content of this self-help material includes how to get ready to quit (for tobacco users not ready to quit); how to plan and make quit attempts (for tobacco users ready to quit); and local tobacco cessation support resource

B. Management of Craving and Application of Quitline and Toolkit

Y Surbala Devi

College of Nursing, AIIMS, New Delhi, India
surshaikhom@gmail.com

Abstract:

Toll-free quitlines A national toll-free quitline is a telephone counselling service that can provide both proactive and reactive counselling free of charge to the caller. A reactive quitline provides an immediate response to a call initiated by the tobacco user, but only responds to incoming calls. A proactive quitline involves setting up a schedule of follow-up calls to tobacco users to provide ongoing support. Specific sections of the app that address how to resist cravings: (1) motivational messages that the user can request immediately from the system, (2) relaxation tools such as breathing exercises, and (3) minigames specifically designed to help the user overcome cravings.

C. Use of Artificial Intelligence to Quit (simulation/Florence)

Renju S baby

College of Nursing, AIIMS, Bhubaneshwar, India
renjsusane@gmail.com

Abstract:

Florence, WHO's first virtual health worker, was designed to help the world's 1.3 billion tobacco users quit. She uses artificial intelligence to dispel myths around COVID-19 and smoking and helps people develop a personalized plan to quit tobacco. Users can rely on Florence as a trusted source of information to achieve their quit goals. She can also help recommend tobacco users to further national toll-free quitlines or apps that can help with the quit journey. After a short conversation

via video or text, Florence can help build confidence to quit tobacco, make a quit plan, and recommend toll-free quitlines, mCessation programs, or apps. Quitting smoking is more important than ever as smokers are more likely to develop severe COVID-19, compared to non-smokers. For this year-long global campaign for World No Tobacco Day 2021, Florence develops your quit plan using the 'STAR' method

D. Additional Resources

-Help lines

-Mobile apps

Sushil k Maheshwari

University College of Nursing, BFUHS, Faridkot, Punjab, India
skmbfuhs@gmail.com

Abstract:

National level tobacco cessation Quitline. The Quit Tobacco Helpline is a toll-free number that offers counseling to tobacco users (both chewers & smokers) who want to quit, provided free of cost by the government. In 2016, the government had introduced a national tobacco cessation quitline, a more high-involvement approach than the previous anti-smoking advertisements. The Government has established a National level tobacco cessation Quitline in Vallabhbhai Patel Chest Institute (VPCI), New Delhi with a toll-free number. Named it as National Tobacco Quit Line Services (NTQLS) - 1800 112 356. Services have been expanded to regional satellite centers since 2018 and counseling is now available in regional languages and also text messaging program for mobile phone users.

E. Toolkit for motivation

WhatsApp Personalized Motivational Messages

Laxmi Kumari

School of Health sciences, Chitkara university, Mohali, Punjab, India
laxmisainivd@gmail.com

Abstract:

The 'mCessation' Program to quit to mHealth for Tobacco Cessation is an evidence-based intervention that supports people who want to quit tobacco using a human-centered design approach. The programs are implemented at a national level using one- or two-way messaging through SMS or other channels and are implemented with support from the Ministries of Health, Ministries of Telecommunications, and other national agencies. India has successfully implemented mCessation program reaching millions of users. The WHO Quit Programme guides tobacco users to quit tobacco through a six-month text message support program, which consists of personalized motivational messages and tobacco cessation techniques to persevere with the quit attempt and to avoid

a relapse. The WHO Quit Programme is now available on WhatsApp. Text message support cessation support through mobile phone applications has the potential to help tobacco users quit successfully. There are many apps already available in the market

21. Alcohol Biomarkers: Clinical Relevance and Recent Updates

Rizwana Quraishi ¹, Mohit Varshney ², Shayani Ghosh³

¹ National Drug Dependence Treatment Center, Department of Psychiatry, All India Institute Of Medical Sciences, New Delhi, India

² Department of Psychiatry, Institute of Liver and Biliary Sciences, New Delhi, India

³ Assistant Professor (Toxicology), Department of Life Sciences, Kristu Jayanti College (Autonomous), Bangalore, New Delhi

rizwanaquraishi@gmail.com, mohitvarshney.aiims@gmail.com, shayanighosh@kristujayanti.com

Abstract:

Objectives of the symposium / workshop:

1. To deliberate the clinical relevance of alcohol biomarkers in assessment of lapse and relapse.
2. To discuss the diagnostic characteristics and application of alcohol biomarkers in Toxicological Analysis.
3. To present the current knowledge and potential scope of genetic markers of alcohol.

Background: Alcohol use in excessive manner is associated with many negative consequences. It is estimated that 3.2% to 5.9% of global deaths and 4% to 5% of overall global disease can be attributed to alcohol consumption. In India about 14.6% of the population (between 10 and 75 year of age) uses alcohol 5.2% of national population use alcohol in harmful manner 2.7% are dependent users. Furthermore, about 40–60% of patients with AUD are presumed to relapse within the first year after treatment. This points towards an urgent need to screen for alcohol misuse and to provide them with treatment. Laboratory tests add an objective way to assess the use to monitor relapse. This symposium will talk deliberate about the clinical utility of alcohol biomarkers from a clinical setting. The second talk will discuss the diagnostic characteristics and application of alcohol biomarkers in toxicological Analysis. The final presentation will highlight the current knowledge and potential scope of genetic markers of alcohol.

A. Blood Biomarkers of Alcohol Use Disorders and their Clinical Relevance in Assessment of Lapse and Relapse

Mohit Varshney

Department of Psychiatry, Institute of Liver and Biliary Sciences, New Delhi, India

mohitvarshney.aiims@gmail.com

Abstract:

Alcohol use is leading threat to the health and safety of people worldwide with around 3.3 million deaths every year result from harmful use of alcohol. About 14.6% of the population (between 10 and 75 year of age) uses alcohol 5.2% of national population use alcohol in harmful manner 2.7% are dependent users (Ambekar et al, 2019). Furthermore, about 40–60% of patients with AUD are presumed to relapse within the first year after treatment. Due to limited resources of health care systems, the effective allocation of medical treatment to individual patients is a major challenge.

Testing of blood biomarkers can help to identify patients with AUD for assessing abstinence, as add-on to clinical interview and thus serve as prognostic markers for risk of lapse and relapse. Thus, they can support future clinical decision algorithm. Moreover, they are cost effective and more feasible in community settings in order to upscale AUD treatment in resource poor countries, like India. The classical indirect alcohol blood biomarkers are the liver enzymes GGT, ALT, AST and MCV. They can reflect chronic excessive drinking in patients with AUD during routine clinical visits. The combination of CDT and GGT is highly sensitive and specific for detecting recent heavy alcohol consumption. But all these can be difficult to interpret in people who have a co morbid liver disease. So, biomarkers such as 5-Hydroxytryptophol, Ethyl Glucuronide, Ethyl sulphate and Fatty Acid Ethyl Ester, which are direct products of ethanol metabolism; and are relatively unaffected by other disease conditions. Overall, blood biomarkers can be prudent add-ons for clinical assessment and management for a significant proportion of AUD patients.

B. Biomarkers of Alcohol Consumption- Diagnostic Characteristics and Application in Toxicological Analysis

Shayani Ghosh

Assistant Professor (Toxicology), Department of Life Sciences, Kristu Jayanti College (Autonomous), Bangalore, New Delhi
shayanighosh@kristujayanti.com

Abstract:

Globally alcohol use disorder is a common public health concern. Clinical assessment is an important step towards effective management of the patient suffering from alcohol use disorder. Self-report often lacks accuracy, and may be misleading in a hesitant patient. The use of biochemical laboratory measures such as alcohol biomarkers, often helps in obtaining independent estimations of alcohol use. The recent developed biomarkers enables the clinicians to monitor about people's recent as well as long-term drinking patterns, including whether they have a history of heavy drinking and whether they have had a recent binge or even just a few drinks. For better treatment and good outcome, clinicians and researchers must therefore be aware of the various advantages and limitations to make optimal use of each biomarkers used in detection of alcohol. This presentation provides an insight about the different alcohol biomarkers, their significance in different body matrix, the advantages and disadvantages in the clinical and laboratory aspects, and a brief overview of the variety of future biomarkers for detection of alcohol use and drinking patterns. It also issues concerning the detection window of various state biomarkers and limitations of their use in routine analytical toxicology for monitoring alcohol consumption or sobriety during treatment.

C. Genetic Markers of Alcohol Dependence- Current Knowledge and Potential Scope.

Rizwana Quraishi

National Drug Dependence Treatment Center, Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, India
rizwanaquraishi@gmail.com

Abstract:

Alcohol dependence is a complex psychiatric disorder influenced by both genetic and environmental factors. There is a growing need for laboratory testing to identify alcohol dependence. In addition to biochemical markers (state) genetic testing could potentially be used to identify individuals who are predisposed to developing alcoholism or who have clinically relevant abnormalities of ethanol metabolism. Several candidate genes and polymorphisms are identified from the reward pathway. Evaluation of these genes may also be useful in guiding drug and dose selection for detoxification and abstinence therapy. It is beneficial to have genetic testing to identify individuals who are predisposed or at risk for developing alcoholism. These genetic tests may also be useful from a pharmacogenetic perspective, in guiding drug and dose selection for detoxification and abstinence therapy. This talk will discuss genetic markers that may be employed to identify susceptibility to alcohol dependence, to select therapeutic options to treat abuse, and to monitor therapeutic compliance.

22. Internet Addiction: Current Update

Ashish Pakhre¹, Tamonud Modak², Gayatri Bhatia³, Preethy Kathiresan⁴

¹All India Institute of Medical Sciences, Bhopal, INDIA

²All India Institute of Medical Sciences, Bhopal, INDIA

³All India Institute of Medical Sciences, Rajkot, India

⁴All India Institute of Medical Sciences, Jodhpur, India

sjmc.ashish@gmail.com, tamonud4@gmail.com, gayatribhatia90@gmail.com, princy-aiims@gmail.com

Abstract:

Background: Internet addiction has become a growing concern of research in recent times. The prevalence rates of Internet addiction may be influenced by numerous conceptual factors. There has been shift in the way Internet addiction has been classified and understood in terms of psychopathology. Research studies report anxiety disorder, depression, social anxiety disorder and bipolar disorder in association with internet addiction. Management research have focused on pharmacological and psychological interventions. There is a need to assess the current gaps in understanding the Internet addiction and develop more evidence-based approaches evaluating and managing Internet addiction.

Objectives:

1. To review current epidemiology status of internet addiction
2. To describe psychological issues associated with Internet addiction and methodological aspects of research studies
3. To describe management considerations for internet addiction

Description: Internet addiction has become a crucial research topic with important psychosocial consequences. Reported prevalence rates of internet addiction may vary depending upon instruments used, population selected and conceptual understanding. Despite lacking consistent diagnostic criteria, Internet addiction has been studied in multiple studies with wide range of prevalence rates. It is important to understand that prevalence of internet addiction and factors influencing it need to be evaluated in a consistent way. Some salient reasons which do affect prevalence are design of studies, evaluation tools, sample population and geographical regions. Internet addiction has been associated with depression, anxiety, ADHD, hostility/aggression, disordered eating, poor academic achievement and obsessive-compulsive symptoms in recent studies. Maladaptive outcomes are mostly bidirectional and still unclear. Management evaluation for Internet addiction is a developing area of research and still require more robust scope for growth. Treatment modalities like medications, CBT based approaches, family-based interventions and other approaches have been researched but methodological issues are observed in these studies.

A. Internet Addiction: An Overview and Epidemiology Status

Tamonud Modak

All India Institute of Medical Sciences, Bhopal, INDIA

Abstract:

Description: The extensive use of the Internet has resulted in mental health related concerns and problematic behaviors. Conceptual understanding of the Internet addiction has been changing with different approaches. Young (1996) initially proposed Internet addiction as a generalized impulse control disorder due to its significance as impaired control. The concept of behavioral addiction as described by Griffith (1996) for internet addiction has been utilized in scientific studies. Few authors like Beard (2005) also conceptualized internet addiction as behavioral addiction. American Psychological Association in 2013 proposed Internet addiction as internet gaming disorder in DSM 5. It appears that in scientific literature the core psychopathological aspects of internet addiction have been controversial and not uniform. The prevalence rates for internet addiction have been varying ranging from 0.8 % to 26.7 % depending upon tools used and population selected. In general population, the pooled prevalence of internet addiction was 6.0 % as per a recent meta-analysis by Chen (2014). There are other important factors observed in studies of internet addiction like association with being male gender, online chatting, online gaming, social networking sites. Asian countries have been reported to have higher prevalence of Internet addiction among all countries.

B. Psychological Aspects and Internet Addiction

Gayatri Bhatia

All India Institute of Medical Sciences, Rajkot, India
gayatribhatia90@gmail.com

Abstract:

Description: Recent evidence suggest that subjects with Internet addition are more prone for specific online activities like gambling, pornography, extreme role-playing fantasies, excessive gaming. There are significant mental and emotional implications associated with Internet addiction. The internet addition problem may also be a reflection of ongoing adverse psychological issues and thus the relationship between Internet addiction and psychological concerns seems to be a bidirectional. Studies show that problematic internet behaviours may be related to impulsivity, depression, anxiety, psychosis, obsessive compulsive symptoms, social anxiety. However, the data has been controversial. The relative risks of the association between the psychopathology and problematic internet use has shown wide variation. The strongest correlation for problematic internet use has been shown with depression and weak association with hostility/aggression. The detrimental effects. Internet addiction on mental health especially on adolescent population is also a great concern for further research.

C. Methodological Issues in Research on Internet Addiction

Preethy Kathiresan

All India Institute of Medical Sciences, Jodhpur, India
princyaiims@gmail.com

Abstract:

Description: It is important to assess the methodological rigor and issues in studies of Internet addiction so as to form a uniform, evidence based and practical approach in evaluation and management of these patients. Most studies appear to be cross sectional in nature which pose difficulty in causal relationship establishment. Publication bias need to be considered a significant factor while interpreting the results. Lack of universal diagnostic criterion for evaluating Internet addiction is a critical concern limiting generalisability. Different studies have used a wide range of instruments and these scales have limitations. It is crucial to assess mediating factors between psychopathology and Internet addiction while generating results on relationship between them. It is observed that heterogeneity in the definition, diagnosis and psychometric properties of tools used potentially limit studies comparisons. Prospective cohort studies in this area are required for better robust outcome and developing guidance. Larger epidemiological studies using standardized instruments are critically needed.

D. Management Considerations in Internet Addiction

Ashish Pakhre

All India Institute of Medical Sciences, Bhopal, India
sjmc.ashish@gmail.com

Abstract:

Description: Recent research has revealed that multiple modalities have been tested as a part for treatment of Internet addiction. It is important to understand about the studies in terms of the effect sizes, follow up status, comorbid psychiatric illnesses. Several studies and clinical observations reveal pharmacotherapy methods mainly antidepressants, methylphenidate, quetiapine, clonazepam, naltrexone but there are methodological concerns. Cognitive behaviour therapy has been most studied in terms of psychological intervention. Special programs have been reported for adolescent population with Internet addiction. Other non-pharmacological interventions studied are family therapy, acceptance and responsibility therapy and internet interventions. Future studies should focus on long term follow up, use manualized approaches, therapist adherence, adequate reporting of results, control arm inclusions and efforts to detect treatment effects.

23. Alcohol Control Policies in India: Interactions with COVID 19 Pandemic

Sanjay Kumar Munda¹, Harman Singh Bhatia², Aniruddha Mukherjee³, Sourav Khanra⁴

Central Institute of Psychiatry, Ranchi, India

drsanjaymunda@gmail.com, harman2710@gmail.com, dr_aniruddha@hotmail.com, sourav-psy@gmail.com

Abstract:

Objectives:

- 1) To discuss the history and evolution of alcohol control policies in Indian context.
- 2) To discuss existing alcohol control policies of India in the backdrop of global policies.
- 3) To discuss alcohol consumption practices across India during COVID 19
- 4) To discuss impact and interaction of COVID 19 pandemic on alcohol policies in India

Background: Alcohol consumption is highly prevalent in the society and the efforts to prevent alcohol related adverse consequences through policies is widely recognised globally. The prevalence of Alcohol use disorder in India is 4.6% with 14.6 % people uses alcohol, out of which 2.7% are dependent. India being a vast country with significant socio-cultural and religious diversity presents a unique picture of varied alcohol consumption practices across different States and sociocultural groups. Furthermore, alcohol control policy being a state subject mandates that states have full control of alcohol-related policy. COVID-19 pandemic has a significant impact on people's lifestyles, including their drinking habits. Emerging but limited evidence suggests that alcohol consumption has increased during the COVID-19 pandemic. There are several alcohol control policies to reduce the burden of alcohol, however the pandemic and subsequent restrictions pose a major barrier in the implementation of alcohol control policies. The extent to which alcohol control measures are transferable between different cultures, and the different situations especially during pandemic across India needs to be explored.

Description: Dr. Harman Singh Bhatia will discuss 'History and evolution of alcohol control policies in Indian context'. Dr. Annirudha will discuss on 'Existing alcohol control policies of India in the backdrop of global policies'. Dr. Sourav Khanra will discuss 'Alcohol consumption practices across India during COVID 19'. Dr. Sanjay Kumar Munda will discuss 'Impact and interaction of COVID 19 pandemic on alcohol policies in India' and the duration will be 15-20 minutes

A. History and Evolution of Alcohol Policies in India

Harman Singh Bhatia

Central Institute of Psychiatry, Ranchi, INDIA

harman2710@gmail.com

Abstract:

Alcohol is one of the commonest licit substances used throughout the world and India. The use of alcoholic beverages has increased during the last few decades. Alcohol has a major impact on individual as well as public health. There is documented evidence of increased mortality rates,

road traffic accidents, domestic violence and criminal activities with increased rates of alcohol consumption. There are vast implications of alcohol control policies and other regulatory measures in reducing the adverse outcome associated with alcohol consumption. The policies vary for different countries and economies and also with the changing sociodemographic trends due to globalisation. The reasons for alcohol control policies have been vast and changing throughout the history. The presentation focuses on the history and evolution of alcohol control policies in Indian context. The presentation will be discussing the historical perspectives of alcohol control policies in India starting from Ancient India, following through to the Middle Ages and British rule. The presentation will also discuss the role of alcohol control policy in the Independence movement and post-Independence era in India.

B. To Discuss Existing Alcohol Control Policies of India in the Backdrop of Global Policies on Alcohol Control.

Aniruddha Mukherjee

Central Institute of Psychiatry, Ranchi, INDIA
dr_aniruddha@hotmail.com

Abstract:

India covers approximately 2.4% of the world's land area and has 17.7% of the world's population. The use of alcoholic beverages and its impact has a significant influence on India. Within the past few years, the use of alcohol is steadily increasing in the country. In India, approximately one third of night time road traffic injuries, one fifth of the cases of adult premature mortality, and a quarter of patients admitted with stroke have been attributable to alcohol consumption. During the last few decades the age of initiation has decreased and it is expected to cause an economic loss of approximately 97,000 billions ₹. The current alcohol control policies in the country are heterogeneous. Article 47 of the constitution included prohibition as one of the directive principles of the state. The current official responses focuses on supply reduction and treatment. The aim of this presentation to examine the current alcohol control policies and practices specific to India. The current policies are revenue and political centric and not health driven to reduce the burden of alcohol use. The policies vary across states with poor enforcement. The presentation will be discussing the current alcohol control policies in detail with respect to leadership, the response of health services, drunk driving policies, supply reduction, marketing, taxation and pricing policies and also briefly compare these with global policies on alcohol control.

C. To Discuss Alcohol Consumption Practices Across India During COVID-19.

Sourav Khanra

Central Institute of Psychiatry, Ranchi, INDIA
souravpsy@gmail.com

Abstract:

Alcohol consumption is associated with multiple diseases and also contribute to the vulnerability to SARS-CoV-2 infection. It also leads to exacerbations of mental and organic illnesses and predispose to behaviours which leads to an increased risk of infection and severity of disease. Alcohol use also independently increase the risk of sociopathic behaviour and violence. These concerns are related to the impact of excessive alcohol consumption in a person with COVID-19 and/or with alcohol use disorder, as well as with a potential increase in the prevalence of harmful drinking, alcohol use disorder, withdrawal symptoms, intimate partner violence, harm to children, suicide, mental health problems and non-communicable diseases. The need for assessing alcohol use and providing adequate advice during the pandemic needs to be advocated. The presentation will discuss the effects of increased alcohol consumption during COVID-19 pandemic and it's consequences on the health of the population during the social isolation and lockdown during current COVID-19 pandemic. Presentation will focus on the Indian context which underwent two major changes during this period, first a nationwide prohibition as a part of lockdown and second as one of the first commodity to be made available to lift the economy.

D. Impact and Interaction of COVID-19 Pandemic on Alcohol Policies with Emphasis in India

Sanjay Kumar Munda

Central Institute of Psychiatry, Ranchi, INDIA
drsanjaymunda@gmail.com

Abstract:

COVID-19 pandemic has brought immense changes in the society and to an individual. Alcohol consumption also contribute to the vulnerability to SARS CoV-2 virus and weakens response to COVID-19. The COVID-19 pandemic and the measures taken by authorities to limit it's spread also lead to the changes in pattern and places of alcohol consumption. There were 2 major changes in the policy of alcohol control, first was the complete prohibition of alcohol production, sales and purchase when India went into complete lockdown and second was the re-opening of sales and purchase of alcoholic beverages to boost the economy. People have significantly changed the patterns shifting places from bars and restaurants to home. Problems associated with harmful alcohol consumption were increased with increased anxiety, depression, and domestic violence. Government at their disposal have a battery of interventions to reduce the burden of alcohol, but the lack of a national level alcohol policy was made apparent by the dis coherent measures of alcohol control during the pandemic. The presentation will discuss key issues related to the impact of COVID-19 pandemic on alcohol consumption and the issues addressing the alcohol control policies going forward. The presentation will focus on drink driving policies, marketing and advertising policies, pricing policies and early intervention policies going forward to reduce the pressure on health care services and also on the society as a whole.

24. Harm Reduction for People Who Inject Drugs During Covid 19 Pandemic: Challenges and India's Response

Gayatri Bhatia¹, Arpit Parmar², Amit Singh³

¹All India Institute of Medical Sciences, Rajkot, India

²All India Institute of Medical Sciences, Bhubaneshwar, India

³ KGMU, Lucknow, U.P, India

gayatribhatia90@gmail.com, dr.arpitparmar@gmail.com, amitsingh0612@gmail.com

Abstract:

Background: Recent National estimates reveal a significant burden of opioid use disorders in India, which are associated with several adverse consequences. Among opioid users, People Who Inject Drugs (PWID), are at a particularly high risk of HIV infection. Opioid Substitution Treatment (OST) is a well-established harm reduction approach for preventing the transmission of HIV and other blood-borne infections among the people who inject drugs. National AIDS Control Organization (NACO), is India's largest provider of OST with directly observed sublingual buprenorphine to PWID under National AIDS Control Program. COVID-19 posed many challenges in the OST service delivery.

Objectives: This symposium aimed to understand details of challenges posed by the Pandemic and NACO's response strategy for providing uninterrupted services to PWID during these changing times.

Description: The daily dispensing policy was incompatible with social distancing norms. Training of staff along with outreach activities also became impossible. As a response, NACO revised its OST strategy to allow take-home buprenorphine after careful client assessment. The second step was training healthcare professionals to work with the revised OST strategy. Online trainings were conducted for various OST service providers. It has brought immense changes in the society and to an individual. Alcohol consumption also contribute to the vulnerability to SARS CoV-2 virus and weakens response to COVID-19. The COVID-19 pandemic and the measures taken by authorities to limit its spread also lead to the changes in pattern and places of alcohol consumption. There were 2 major changes in the policy of alcohol control, first was the complete prohibition of alcohol production, sales and purchase when India went into complete lockdown and second was the re-opening of sales and purchase of alcoholic beverages to boost the economy. People have significantly changed the patterns shifting places from bars and restaurants to home. Problems associated with harmful alcohol consumption were increased with increased anxiety, depression, and domestic violence. Government at their disposal have a battery of interventions to reduce the burden of alcohol, but the lack of a national level alcohol policy was made apparent by the dis-coherent measures of alcohol control during the pandemic. The presentation will discuss key issues related to the impact of COVID-19 pandemic on alcohol consumption and the issues addressing the alcohol control policies going forward. The presentation will focus on drink driving policies, marketing and advertising policies, pricing policies and early intervention policies going forward to reduce the pressure on health care services and also on the society as a whole.

A. Programmatic Aspects of Revised OST Strategy during COVID-19 Pandemic

Gayatri Bhatia

All India Institute of Medical Sciences, Rajkot, India
gayatribhatia90@gmail.com

Abstract:

This section of the presentation provides a brief overview of NACO's response to COVID-19 pandemic situation and elaborates on the updates made to the existing OST strategy in order to make the OST services accessible and acceptable in the changing times. Take-home buprenorphine was initiated for suitable clients after careful assessment and systems were set in place for the same. OST guidelines were revised and staff trained accordingly.

B. Challenges Posed by COVID-19 Pandemic to NACO's OST Programme

Arpit Parmar

All India Institute of Medical Sciences, Bhubaneswar, India
dr.arpitparmar@gmail.com

Abstract:

This section of the symposium provides a brief overview of NACO's OST strategy before COVID-19 pandemic. PWID experienced some unique challenges in during the pandemic like reduced access to drugs, psychosocial stress that may increase chances of relapse and difficult access to treatment due to restricted human movement. Thus, the daily dispensing system was incompatible in the current times. the section will be concluded by emphasizing on the need to change the strategy according to current times.

C. Recent Capacity building and Training Initiatives for NACO's Revised OST Strategy

Amit Singh

KGMU, Lucknow, U.P, India
amitsingh0612@gmail.com

Abstract:

With the initiation of take-home buprenorphine, there was a need for training the staff to not only assess clients for suitability for take-home dispensing but also to recognize diversion of medication, ensure compliance to treatment and proper usage of buprenorphine. Thus, several virtual and physical training sessions were undertaken by NACO as capacity building initiatives under the revised OST strategy. This section provides a gist of these initiatives and highlights future steps in the same direction.

25. Evolution of Community-based Peer Led Intervention for Prevention of Substance Use among Children: Experiential Learning Model from Chandigarh, India

Rajesh Kumar, Manish Kumar, Kalyani V

Society for Promotion of Youth & Masses (SPYM) New Delhi, India
manish@spym.org

Abstract:

Findings of the “Magnitude of Substance Use in India” (2019) indicate the prevalence of substance use among children and adolescents (10-17 yrs.) i.e. a) Alcohol use - 1.3% b) Cannabis use - 0.9% c) Opioid use - 1.8% d) Inhalants use - 1.17%. National Crime Records Bureau data shows the rising trend of crimes by juveniles.

Objectives& Rationale: SPYM in partnership with Chandigarh Police implemented a pilot project “Child Friendly & Drug free Community” for children vulnerable to substance use in Chandigarh, India. The project aimed to a) disseminate facts in relation to harmful effects of substance abuse amongst children and b) impart life skills education with focus on non-formal education, health & hygiene, value inculcation for positive individual growth.

Methodology: The project assured active involvement of stakeholders, leveraging on local resources in order to build the ownership of intervention by the community. The experiential learning model was used, administered by trained pool of Peer Educators through innovative & interactive methods.

Results: A total of 1393 vulnerable children were covered. Key outcomes of impact assessment study are (a) Reduction in absenteeism from school from 23% to 9% , and (b) Reduction in substance use from 18% to 5%.

Conclusion: Based on the SPYM experience and advocacy, the project is scaled up in above 150 districts across India by the Ministry of Social Justice & Empowerment, Government of India.

26. The emerging trend in pattern and prevalence of drug abuse in post COVID times and challenges in providing treatment and care: Clinical and legal perspective.

Rajesh Kumar¹, Pankaj Kumar², Sambhu Prasad²

¹IGIMS, Patna

²AIIMS, Patna

kartavyarajesh2003@gmail.com, cppankajkumar13@gmail.com, sambhu3011@gmail.com

Abstract:

The psychological impact of COVID 19 and its associated lockdown restrictions social and economical consequences has been faced by the whole population globally. The fear, anxiety and uncertainties have significantly affected the substance use behavior in the vulnerable population especially those with prior substance use behaviors, pre-existing mental health issues, current psychological effects. Emerging scientific literature as well as clinical experience do suggest the burgeoning in substance use and addictive behavior pattern in our society. There are reports of increasing incidence of alcohol use, illicit drugs globally. The behavioral addiction has increased and is a concern for the society especially in context of adolescent and young population. In Indian context also, the researchers and clinicians are reporting the magnitude of problem, changing pattern of this substance use behavior and raising their concerns about the problem. During the COVID time, persons with substance use behavior have faced significant challenges in accessing the treatment and many of recovered persons were facing the challenges and difficulties in continuation of their treatment. The clinicians have also been facing the challenges and difficulties in terms of providing physical access to care, ensuring availability of medications for patients and unique difficulties related to social distancing norms as well as providing tele-consultations for such patients. The legal framework and various guidelines of the government has posed the unexpected barriers in providing care to these people during the current times.

Objectives: The current symposium aim to highlight the emerging trends, challenges and barriers in substance use behavior especially in Indian context and expect to stimulate discussion and deliberations to mitigate the challenges and barriers in providing treatment and care to persons with substance use behaviors.

The subtopics and speakers' name are mentioned below:

Sub topic 1: Changing pattern in Substance use behavior in COVID era: Evidence from research study conducted at tertiary care centers from India. Speaker- Dr. Sambhu Prasad, Assistant Professor, AIIMS, Patna; email- sambhu3011@gmail.com

Sub topic 2: Clinical challenges in treatment seeking and providing help for patients with substance use behavior in current times. Speaker- Dr. Rajesh Kumar, Professor & HOD, IGIMS, Patna; email- kartavyarajesh2003@gmail.com

Sub topic 3: Barriers and challenges in providing treatment and care: Legal perspective. Speaker- Dr Pankaj Kumar, Additional Professor & HOD, AIIMS, Patna; email- cppankajkumar13@gmail.com

Free Papers (Oral communications)

1. Factors Affecting Treatment Seeking Behavior of Substance Use Disorder Patients during COVID-19 Pandemic

Kousar Pandit, Abdul, Majid, Ajaz Suhaff, Bilal Teli

SKIMS Medical College, Bemina, Srinagar, Jammu & Kashmir, India
drsuhafe@gmail.com

Abstract

Aims and objectives: To assess the factors affecting treatment seeking behavior of substance use disorder patients during COVID-19 pandemic.

Methods and materials: The careful assessment and analysis (including the open ended interviews, motivational interviewing, physical examination, investigations, information obtained through patient profile proforma) of opioid abusers and their families who managed to approach the drug treatment centre (DTC) established by the department of psychiatry in skims medical college Bemina during pandemic to cater the treatment needs of these patients was done over a period of 1 year by various experts in this field.

Results: The result findings show that during pandemic, availability/unavailability of the drugs, financial crisis, witnessing sudden deaths of drug using friends by overdose, diagnosis of certain comorbidities associated with substance use disorders (like hepatitis), boredom, peer pressure and craving to get out of the pain-psychological as well as physiological were among the common factors affecting treatment seeking behavior of substance use disorder patients during Covid 19 pandemic.

Conclusion: People react differently to drugs in different set of challenging situations depending upon the interplay of various forces, factors and situations operating within or over them. The findings of the study may be very significant to identify and understand the potential role of those unidentified/unexplored factors, situations which can dramatically change the treatment seeking behavior of opioid abusers. This study may be effective for planning effective preventive strategies to deal with the likely upcoming pandemic of opioid dependence in the nearby future.

2. Prevalence of Hepatitis C Infection among Opioid Dependent Injectable Drug Users

Ajaz Ahmad Suhaff, Abdul Majid, Bilal A Teli, Kounsar S Pandit

SKIMS Medical College, Bemina, Srinagar, Jammu & Kashmir, India

drsuhaff@gmail.com

Abstract:

Aims and objectives: To study the prevalence of Hepatitis C infection among opioid dependent injectable Drug Users

Materials and Methods: The study was approved by the institutional review board and written informed consent was taken from all the patients and in some cases from the attendants who expressed their willingness to participate in the study. This cross-sectional study was conducted in drug treatment centre (DTC) in the department of psychiatry SKIMS Medical College Bemina. The study was focused on those patients who availed the specialized services of drug de-addiction started by the department of psychiatry.

The study was conducted for a period of one year from April 2020 to Nov 2021. The questionnaire comprised mainly close-ended questions covering demographic characteristics, drug use history, drug use trends, criminal justice records and health behaviour. Consecutive patients attending psychiatric OPD with substance use disorders as per ICD-10 criteria. A detailed history of socio-demographic and clinical profile was taken as per the proforma. Patients were informed of the procedures and each of the subjects who consented to the study completed an interviewer-administered questionnaire, and underwent a blood-draw. Blood specimens collected for HCV/ HBAsg/ HIV antibody screening were sent to the hospital's laboratory. Standard descriptive statistics were used to analyse the characteristics of participants.

This study highlights that there is an urgent need to expand HCV testing and counselling for all substance abuse patients particularly IDUs and to implement interventions that will decrease hepatitis viral infection associated with injection users. Our study focused only on treatment seeking population; hence the results may be limited as the study lacks the representation of prevalence and profile in the community.

3. Clinical Profile of Opioid Use Disorder Patients Admitted at the Drug De-Addiction Facility in Kashmir during Covid Time: A Retrospective Study

Muntaqueem Ul Kousar, Kubra Farooq, Insha Malik, Fazle Roub, Yasir Hassan

Government Medical College, Srinagar, Jammu & Kashmir, India
muntaqueem10@gmail.com

Abstract:

Background: Opioid use has become a major health problem globally. The current COVID times have witnessed a surge of substance use globally, especially among youngsters. A majority of drug deaddiction centers were not functioning or restricted admissions during COVID times, but our institute was one of the very few hospitals in northern India which was fully functional and admitted patients during these tough times.

Method: 169 opioid use disorder patients were admitted at our drug deaddiction center over a period of six months and enrolled in the study and their socio demographic and clinical aspects were assessed.

Results: Our study showed that majority of the patients admitted in the hospital were males, belonging to rural areas, self-employed, unmarried, with a greater percentage of about 94% using heroin and only 5.8% were using pharmaceutical opioids, 79.6% were intravenous drug users and hepatitis C was found in 52.8%, 30.76% had relapsed mostly due to non-adherence to naltrexone.

Conclusion: It was found in our study that intravenous opioid use has increased tremendously in young male patients and a major chunk of the patients relapsed due to non-adherence to medication.

4. Acceptability and Feasibility of ToQuit, a SMS Delivered Brief Behavioural Intervention for Tobacco Cessation.

Leena Gaikwad, Miriam Sequeira, Abhijit Nadkarni

Addictions Research Group, Sangath, Porvorim, Goa, India
leena.gaikwad@sangath.in

Abstract:

Background: Though there is established evidence on the effectiveness of brief interventions (BIs) to reduce or stop the use of tobacco, the major barriers in India are the shortage and inequitable distribution of health professionals. ToQuit is a mobile messaging-based brief behavioral intervention for tobacco cessation, developed and adapted to Indian settings through a series of formative research methods. The aim of this study was to assess the feasibility and acceptability of the intervention content and delivery platform, and to refine the intervention.

Methods: We conducted a before-after intervention cohort study. We recruited the current tobacco users from India aged >18 years. At baseline we collected data on sociodemographic details, ASSIST tobacco, and intervention delivery preferences. The participants received intervention messages on their mobiles for 8 weeks. The outcome measures were 7 & 28-days point prevalence abstinence, and change in ASSIST scores at 3 months post-recruitment. We collected qualitative data about participants' perception about intervention delivery and receipt, acceptability, and feasibility of the intervention.

Results: We recruited 26 eligible participants in the intervention, 22 completed the outcome assessments. Mean age of participants was 37.5 years, and 92% were males. At follow up, around 18% participants reported abstinence in past 28 & 7 days, with mean change in ASSIST scores of 3.591 (p-value 0.05). At follow up, ASSIST scores showed 5% participants in high risk category, 90% in moderate and 5% in low-risk. Qualitative interviews showed that the messages helped participants in tackling urge and motivated them in reducing tobacco use.

Conclusions: Simple, low-cost mobile messaging technology can be utilized to tackle the shortage of skilled human resources to deliver behavioural interventions. The intervention messages tailored to time and language preferences ensured adherence to the intervention, and have potential to scale up in countries with low-resource settings.

5. Comparison of Heroin Chasers with Injectors: A Study from Kashmir

Fazle Roub, Rouf Ul Hassan Mir

Government Medical College, Srinagar, Jammu & Kashmir, India

fazleroub@gmail.com

Abstract:

Background: Heroin is the most common used opioid in India and common routes of intake are intravenous and 'chasing the dragon' mode. Research regarding the comparison of the characteristics of these two groups is scant all over the world as well as in India. We aimed to compare socio- demographic and clinical differences between heroin chasers and injection heroin users (IHUs).

Methods: A retrospective chart review of patients diagnosed with primary opioid dependence was made. Fifty heroin chasers attending the deaddiction clinic of the institute were compared with fifty injection heroin users regarding socio-demographic and clinical characteristics during. Severity of opioid dependence was assessed using Severity of the Opioid Dependence Questionnaire (SODQ). The comparison of Heroin Chasers with Heroin Injectors was done using Chi square and t-test, wherever applicable.

Results: Most of the treatment seekers for heroin dependence were in the age group of 20-34 years (74% IHU and 76% chasers, $P = 0.78$). Mean scores on opioid dependence severity were higher (42.45 ± 9.23) in injection users as compared to chasers (37.56 ± 8.28 , $P < 0.01$). As compared to chasers, IHUs had 4.64 odds of receiving buprenorphine as withdrawal management (Confidence Interval: 1.55-13.84) and this was statistically significant ($P < 0.01$). IHUs had lesser odds of early drop out, but did not reach statistical significance (24% vs 34%, OR: 0.61, CI: 0.25-1.46, $P = 0.38$).

Conclusion: The study findings indicate that there was no difference in most of socio-demographic variables between IHUs and heroin chasers. IHUs had greater severity of opioid dependence and had higher odds of receiving buprenorphine as withdrawal management. There was no difference in overall quality of life and early dropout rates between the two groups.

6. Study on Disability and Psychological Problems of Individual with Alcohol Dependence

Ashish Kumar Yadav, Smita Pradhan, Sanjay Kumar Munda, Narendra Kumar Singh, Sourav Khanra

Central Institute of Psychiatry, Ranchi, India
yashish747@gmail.com

Abstract:

Background: Alcohol use is a major risk factor for global disease burden, and excessive use leads to disability and psychological problems in the individual. Previous literature on various health effects of alcohol, the weight of the evidence is on illness and death. Correspondingly, in the area of psychological health, the effects of alcohol on psychological problems such as depression, anxiety and insomnia have been more broadly studied. So, keeping this background, this study was planned to assess relationship of psychological problems and disability of Individual with alcohol dependence.

Objective: To see the relationship of psychological problems and disability of Individual with alcohol dependence.

Methodology: This present study will be conducted at out and inpatient department at Centre for De-addiction psychiatry at the central institute of Psychiatry, Kanke, Ranchi. The sample will consist of 50 male individuals diagnosed with alcohol dependence syndrome as per ICD 10 DCR selected through purposive sampling. The sample age range 20- 45 years. Individual those who are having any others mental illness and substance, mental retardation, epilepsy any physical chronic illness will be excluded. After obtaining basic socio-demographic and clinical details on a pre-designed datasheet, GHQ 28(General Health Questioners- 28) and WHO-Disability Assessment Schedule2.0 (WHO-DAS2.0) scales will be used for data collection.

Result & Conclusion: Findings of the present study will be discussed at the time of presentation.

7. Study of Depression and Marital Satisfaction In Wives Of Alcohol Dependent Males And Its Correlation With The Severity Of Alcohol Use.

Tejal Kothari, Bindoo Jadhav

K J Somaiya medical college & research centre, Maharashtra, India
abhakothari5@gmail.com

Abstract:

Background: The effects alcohol has on the wives of patients suffering from alcohol use disorder remains understudied and under emphasized in Indian context and studies discussing the correlation between severity of alcohol use by the husband and its relation to the severity of depression and the impact it has on marital satisfaction in their wives are rare.

Methods: 108 alcohol dependent males and their wives attending the psychiatry OPD. This was a single interview cross sectional study and was completed over a period of 1 year. Approval from the ethics committee and the scientific committee was taken. Alcohol dependence was diagnosed by ICD-10 and severity of alcohol dependence was assessed using Severity of Alcohol Dependence Questionnaire. The study population was assessed for depression using ICD 10 and was evaluated for severity of depression using MADRS scale and marital satisfaction using Locke Wallace marital adjustment scale. Data was analyzed using open domain statistical software.

Results: 50.9% of wives screened positive for depression. The depression was mild, moderate and severe in 10.2%, 20.4% and 20.4% respectively. The prevalence of depression for alcohol use was 5.3% for mild, 66.7% for moderate, and 95.5% for severe respectively ($p < 0.001$). The severity of depression also correlated with the severity of alcohol dependence. Marital maladjustment was seen in the majority (78.7%) of the wives and the MAT score frequently had low acuity (55.6%) and it also correlated with the severity of alcohol dependence in the husbands ($p < 0.001$).

Conclusion: A high prevalence of depression & marital maladjustment in the wives of alcohol dependent males. Depression and marital maladjustments correlate with the severity of alcohol dependence. There is a need for screening and therapeutic intervention for these wives. Strong focus on strengthening resilience in wives of alcohol dependent men through appropriate psychotherapeutic procedures must be made a part of alcohol abuse intervention programs in India.

8. Family Relationships School Going Adolescents with Problematic Online Gaming

Mrinalini Vishwakarma, Sanjay Kumar Munda, Prasad Kannekanti

Central Institute of Psychiatry, Ranchi, India

mrinalinivish@gmail.com

Abstract:

Background: In the past decade, the use of technology, especially internet, has increased exponentially. Adolescents and young adults are much involved in using the internet for online gaming, and problematic use of online gaming has been linked with various problems in physiological, psychological and sociological domains. The present study aims at assessing psychosocial correlates of problematic online gaming among school going adolescents.

Methodology: The objective of the study is to assess the relationship among problematic online gaming and family relationships and expressed emotions. The study follows a descriptive cross-sectional survey design. Purposive sampling has been used and 160 students with problematic online gaming from 8th-12th standards participated in the study from three English medium schools of Ranchi city. Data collection has been done through online sessions and google forms. Tools used were, Semi-structured interview schedule, Problematic Online Gaming Questionnaire-18 items (POGQ), Brief Family Relationship Scale (BFRS) and Family Emotional Involvement and Criticism Scale (FEICS).

Results: Problematic online gaming found to be negatively correlated with family relationships among students with problematic gaming. Preoccupation, immersion, withdrawal, interpersonal conflict and social isolation domains of POGQ are found to be negatively correlated with the family cohesion. Also, withdrawal, interpersonal conflict and social isolation domains of POGQ are negatively correlated with family conflict among the students with problematic online gaming. withdrawal & interpersonal conflict are positively correlated with perceived criticism and a positive correlation is found between withdrawal and family emotional involvement and criticism scale.

Conclusion: Poor family relationships and expressed emotions are related with the increased level of gaming. Therefore, interventions for problematic online gaming should be designed encompassing the parents, families and environment of the adolescents.

9. A Comparative Analysis of Burden of Care and Coping Styles between Wives of Mono-Substance and Polysubstance Dependent Men.

Poornima Khadanga, Hrishikesh Nachane

Grant Government Medical College and Sir J.J. Group Of Hospitals, Maharashtra, India
poornimakhadanga@gmail.com

Abstract:

Background: Polysubstance dependence has emerged as a clinically distinct entity from monosubstance dependence, yet its impact on patients' wives is understudied. Wives of substance - dependent men face tremendous burden in their social lives, leading to faulty coping and burden of care. Comparative studies between monosubstance and polysubstance are lacking.

Aims: The present study compared burden of care and coping styles between wives of mono- and polysubstance dependent men.

Methods: A comparative analysis was done between wives of 35 mono- and 35 polysubstance dependent patients. Burden of care was assessed by Burden Assessment Schedule whereas coping styles were assessed using the Brief Coping Orientation to Problems Experienced (Brief COPE) Inventory.

Results: Both groups faced moderate burden of care, which was significantly higher in wives of polysubstance abusers as compared to monosubstance abusers ($U = 366.50, P < 0.01$). Difference was mainly seen in their impact on well-being and relations with others. Avoidant coping was significantly higher in wives of polysubstance abusers ($U = 341.00, P < 0.01$), whereas the help seeking and problem-solving coping styles were equally represented. Avoidant and problem-solving coping styles positively correlated with burden of care ($P < 0.01$).

Conclusion: Burden of care and avoidant coping strategies are higher in wives of polysubstance dependent men. Increased burden of care is associated with increased use of both avoidant and problem-solving coping.

10. Prevalence of Internet Addiction among Medical Students.

Battula Pujitha, Saka Meghana, Kota Suresh Kumar

Katuri Medical college and Hospital, Guntur, Andhra Pradesh, India

drbattulapujitha@gmail.com

Abstract:

Background/Introduction: Internet addiction commonly refers to an individual's inability to control the use of the internet including any online related compulsive behaviour, which eventually causes marked distress and functional impairment in daily life. The term "addiction" has generally been associated with substance but excessive dependence and addictive pattern has led to emergence of word internet addiction. Internet addiction is a new and attractive subject considered as a behaviour-based addiction in recent years.

Aim: To study the prevalence of internet addiction among medical students.

Methods: This is a cross sectional study conducted among 514 medical students of Katuri medical college using Youngs Internet Addiction Test: IAT is a reliable and valid measure of addictive use of Internet, developed by Dr. Kimberly Young. It consists of 20 items that measures mild, moderate and severe level of Internet Addiction

Results: Among 514 medical students, 51% had mild addiction, 25% had moderate addiction, 4% had severe addiction. Mean age of the sample is 22.75. In the current study; undergraduate students have shown higher scores on the scale.

Conclusion: The internet-addictive behaviours especially among students is a serious threat to the social well-being. Poor academic activity, poor integration in extracurricular activities, and other problems due to excessive Internet use require strategies to be implemented to prevent pathological Internet usage.

11. Electronic Media Usage & Its Impact among Adolescent Age Group.

Shreya Kataria, Gautam Anand

Muzaffarnagar Medical College, Uttar Pradesh, India

shreya.pupil@gmail.com

Abstract:

Background: Since during COVID 19, use of internet has increased by 2 to 3-fold. Work from home and online classes has resulted in restricted mobility, has increased the use of internet.

Methods: Randomly selected 100 first year undergraduate students below 18 years of MMC&H, on convenience experimental basis were put on Modified Young Internet Addiction Test and Semi structured questionnaire.

Results and Conclusion: Most of them were using mobile as a gadget. Approx. 90-99% watched TV occasionally with parents when they go home. Duration spent is 2-4hrs. It also revealed that students skip classes for 10-15 minutes to use Facebook, Youtube & other social media platforms. There is a distinct finding among girls that they use online shopping apps more frequently. But in case of boys, more time is spent on Gaming Apps (2-3hrs/day). It also impacts 2-3 hours delay in sleeping and awake time.

12. Treatment Guidelines for Perinatal Psychiatry: Management of Alcohol Use Disorder

Kamini Verma, Piyali Mandal, Atul Ambekar

All India Institute of Medical Sciences, New Delhi, India
kamini.aiims@gmail.com

Abstract:

Background: Early identification and treatment is of utmost importance to reduce the long term maternal and foetal adverse outcome associated with alcohol use. Alcohol use during pregnancy can cause a spectrum of pathology in the developing foetus, commonly called 'Foetal alcohol spectrum disorder'. There are few data to guide management of alcohol detoxification in pregnant women, and the use of benzodiazepines in pregnant women is controversial. No specific guidelines are available in India regarding the management of alcohol use during pregnancy.

Method: Literature search was done using PubMed, google scholar and Scopus. Available guidelines like ACOG, NIDA, SAMSHA were reviewed and a comprehensive management plan to help obstetricians and other physicians is synthesized.

Results: Alcohol withdrawal is a medical emergency especially during pregnancy. Close monitoring of withdrawal symptom, along with foetal monitoring should guide adjustment of benzodiazepine doses. The three medications approved for the treatment of AUD by FDA are naltrexone, disulfiram, and acamprosate. All three of them are Category C drug denoting evidence of adverse effects on the foetus in animal studies and lack of adequate evidence on reproductive effects and safety in human pregnancy. The potential risks posed by disulfiram, naltrexone, or acamprosate should be weighed against the risks of ongoing alcohol use.

Conclusion: Decisions regarding behavioural and pharmacologic interventions should be made on a case-by-case basis depending on the patient's unique needs.

13. Assessment of Marital Satisfaction in Alcohol Dependent Male Patient Presented to Tertiary Care Centre of Delhi.

Anurag Solanki, Pankaj Verma, Kuldip Kumar

VMMC and Safdarjung Hospital, New Delhi, India
anuragsolanki619@gmail.com

Abstract:

Background/Introduction: Alcohol cause various biopsychosocial side effects and also harm the marital harmony, by this study we will assess the marital satisfaction in alcohol dependent male patients.

Methods: 100 male patients with alcohol dependence who are above 21 years of age and living with wife from last 2 years were taken in this study. They were examined with SADQ and Marital satisfaction scale.

Results: There is negative correlation between the sexual satisfaction and alcohol dependence, but there is no correlation between social and emotional satisfaction with alcohol dependence.

Conclusion: Alcohol causes some problems in the sexual satisfaction of the married couple in alcohol dependent male patients, and this can be used as motivation factor in male patients to quit for his alcohol intake, during counselling of the patient.

14. Prevalence and Factors Associated with Depression and Suicidality in Spouses of Alcohol Dependent Patients Admitted in a Tertiary Care Centre.

Anoop Joby Augustine, Druhin Adavalath, Padmini C, Anu Elizabeth Augustine

Government Medical College, Kannur, Kerala, India
anoopquiz1@gmail.com

Abstract:

Background: Prevalence of depression, suicides and alcohol use is reported to be high in Kerala. Treatment gap for substance use disorders and depression is >85% as per National Mental Health Survey 2015-16. There is significant perceived stigma and psychological burden on caregivers, usually the spouse. Studies focusing on depression and comorbid suicidality in spouses of alcohol dependent individuals are sparse.

Methods: A cross-sectional study was undertaken consisting of 112 participants (spouses), aged 18–60 years who were recruited after getting informed consent. They were assessed using a semi-structured questionnaire, Mini International Neuropsychiatric Interview Schedule, and SADQ. The association of depression and suicidality with severity and duration of dependence, past history of deliberate self-harm, self-reported stressful life events over the past 6 months and marital dissatisfaction was studied along with socio-demographic variables like education, employment status, religion, economic status, rural/urban background, family history of psychiatric illness/suicide.

Results: Depression was found in 46 (41.1%) cases and suicidality was found in 14 (12.5%) which was more than a quarter of all the depressed spouses (26.1%, $P < 0.05$). Depression and suicidality were associated with self-reported dissatisfaction with married life ($P < 0.05$) and past history of deliberate self-harm ($P < 0.01$). Depression was associated with self-reported stressful life events over the past 6 months ($P < 0.01$) as well. Mean duration of dependence (predominantly moderate or severe) was 11.59 ± 9.1 years. Significant association was not found between either of these with depression or suicidality.

Conclusions: High rates of depression and suicidality were seen in spouses of alcohol-dependent males which was associated with perceived stressful life events and dissatisfaction with married life. Mental health professionals should proactively enquire about depressive symptoms and suicidality in spouses of alcohol dependent individuals. The perceived stigma and marital dissatisfaction of both partners needs to be probed.

15. Effect Of COVID-19 Pandemic and Related Disruptions on Treatment Provision to Opioid Use Disorder Patients: A Mixed Method Study from a Tertiary Addiction Treatment Facility

Vinit Patel, Lekhansh Shukla, Arun Kandasamy, Vivek Benegal

National Institute of Mental Health and Neurosciences, Bangalore, India
vinit2503@gmail.com

Abstract:

Background: This study was planned to understand the effect of pandemic and related disruptions on the continuity of treatment of opioid use disorder (OUD) patients.

Materials and Methods: The sampling frame consisted of all the patients in contact as an inpatient (IP) or outpatient (OP) with the center for addiction medicine (CAM) at least once in the three months preceding the lockdown, i.e., patient's ids from electronic health record database (CAM-SOFT database) between 01/01/20 to 24/03/20. The sample consisted of all the patients diagnosed with opioid use disorder (OUD) as per ICD-10, receiving pharmacotherapy for OUD, not on naltrexone implant, and having at least one in-person contact (OP/IP). Socio-demographic, clinical, and treatment details were collected from the SQL database of CAMSOFT. Logs of telephonic follow-up during the lockdown were also reviewed. Data collected were analyzed using R software. A telephonic follow-up is being done to check the patients' outcomes and compare who continued the treatment for OUD with those who could not. Patients used various techniques like decreasing the dose to make the medications last longer.

Results: The sampling frame consisted of 2928 unique patients. The sample consisted of 258 OUD patients, of which 189 patients were on OAT at the time of lockdown. The sample had an average duration of treatment of 35.84 months. The average daily dose of buprenorphine was 6.92 mg/d, and the average duration of dispensing was 44.98 days as per the last in-person contact. From the sample, 37 patients ran out of medication before the onset of lockdown, while 144 patients finished it during the lockdown.

Conclusion: The current pattern and guidelines of prescribing OAT were a significant challenge during the COVID-19 pandemic. The current study shows pandemic-related disruption's impact on OAT, forcing us to anticipate and improvise.

16. A Rare Case of Opioid Withdrawal Delirium and its Management

Vasu Mishra, Swati Choudhary, Navratan Suthar

All India Institute of Medical Sciences, Jodhpur, Rajasthan, India
mishrivasu007@gmail.com

Abstract:

Introduction: Delirium is usually associated with alcohol withdrawal, and literature is sparse when referred to as an opioid withdrawal symptom. Here we present a case of opioid withdrawal delirium that we could successfully diagnose and manage in our tertiary care setting.

Case summary: A 47-year-old male presented to the outpatient department with complaints of generalized body aches, loose stools and excessive lacrimation. Upon exploration, he was found to be taking Tramadol tablets in a dependent pattern with the last intake two days back. Upon examination, the patient was restless, perplexed, and unable to identify time and place, and responded irrelevantly to the questions asked. He was admitted to the inpatient setting, where further exploration did not disclose any other substance use. On the clinical opiate withdrawal scale (COWS), his score was thirteen. A general medicine opinion for altered sensorium was taken, and investigations such as CBC, ESR, hs-CRP, Serum electrolytes, kidney function test (KFT) and liver function test (LFT) were done and came out to be normal. A neuroimaging was planned, but during the meantime, injection Tramadol 100 mg was given in an infusion to manage the withdrawal symptoms, considering altered sensorium to be part of the opioid withdrawal in the absence of any other identifiable cause of it. With the given treatment, the patient became better gradually and became oriented to his surroundings. The patient was then offered the various treatment options available and started on Buprenorphine as an agonist management after a discussion.

Conclusion: Our case was unique in terms of its presentation, and it adds to the sparse literature present in this context. Moreover, clinicians and psychiatrists should remain more vigilant while handling a case of opioid withdrawal delirium.

17. Prevalence of Internet Addiction in Medical students and its Relationship with Impulsivity.

Aayushi Kacheria, Bindoo Jadhav

K.J. Somaiya Medical College and Research Centre, Maharashtra, India
aayushikacheria@gmail.com

Abstract:

Background: Exponential use of internet in recent times, with access becoming widespread, has resulted in addictive behaviour with mental health implications. Medical students are particularly at risk because of their unique personal, social, and academic needs. Excessive use of the internet in medical students leads to many adverse reactions such as depression, anxiety, social adaptation problems, etc. as well as impulsivity. Such excessive Internet use is considered as addiction since symptoms are comparable to those of nicotine, alcohol, or drug addictions. Therefore, this study has been undertaken to assess the prevalence of internet addiction in medical students and its relationship with impulsivity.

Methods: Fifty participants, currently enrolled in an urban medical college, with access to internet, using universal sampling, after receiving consent, were evaluated. The cross-sectional study, assessed the measure of addictive use of the internet, using the Internet Addiction Test (Dr. Kimberly Young) and the level of impulsivity was measured using Barrett's Impulsivity Scale. Data thus collected was analysed using the SPSS software.

Results: Out of the 50 subjects in the study, 30 subjects were average online users. While there was no significant difference for the groups under the attentional and non-planning domain, there was a difference seen in the three groups under the motor domain. A positive correlation was seen between the overall impulsivity score and the internet addiction score, which was statistically significant.

Conclusion: About 60% of the study population had average internet use. There was a significant positive correlation between internet addiction and impulsivity. This correlation suggests that targeting impulsivity in the management plan may help deal with internet addiction.

18. Caffeine: A Nutrient, A Drug or A Drug of Abuse

Srishti Arora, Gautam Anand

Muzaffarnagar medical college, Uttar Pradesh, India
srishtiarora269@gmail.com

Abstract:

Background: Caffeine consumption has been constantly growing in India especially among children and youngsters. Several important issues with progressive caffeine abuse resulting in dependence leading to physical, psychological, academic and social consequences, psychotic symptoms during intoxication, headache during withdrawal, predisposing factors as impulsivity and novelty seeking traits in pre-morbid personality and psychosis in family.

Methods: A retrospective cohort study was conducted on 4 students who had complaints of coffee use, caffeinated soft drinks, energy drinks, dark chocolates over many years, showing intermittent aggressive and assaultive behavior with inappropriate talking, gesturing and smiling, sleep disturbances since 15–20 days. They were screened on Semi-Structured Questionnaire based on ICD-10 and DSM-5 criteria for Caffeine use disorder and were evaluated.

Results:

Caffeine (Mg/Day)

Student A = 595

Student B = 1250

Student C = 770

Student D = 680

Regular use has been found to be associated with higher trait anxiety and depression. Caffeine has been linked with higher stress, sleep disturbance, anger, violence and conduct disorder among adolescents. Excessive intake may lead to psychological consequences as well as physical consequences. Withdrawal may precipitate tremulousness, headache, dysphoria, and craving.

Conclusion: Due to harmful consequences, legal availability to children, growing consumption of caffeine products, it is utmost essential to recognize caffeine as addictive substance and impose regulatory measures on sale, advertisement, maximum caffeine content, health consequences and safety limits of caffeine containing products.

19. Factors for Relapse in Patients with Alcohol Dependence Syndrome (ADS) in a Tertiary Care Centre in West UP.

Shilpa, Akhil Dhanda

Saraswathi institute of medical science, Anwarpur, Hapur, Uttar Pradesh, India
shilpa.bishnoi108@gmail.com

Abstract:

Background: ADS is characterized by a cluster of physiological, behavioral and cognitive phenomena in which the use of alcohol takes on a much higher priority for a given individual than other behaviors that once ad greater value with strong desire to take alcohol.

Aim & Objectives: To identify factors for relapse in ADS patients and to study demographic variables, clinical variables and psychosocial factors leading to relapse in ADS patients.

Methods: 106 male patients of ADS diagnosed by ICD-10 criteria were registered after taking informed consent. Demographic and clinical data were obtained from patients and relatives. Patients with co-morbid psychiatric disorders, major physical illnesses, organic brain syndrome, MR and other than alcohol substance abuse were excluded. AUDIT and CAGE questionnaire were used to screen for alcohol dependence. SADQ was used to assess the severity of dependence. SSQ was used for perceived social support.

Results: Age and duration of drinking were significant factor in determining relapse with lesser age and lesser duration of drinking showing stronger severity of dependence. Married individuals had a higher severity of dependence and likelihood of relapse. Social support is not significant in severity of dependence.

Conclusion: Age shows negative correlation with duration of drinking and quantity of alcohol consumption. Social support in younger patients is a key point to focus on treatment planning in younger patients. Group therapy and support groups can be established and used as a point source for therapeutic intervention and better patient follow-up.

20. Alcohol Withdrawal Cases as a Consequence of COVID-19: A Clinical Analysis.

Pooja Kapri, Pawan Gadgile, Aditi Hinge, Avinash Desousa, Sagar Karia, Nilesh Shah

LTMMC and GH, Sion hospital, Maharashtra, India

pooja.kapri@gmail.com

Abstract:

Background: The COVID-19 pandemic has been followed by the shutting down of bars and liquor shops. This condition has led to the acute unavailability of alcohol, and subsequently increasing the number of cases of alcohol withdrawal. This paper reports the clinical profile of cases of alcohol withdrawal which presented to the psychiatry department following the non-availability of alcohol due to the COVID-19 lockdown.

Methods: The patients were referred to the psychiatry department from the emergency medicine department and some of them came directly to the psychiatry department. Thirty-two patients with alcohol use disorder and alcohol withdrawal were included in the study. The study data were collected using a semi-structured proforma and then were tabulated. The obtained data were assessed by the Chi-square test and unpaired t-test where appropriate.

Results: The mean \pm SD age of the study patients were 38.84 ± 11.64 years. The mean \pm SD years of consumption of alcohol was 13.50 ± 7.8 years in the sample (range 1-30 years) and mean \pm SD days of last consumption of alcohol was 3.88 ± 1.8 days (range 2-10 days). There were no significant differences between stockers and non-stockers in various parameters.

Conclusion: Alcohol and substance withdrawal have increased in the wake of the lockdown and COVID-19 pandemic and there is a need for non-COVID-19 setups to be created to cater to the needs of these patients

21. Presence of Substance Use Disorders Amongst Admitted Suicide Attempters: A Study Report.

Ajeet Kumar, Richa Pandey, Amil Hayat Khan, Tapash Kumar Aich

BRD Medical College, Gorakhpur, Uttar Pradesh, India
ajeetims10@gmail.com

Abstract:

Background: Suicide remains one of the leading causes of death worldwide. Substance use is a risk factor for both fatal and nonfatal overdoses, suicide attempts, and death by suicide. Compared with the general population, individuals with alcohol dependence and persons who use drugs have a 10–14 times greater risk of death by suicide, respectively and approximately 22% of deaths by suicide have involved alcohol intoxication.

Aims and Objectives: To assess the presence of substance use disorders amongst suicide attempters who were admitted and referred to our department of psychiatry from other departments.

Settings and Design: It is a descriptive cross-sectional study report.

Materials and Methods: Study population included all the In-patients, who attempted suicide and referred to us for assessment of suicidal behavior from other departments of the hospital, over a period of ten months. We collected the data related to substance use and suicidal behavior of all these patients in a specially designed data sheet, prepared for this study purpose. Data, thus obtained, were subjected to basic descriptive statistics like frequency and percentages and t-tests and chi-square tests, as and when necessary.

Results: A total of 127 suicide attempters were referred for psychiatric consultation during the study. Amongst these suicide attempters, psychiatric diagnosis of substance use disorder was made in 18 patients (14%). All these patients were male. Majority of our patients were in the age range of 20 to 40 years (15 patients, 83 %).

Conclusions: clinicians need to screen patients with substance abuse disorder for suicidal thoughts and behaviors routinely and continuously throughout treatment. Collaboration between substance use treatment providers, other health care practitioners, family members, and community resources is imperative to the successful rehabilitation of patients with substance use disorders.

22. Triple Diagnosis in Psychiatry: A Case Report & Narrative Review of the Oblivious Entity.

Shivender Singh, Priyanka Hooda, Anmol Singh

ABVIMS & RML HOSPITAL, New Delhi, India
shivenderdes@gmail.com

Abstract:

Background: Patients with delusional infestation, also known as Ekbom syndrome, have the fixed, false belief that they are infected with parasites or other living organisms. It can be primary or secondary to other psychiatric or organic illnesses such as HIV. Rarely, such patients may receive a triple diagnosis which is HIV with a psychiatric diagnosis along with substance use.

Aim: We present a case of Ekbom syndrome in an HIV-infected patient with opioid dependence syndrome requiring an interdisciplinary approach for diagnosis and management.

Case: A 39-year old male diagnosed with HIV and IV opioid use presented with excoriations and scars on the upper and lower limbs. The lesions resulted from the repeated attempts to remove the “insects” that had been biting and crawling under his skin for about 2 years. He would spend hours scratching with fingernails or using a razor on the affected areas, occasionally to the point of bleeding to kill them. The insects increased in number and spread to the abdomen and upper limbs over time. This also adversely affected his socio-occupational functioning. Findings of physical examination and medical workup were consistent for a patient living with HIV. He was prescribed risperidone 2mg/day. Due to exacerbation in the medical condition, the patient had intervals of treatment non-adherence.

Discussion: We discuss the clinical presentation in detail and the difficulties in managing a patient with triple diagnosis in psychiatry. Poor wound healing, adverse drug effects, potential drug interactions between HIV antiretroviral therapy and psychotropics are the additional challenges faced in the treatment of such patients.

Conclusion: The presence of a triple diagnosis may cause difficulty in engaging the patient in psychiatric treatment and lead to poorer health outcomes. There is a need for improvement in approach towards such patients with adequate follow-up and care.

23. Changing Concepts of Addiction: From ICD-10 & DSM-IV to ICD-11 Draft & DSM-V

Gaurav Singh Yadav, Richa Pandey, Amil Hayat Khan, Tapas Kumar Aich

BRD medical college, Gorakhpur, Uttar Pradesh, India

drgarrybrd@gmail.com

Abstract:

Background/ Introduction: Diagnostic systems are essential for communicating accurately our clinical findings to colleagues and patients, for epidemiological data gathering, and for providing a basis for precision in research. In the field of mental health and addictive disorders, we have ICD-10 and ICD-11draft (WHO) diagnostic and statistical manual of mental disorders (DSM) classification (followed in USA). For the purpose of diagnostic coding and epidemiological reporting, all WHO member countries employ the ICD system. These diagnostic and classificatory systems take many years to revise and update.

Aim: To study the changing concept of addiction from DSM-IV & ICD- 10 to DSM-5 & ICD-11.

Method: The present review compares and contrasts the diagnostic entities and taxonomy of substance use and addictive disorders in the beta draft of the Eleventh Revision of the International Classification of Diseases (ICD 11), which was released in November 2016, and the Fifth and fourth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) and also the tenth edition of International Classification of Diseases.

Result: Differences at the category level are limited to DSM-IV 'abuse' vs. ICD-10 'harmful use', elimination of 'pathological alcohol intoxication' from DSM-IV and inclusion of substance-induced 'sexual dysfunctions and sleep disorders' in DSM-IV, but not in ICD-10. The category polysubstance use does not appear in DSM-5 or the draft ICD 11. Pathological gambling was included in Impulse Control Disorders in DSM-IV and ICD 10. In ICD 11 gambling disorder is subdivided into predominantly offline and predominantly online gambling. Gaming disorders did not feature in DSM-IV or ICD 10. The word "addiction" which was avoided in ICD-10 and DSM-IV, has made a comeback in ICD-11 Draft and DSM-5.

Conclusion: Considerable literature has been generated leading up to and subsequent to the publication of DSM-5 and in the development of the draft ICD

24. A Case Report on Tianeptine Addiction: A Hidden Opioid in Plain Sight or Otherwise?

Yoseph Kale, Rupesh Enagandula

Vardhman Mahaveer Healthcare, Patiala, Punjab, India
yosephkale@gmail.com

Abstract:

Background: Tianeptine is an atypical antidepressant, used mainly for major depression and also in IBS, asthma, and anxiety disorders. Instead of increasing serotonin-like many antidepressants, tianeptine mainly works by affecting the opioid and glutamate receptors in the brain. When taken in high quantities, it can produce opioid-like effects.

It is easily available and hence the past few years have seen a rise in its abuse especially in western countries. It is highly regulated in Russia and possession of tianeptine without proper prescription is considered illegal. Here is one such case of tianeptine abuse leading to addiction and the new treatment tried for the same.

25. Inhalant Use Disorder: Socio-Demographic and Clinical Correlates

Shivani Sivaramakrishnan, Vinit Patel, Jayant Mahadevan

National Institute of Mental Health and Neurosciences, Bangalore, India

shivanisivaramakrishna@gmail.com

Abstract:

Background: Inhalant use disorders (IUD) are less common than other substance use disorders, and literature on IUD is scarce. Hence this study was planned to add into the current literature of IUD and give insight for planning future studies.

Materials and Methods: The sampling frame for this study consisted of all patients who received a diagnosis of IUD as per ICD-10 and received treatment on an inpatient basis at our institute from 2010 till date. We did a retrospective chart review using case files from the medical records department and the electronic health record from CAMSOFT. Socio-demographic and clinical profiles were analyzed.

Results: The sample had male predominance and was mainly from Karnataka. The majority of the population attended education until secondary school (38%) and were never married (86.3%). The majority were unemployed (47.8%). Most of them had the early age of onset of inhalant use (mean – 18 years). Maximum patients reported “Eras-ex” as a type of inhalant used (43.5%). Most were brought to the healthcare system by family (44.7%). Almost 83% had externalizing behavior, and 15% had internalizing behavior, the most common being social anxiety. A third of the patients each had psychiatric comorbidity and a lifetime history of DSH attempts. A family history of substance use was found in 85% of the population, out of which 37.3% had a history of alcohol use disorder.

Conclusion: The use of inhalants is a rising concern in adolescents with a limited understanding of its treatment. It is associated with high comorbidity of psychiatric disorders and externalizing spectrum disorders. Therefore, there is a need for community-based prospective studies from India to understand disease burden better, plan preventive measures and interventions.

26. Cognitive Functioning as a Trait Marker in Cannabis Use Disorders

Shrayasi Das, Lokesh Kumar Singh

All India Institute of Medical Sciences, Raipur, India
shreosidas23@gmail.com

Abstract:

Background/ Introduction: Cannabis use disorders are global emerging problem nowadays, with high prevalence and morbidity. Though cognitive impairments are one of the most replicated findings in individuals with cannabis dependence, but there are very few studies assessed cognitive functioning as premorbid risk factor for cannabis use disorder. In this study, we assessed cognitive functioning as an endophenotype in cannabis use disorders.

Methodology: In this study comparison of cognitive functioning was done among three groups- patients with cannabis dependence syndrome, their first degree relative (FDR) and normal healthy controls (HC). Sample size was 30 in each group. Participants of all three groups were assessed in domains of complex attention, executive functions, language, learning and memory and perceptual-motor.

Results: Performance of patients with cannabis dependence was impaired in attention, verbal memory, executive functions compared to both other groups. Verbal memory was impaired in patients group compared to group of first-degree relatives, whose performance in-turn was more impaired than normal healthy controls. Performances of verbal and visual memory were correlated positively with age of onset and negatively with frequency of cannabis intake. Age of first-degree relatives was inversely correlated with verbal memory.

Conclusion: Cognitive functioning was found impaired in individuals with cannabis dependence compared to their unaffected first-degree relatives and normal healthy controls. As per definition, verbal memory could be considered as an endophenotype marker in cannabis use disorders.

27. Patterns of Addiction by Various Drugs of Addiction: A Brief Review

Richa Pandey, Deepa Singh, Amil Hayat Khan, Tapas Kumar Aich

BRD medical college, Gorakhpur, Uttar Pradesh, India

dr richapandey20@gmail.com

Abstract:

Background/ Introduction: Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain. It is considered both a complex brain disorder and a mental illness.

Aim: To review the pattern of addiction by various drugs of use/abuse/dependence.

Method: Titles were examined first to screen potential articles, followed by abstracts and then manuscripts were downloaded. The reference sections of downloaded manuscripts were examined for additional references not located in the searches. If few relevant articles were found, other terms were attempted or only the pattern of addictive behavior was searched for.

Result: Opioids are classic drug of addiction with pattern of intense intoxication via the intravenous or smoking routes for heroin and oral or intravenous for opioid analgesics. Alcohol use disorder follows a similar pattern, but the intoxication is less intense and the pattern of drug-taking is often characterized by binges of alcohol intake. Nicotine use disorder contrasts with the above patterns in that nicotine has less of a binge/intoxication stage. Psychostimulant use disorders, such as cocaine and amphetamines, follow a pattern that emphasizes the binge/intoxication stages. Cannabis use disorder follows a pattern similar to opioids and tobacco. There is significant intoxication but can show chronic intoxication.

Conclusion: Addiction is a behavioral pattern of drug abuse characterized by overwhelming involvement with the use of a drug (compulsive use), the securing of its supply, and a high tendency to relapse after discontinuation.

28. Role of Olanzapine as an Add-On Drug to Buprenorphine in OST Program: A Review of Literature

Deepa Singh, Gaurav Singh Yadav, Amil Hayat Khan, Tapas Kumar Aich

BRD medical college, Gorakhpur, Uttar Pradesh, India
deepasingh20122017@gmail.com

Abstract:

Background/ Introduction: In the first national survey on drug use in India, the prevalence of opioid use was found to be 0.7% of the general population among whom, around 22.3% were found to be dependent on opioids. National AIDS Control Organisation (NACO) runs Buprenorphine substitution therapy program for injectable opioid users. Clients of our OST programs are seen to be using buprenorphine tablet for years, without any intention to reduce the doses of buprenorphine. Olanzapine is a second generation antipsychotic and also has mood stabiliser properties. Studies have been conducted to see its role in smoking cessation, as treatment for morphine induced emesis, as an adjunct for treatment of neuropathic pain, in opioid dependent schizophrenic patients etc.

Aim: To assess the role of olanzapine as an-add on drug to buprenorphine in OST program.

Method: We reviewed 5 related papers available online and books available on the subject of opioid substitution, NACO guidelines, etc. These papers included review were on heroin dependence with co-morbid schizophrenia, dose related olanzapine role in smoking and alcohol, comparison of olanzapine and clonidine in opioid withdrawal, use of olanzapine in rodents and its effect on μ opioid receptors. The reference sections of downloaded manuscripts were also examined for additional references not located in the searches. Titles were screened followed by abstracts.

Result: Olanzapine was found to be successful in reducing dropout rates in opioid substitution treatment programs, decreased urge for smoking, better in withdrawal management as compared to clonidine, and in lower doses reduce craving amongst alcohol dependent patients.

Conclusion: We know, many patients of opioid dependence have hidden psychiatric illnesses and personality disorders, and also opioid causes behavioural and psychological changes in the patients, which probably will be better treated with a combination of olanzapine plus buprenorphine.

29. Readiness to Change, Craving, Motivation and Treatment Seeking Behaviour and their Interaction with Religious Coping and Religiously Driven Attitude: A Comparative Study on Individuals with Alcohol Dependence Syndrome and Opioid Dependence Syndrome

Amit Kumar, Dipanjan Bhattacharjee, Sourav Khanra

Central Institute of Psychiatry, Ranchi, Jharkhand, India
amit123.ak69@gmail.com

Abstract:

Background/ Introduction: Globally, alcohol dependence is affecting approximately 6.5% of men and 1.5% of women. It often develops in early adulthood but can start at any age after repeated continued exposure to alcoholic beverages. Opioid dependence develops after regular use of opioids, a necessary but not sufficient condition for developing opioid dependence. The current study aimed to examine religious coping, religious attitude, and its association with craving and change readiness and treatment eagerness among patients of opioid dependence syndrome (ODS) and alcohol dependence syndrome (ADS).

Methods: This was a hospital-based prospective study; purposive sampling was used to collect the data. The study consisted of 40 participants between 18 to 50 years of age. Out of 40 participants, 20 patients were diagnosed with ODS and 20 patients were diagnosed with ADS. Religious attitude scale, Brief religious cope, Severity of dependence scale, Desires for drug questionnaire, The Stages of change readiness and Treatment eagerness scale-8D and 8A was administered on baseline. DDQ, SOCRATES 8D was repeated on ODS on day 7 and day 14 and DDQ, SOCRATES 8A was repeated on ADS on day 7 and day 14. Data were analysed using Statistical Package for Social Sciences (SPSS) 25 version.

Results: Findings suggested that patients with ADS have higher positive religious coping (PRC) than ODS patients. In the readiness to change, patients with ODS showed improvement in taking steps; on the other hand, patients with ADS showed improvement in recognition and taking steps. In the desires for taking drugs, both groups have shown improvement in desire and intention to drug use, tendency to use drugs and negative reinforcement.

Conclusion: Both groups have shown good outcomes after repeating the measures administered on baseline, day 7, and day 14. However, the ADS has shown better outcomes in PRC, readiness to change, and desire for drugs taking behavior.

30. Trend of Utilisation of OST Services in the Pre-Pandemic Era in a Tertiary Medical College in India

Nishant Saha, Ranjan Bhattacharyya

Murshidabad Medical College & Hospital, Berhampore, West Bengal, India
nishantsaha007@gmail.com

Abstract:

Background/ Introduction: HIV prevention among IDU user is the ultimate goal of NACO. The government hospitals across India are expanding with OST services.

Aims & objectives: The primary aim was to find out the pattern of help seeking behavior in a newly functional OST clinic in a government setup in India as the prevalence of HIV infection is on rise, requirement of opening OST clinic is also emerging.

Materials & Methods: The datasheet has been made in accordance with guidelines and the descriptive and analytical statistics study has been carried out in a tertiary medical college of government setup in India. The new patients enrolled, total clients registered, active clients load and total client loads have been increased at beginning and end of the study period. The data analysed by IBM SPSS version 20.0.

Results: New clients enrolled during the study period are $n=62$, and total clients from inception were 202. Very regular, regular and irregular clients were $n=27$, 10 and 72, which changed to $n=56$, 22 and 13 respectively from beginning to end of the study which is statistically not significant ($\chi^2=0.0792$, $p=0.961$). Total number of clients versus active clients during beginning and end of the study shows significance, ($\chi^2 = 25.3311$, $p<0.001$). The relationship between new clients, total clients, treatment completers, clients with other outcomes and active clients showed significance in 2x5 contingency table ($\chi^2 = 99.3704$, $p<0.001$). The relationship between STI referral, HIV tested and condoms dispensed has shown significance with $\chi^2 = 6.071$, $p<0.048$

Conclusion: OST is an effective therapeutic option to manage IV drug users. The screening with stringent criteria is essential before client selection.

31. Us Versus Them: Exploring Newspaper Portrayals of People Using the Melbourne Supervised Injecting Room

Gargi Sinha

Public Health, School of Medical and Health Sciences, Edith Cowan University, Perth, Western Australia, Australia
gargisinhadas@yahoo.com

Abstract:

Background/ Introduction: Medically Supervised injecting rooms (MSIR) embody a harm reduction strategy that aims to save the lives of People Who Use Drugs (PWUD). On 30th June 2018, the Melbourne MSIR started to provide a safe and hygienic place to inject drugs in a medically supervised setting. However, the presence of Melbourne MSIR polarises key stakeholders and attracted significant newspaper attention. Print media plays a pivotal role in constructing public beliefs and attitudes. To understand the social construction of the Melbourne MSIR, this study examined a newspaper's reporting on the MSIR.

Aim and Objective: This project aimed to explore how a newspaper portrayed the Melbourne MSIR. The objective was to investigate what newspapers communicated about the Melbourne MSIR. The research question was 'What did the Herald Sun newspaper communicate to the public regarding the Melbourne MSIR between 30th June 2018 and 30th June 2020'.

Method: This study used the Factiva database to examine seventeen news reports published in the Herald Sun between 30th June 2018 to 30th June 2020. The study used a generic qualitative approach and an inductive thematic analysis.

Results: Three overarching themes and seven subthemes emerged from the analysis. The first theme captured that Melbourne MSIR constructed as trouble for neighbourhood. The second theme showed that residents wanted relocation of the Melbourne MSIR. Finally, the third theme showed the construction of the People Who Use Drug (PWUD) and MSIR in the newspaper.

Conclusion: The newspaper constructed the Melbourne MSIR as a controversial facility that creates tremendous trouble for the neighbourhood by attracting PWUD. However, the voices of PWUD were notably missing from the newspaper dialogue. It posited that representation of PWUD perspectives in future reporting might positively shift this 'social construction of the MSIR.

32. Insights into the Impact of the Covid-19 Pandemic and Lockdown on Alcohol Dependence Syndrome: A Three-Year Retrospective Study.

Colin Braganza, Wenona Fernandes

Institute of Psychiatry and Human Behaviour, Bambolim, Goa, India
colinvbraganza@gmail.com

Abstract:

Background/ Introduction: Alcohol use is a major public health problem in India. In Goa, alcohol is available inexpensively and easily and Goa has one of the highest prevalence of alcohol use in India, with 26.4% of its population and 46% of all males consuming alcohol.

The Covid-19 pandemic imposed numerous restrictions on everyday life and the lockdown suspending all non-essential services saw an increase in the number of alcohol withdrawal cases and its complications across the country. However, literature assessing the impacts of the same in Goa is currently scarce.

Method: Data of patients meeting the ICD-10 criteria for Alcohol Dependence Syndrome [F10.2] visiting the Institute of Psychiatry and Human Behaviour, Goa's tertiary psychiatry centre during the 40-day period from 25th March 2020 to 3rd May 2020 (spanning the entirety of Lockdown Phase 1 and 2) was collected retrospectively from case papers and analysed and compared with the same period in 2019 (pre-pandemic) and 2021 (correlating with the early second wave in Goa). **Results:** Despite a decrease in the total number of cases, alcohol dependence syndrome cases increased from 12.47% of all new cases in the March 25th to May 3rd 2019 period to 18.69% of the cases during the Lockdown. Further, the lockdown saw an increase in the proportion of complicated alcohol withdrawal states from ~21% (in both 2019 and 2021) to 35%. Among those receiving OPD level treatment there was an increase in the clients who followed up for more than 1 month: to 50% during lockdown phases 1 and 2 compared to 21.82% during the similar period in 2019 ($p=0.022$) and 19.04% in 2021 ($p=0.027$).

Conclusion: Changes in the incidence of alcohol withdrawal syndrome including complicated withdrawals are expected albeit unintended consequences of a pandemic and lockdown; and while challenging, may provide an opportunity to enhance outcomes in Alcohol Dependence Syndrome.

33. Co-Morbid Nicotine Use Disorder in Male Patients with Other Substances Use Disorders

Amit Nayak, Ravi Chand Sharma, Dinesh Dutt Sharma, Richa Tripathi

All India Institute of Medical Sciences, Gorakhpur, Uttar Pradesh, India
nayak886@gmail.com

Abstract:

Background/ Introduction: Consumption of tobacco has been a worldwide problem since early twentieth century. Tobacco use in any form is common with other substances of misuse and has a bad prognosis for both of the substances used.

Aim: The aim of the current study was to assess prevalence of nicotine dependence in male patients with other substance use disorders.

Methods: A cross-sectional study was conducted in psychiatry department of a tertiary health care facility in north India. Male patients having any substance use disorder as per DSM-5 along with nicotine use disorder were enrolled for the study. Socio-demographics, clinical details and substance use details including nicotine use were collected.

Results: The most common substances reported were: cannabis (n=39, 45.9%), opioids (n=28, 32.9%) and alcohol (n=18, 21.2%). The most common form of opioids used were illicit opioids followed by injectable opioid use. Smoking was the most common form of nicotine use in all the three groups of substances followed by dual use. Smokeless tobacco was the least preferred form of nicotine use in all the three groups.

Conclusion: Smoking was the most common form of tobacco use in patients with other substance use disorders.

34. Assessment of Short-Term Alcohol Biomarkers in Detecting Alcohol Use among Heavy Drinkers

Shayani Ghosh, Raka Jain, Ravindra Rao, Ashwani Kumar Mishra, Sonali Jhanjee

Kristu Jayanti College, Bangalore, Karnataka, India
shayanni.g@gmail.com

Abstract:

Background/ Introduction: Ethyl glucuronide (EtG) and fatty acid ethyl esters (FAEEs) are the direct short-term biomarkers of alcohol consumption. They are formed in trace amounts in the body after alcohol consumption. Compared with breath ethanol, they remain in the body for a prolonged time. This study compared the performance of breath ethanol, EtG and FAEEs in heavy drinkers.

Methodology: Using cross-sectional study design, one hundred and twenty-two individuals with alcohol dependence syndrome (diagnosed as per International Classification of Diseases, Version-10) with last alcohol consumption within 24 hours were recruited after their consent. The subjective information included: socio-demographic details, alcohol use details in last 24 hours. Breath-alyser was done on spot. Blood and urine were collected to examine the presence of urinary EtG and serum FAEEs in all the participants by gas chromatography–mass spectrometry. The obtained values were compared and correlated with the last amount of alcohol consumed (grams).

Results: Breath test was positive for 90% of the participants. All participants showed raised levels of urinary EtG ($>100\text{ng/ml}$) and FAEEs ($>72\text{ nmol/L}$). Mean age of the participants was 37.7 (7.6) years. All participants used alcohol daily, locally brewed liquor being the preferred beverage (56%). Mean quantity of alcohol consumed within 24 hours was 103.13 (47.21) grams per person. A good receiver operating curve (ROC) was obtained for both urinary EtG (98% at 95%CI: 0.95,1.0) and serum FAEEs (92% at 95% CI: 0.94,1.0) to distinguish heavy drinkers from non-heavy drinkers. Both the biomarkers showed a positive correlation with the amount of alcohol consumed ($p<0.001$).

Conclusion: Both urinary EtG and serum FAEEs can be used to detect alcohol intake in the previous 24 hours. Also, they can be used to differentiate heavy drinkers from non-heavy drinkers.

35. Affect in Relation to Maladaptive Mobile Phone Use among School Children During Covid-19 Pandemic

Andree Jaiswal, Sanjay Kumar Munda, Preeti Gupta

Central Institute of Psychiatry, Ranchi, Jharkhand, India
andree.jaiswal@gmail.com

Abstract:

Background/ Introduction: Maladaptive mobile phone use is not uncommon among school children and adolescents. Recent research has suggested that affect may play a role across the spectrum of addictive behaviours, including problematic use of technological devices. Children and adolescence are in a development stage wherein they are vulnerable to problematic smartphone usage because of the presence of stressful events and encounters that, together with poor emotion regulation skills, may lead adolescents to relieve their negative emotions by using smartphones in an excessive way. The goal of the present study was to explore the affect among school children with maladaptive mobile phone use during the COVID-19 pandemic. The sample was collected online through google forms from 83 students of classes 7th-9th from two secondary co-ed schools from the schools of Kanke, Ranchi, India. This was an explorative study and data was collected from the school session of 2020-2021. The results of the present study showed that 68% school going children from classes 7th -9th had maladaptive mobile phone use out of which 20% had problematic use and 47.5% had occasional problems. Children with maladaptive mobile phone use have more negative emotions as compared to positive emotions. Negative affect was more in children with problematic mobile phone use as compared to those with occasional problems. Also, positive affect was significantly higher in males as compared to females with maladaptive mobile phone use. Although more research is needed to identify the underlying mechanisms, findings suggest a need to sensitize students and educators about the potential academic risks associated with high-frequency mobile phone use.

36. COVIDQUIT: A Qualitative Exploration of COVID-19's Impact on Tobacco Consumption and Perceptions of Tobacco Harm Reduction Interventions among Sexual and Gender Minorities in Chennai, Tamil Nadu

Sree Sucharitha, Kumudha Lingaraj, I. Kannan

Tagore Medical College and Hospital, Chennai, Tamil Nadu, India
sucharitha2@gmail.com

Abstract:

Background/ Introduction: The COVID-19 pandemic correlated with decreased human connectivity and associated with negative psychosocial health and well-being among sexual and gender minorities (SGM). The objective of the study was to explore the perceptions of Covid-19 impact on tobacco consumption behaviours and elicit awareness on motivation and preferences related to intervention programs to tobacco harm reduction and cessation practices among SGM members in field practices area of Tagore Medical College and Hospital, Chennai.

Methods: Using small group focus discussions (S-FGD) methodology, four sessions (27) were conducted during August to October 2021. All groups discussed variations in tobacco consumption practices for pre-pandemic and pandemic period, motivations, barriers, mental health issues, and preferences for future interventions to promote tobacco harm reduction among SGM community. Audio-recording of the discussion was done with informed consent and throughout the discussion author reconfirmed and verified for the content validity and approval from the participants. Braun and Clarkes (2006) process of thematic analysis was performed focusing on the objectives of the study.

Results: Overall, participants revealed poor awareness about harmful health effects of chewing forms of tobacco such as HANS, chaini, khaini and ghutka compared to smoking forms. Pandemic negatively affected intake of chewing forms of tobacco manifold due to increased isolation imposed by lockdowns, misperceptions that chewing form is safer than smoking forms of tobacco, mental and emotional stress due to uncertainty, diminished livelihood opportunities. Participants indicated that medical support in the form of individual and group counselling to address mental health issues related to their gender and sexual identity and cessation treatment support will improve their engagement to quit tobacco habits.

Conclusion: Planning health education and targeted intervention strategies for this vulnerable population and provision of free supply of nicotine replacement therapy products such as gums and lozenges in community settings will improve their motivation and adherence

37. Sexual Addiction/ Hypersexual Disorder: A New Problem of Developing India

Richa Tripathi, Samant Singh

All India Institute of Medical Sciences, Gorakhpur, Uttar Pradesh, India

dr richa12@gmail.com

Abstract:

Background/ Introduction: The current research in the field of hypersexual behavior is in its infancy. How much is too much? is still to be defined for this disorder. It varies as per culture and traditions. The proposed criteria for the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition characterize Hypersexual Disorder (HD) as a repetitive and intense preoccupation with sexual fantasies, urges, and behaviors, leading to adverse consequences and clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Description: The authors would like to discuss a case report focusing on some aspects of sexual addiction amongst COVID-19 pandemic. A 26-year-old unmarried male presented to Psychiatry OPD of a tertiary health care center with chief complaints of masturbation multiple times in a day along with low mood and restlessness for last one and a half year. He used to work previously in a metro city but has returned to his native place due to lockdown. During the lockdown, the sexual behaviour was limited to text messages and video calls. Previously he would find it pleasurable but for last few months, he lost interest in these activities as well. He would also watch pornographic content multiple times in a day. Both pharmacological and non-pharmacological management was started focussing on his low mood and sexual behaviour

Conclusion: Various problems have been recognized amidst COVID-19 Pandemic. The abovementioned problem in a person is least someone can be concerned of. But it shows the newer problems India might be facing currently and in near future.

38. Substance Use among Slum Dwellers of India: A Review

Karishma Godara, Shalini Singh, Alok Agrawal, Atul Ambekar

All India Institute of Medical Sciences, New Delhi, India

charisma16in@gmail.com

Abstract:

Background/ Introduction: Urban slum population is known to be a high-risk group for substance use. This review synthesizes the current evidence from studies exploring the prevalence and patterns of substance use in the slum residing population in India.

Methods: We searched Web of Science and Medline (via PubMed) and used the relevant keywords and reviewed the original research articles published over a decade (2010-2020).

Results: We identified 10 studies, all from various cities (Belgavi, Bengaluru, Chandigarh, Delhi, Guwahati, Indore, Kolkata, Meerut, Nagpur, Vellore) in different parts of India. The sample size ranged from 228-5516. Alcohol was the most common substance reported with the prevalence varying from 9.5% to 70.35%.

Conclusions: The findings markedly vary partly due to the population-level differences and partly due to the methodological differences. Results highlight the need for further studies with robust methodologies to be able to explore the prevalence and related variables of substance use in the slum population.

39. A Case Study of Person with Opioids Withdrawal Symptoms with Poor Motivation: A Case Study

Francis Suting, Arif Ali, Hemanta Dutta, Pranjal J Chakravarty, Partha Pratim Daimary

LGBRIMH (Lokopriya Gopinath Bordoloi Regional Institute of Mental Health), Tezpur, Assam, India
franckhiansuting0496@gmail.com

Abstract:

Background/ Introduction: This case study is an attempt to understand the psycho-social issues and to provide intervention to the client and family members of person with opioids withdrawal.

Method: It uses a single subject design and compares pre- and post-intervention baseline data with that following intervention. Semi-structured clinical and socio-demographic data sheet, Family Assessment device (FAD), Readiness to Change Questionnaires, were administered to the client. The psycho social intervention was provided to the patients and his family members. Sessions on admission counseling, family intervention, psycho education, motivation enhancement therapy, brief intervention, relapse prevention therapy and discharge counseling were conducted.

Results: The client motivation level was enhanced; family members have better understanding about client's illness. At the end of the therapy, the client improves knowledge regarding the illness and motivation level was enhanced to action phase and achieved the coping skills to recover from relapse.

Conclusion: Psycho-social interventions along with pharmacological treatment play an important role in treatment outcomes of person with opioids withdrawal. Psycho-social interventions can help the individual in increase drug abstinence rates and improvement quality of life. Psychiatric social work can play a key role in working with person with drug dependence and withdrawal, educating, enhancing motivation and teaching skill for recovery and also working with the family.

40. Psychiatric Social Work intervention with Person having Alcohol Dependence Using Motivation Enhancement Therapy Techniques

Bhaswab Goswami, Arif Arif

LGBRIMH (Lokopriya Gopinath Bordoloi Regional Institute of Mental Health), Tezpur, Assam, India
goswamibhaswab80@gmail.com

Abstract:

Background/ Introduction: Motivational Enhancement Therapy based on MATCH manual has been found to be an effective mode of treatment for Alcohol Dependence.

Aim and objective of the study: The present case study was designed to provide efficacy of motivation enhancement therapy techniques in treating alcohol dependence disorder.

Methodology: The study was a single case study design done in the in-patient department of LGBRIMH, Tezpur. A case diagnosed alcohol dependence (F.10.2) according to 10th revision of the International Statistical Classification of Diseases (ICD 10) was taken for the intervention. Assessments were done at individual level using AUDIT-C questionnaire. At family level, psychoeducation, supportive counselling, coping skill, pre-discharge counselling and discharge counselling was provided.

Result: One-month follow-up shows reduction in score of AUDIT-C questionnaire.

Conclusion: Motivation Enhancement Therapy Techniques are effective in treating Alcohol Dependence Syndrome.

41. Relapse Prevention Therapy in Person with Alcohol Dependence Syndrome: A Case Study

Nangtei Thabah, Arif Ali

LGBRIMH (Lokopriya Gopinath Bordoloi Regional Institute of Mental Health), Tezpur, Assam, India
nangteithabah@gmail.com

Abstract:

Background/ Introduction: Relapse is common in alcohol use disorder and is generally associated with intense desire or craving to drinking alcohol. Psychosocial intervention in the form of Relapse Prevention Therapy (RPT) could be an effective measure to cut down the craving and to prevent future relapse.

Aim and objective of the study: The present case study was designed to provide of Relapse Prevention Therapy (RPT) in person with alcohol dependence.

Methodology: The study was a single case study design done in the in-patient department of LGBRIMH, Tezpur. A case diagnosed alcohol dependence (F.10.2) according to 10th revision of the International Statistical Classification of Diseases (ICD 10) was taken for the intervention. Assessments were done both at individual and family level with the help of qualitative interview and scales, like – Aware Questionnaire, Situational confidence, My high-risk situation, Functional analysis, Learning to say no worksheet, Family assessment device. Based on the assessment findings, at individual level relapse prevention therapy was provided. At family level, psychoeducation, supportive counselling, coping skill, pre-discharge counselling and discharge counselling was provided.

Result: Client was aware of high-risk situations, refusals skills and craving management was discussed. Primary caregiver gained a better understanding of the illness and treatment process.

Conclusion: Relapse Prevention Therapy has shown to be an effective intervention tool in preventing relapse and prolonging the abstinence of alcohol use in troubled users.

42. Family Intervention in a Person with Alcohol Dependence Syndrome: The 5-Step Method

Juri Saikia, Arif Ali, Hemanta Dutta, Pranjal J Chakravarty, Partha Pratim Daimary

LGBRIMH (Lokopriya Gopinath Bordoloi Regional Institute of Mental Health), Tezpur, Assam, India
saikiajuri1998@gmail.com

Abstract:

Background/ Introduction: Family members of persons with alcohol dependence syndrome exerts a deleterious effect on the family. Family intervention based on 5-step methods can reduce stress and strain in the family members and an improve the health and well-being of family members. The 5-Step Method is an evidence-based, brief, psycho-social intervention which works with family members in their own right.

Aim and Objectives: The present study aimed at providing family intervention based on 5-step model of a person with alcohol dependence.

Methods and Materials: This was a single subject case study carried out in the De-addiction center of LGBRIMH, Tezpur. The mother of a person with alcohol dependence syndrome was selected purposefully. The family member was explained about the purpose of the study and written informed consent was obtained from the patient's wife. Socio-demographic datasheet, short questionnaire for family members (family member questionnaire- FMQ) was administered for baseline assessment. The 5-step intervention method was used to provide help to family members. After intervention post-test was done to see the effectiveness of the 5-step method.

Results: Family intervention using the 5-step method showed changes in impact, symptoms, coping, support and family burden (domains of FMQ). There was a change in the pre and post scores in the domains of the family member questionnaire (FMQ).

Conclusion: Psychosocial intervention such as 5-step method can help to identify the impact of ADS on family and can enhance well-being, coping, and social support of the families of persons with ADS.

43. Profile of Patients with Alcohol Dependence Admitted in a Drug De-Addiction Centre in a Tertiary Care Hospital

Atreyee Dutta, Dhrubajyoti Bhuyan, Sandipan Nayek, Bikashita Deka, Tribeni Bhuyan

Assam Medical College and Hospital, Dibrugarh, Assam, India
atreyeedutta1010@gmail.com

Abstract:

Background/ Introduction: Alcohol use disorder is a major health concern with various psychosocial, economic, legal and medical complications. We aim to examine the profile of patients of alcohol dependence admitted in the drug de-addiction centre in a tertiary care hospital.

Methods: A total of 120 patients admitted in drug de-addiction centre in the Department of Psychiatry, Assam Medical College and Hospital, Dibrugarh in the last 1 year had been recruited in the study wherein data related to the socio-demographic pattern, alcohol use and other variables were collected using semi-structured proforma. Alcohol Use Disorders Identification Test (AUDIT) and Michigan Alcoholism Screening Test (MAST) were administered to examine the pattern and severity of drinking.

Results: Majority (63.3 %) were found to be in the age group of 25-50 years. 60% had presented with physical withdrawal symptoms and had an AUDIT score of ≥ 20 and MAST scores of ≥ 7 , indicating severe alcohol dependence. 58.33% had their first drink between the age of 17-23 years and have initiated the first drink because of curiosity and peer pressure (54.17%).

Conclusion: Alcohol consumption starts at a fairly young age and people staying in rural areas are more prone to alcohol use. Hence psychoeducation regarding harms of alcohol use among the adolescents can be an effective approach in demand reduction.

44. The Outcome of Opioid Substitution Therapy in People Suffering from Opioid Use Disorder: A Cross- Sectional Study.

Chrisenn Pereira, Shilpa Adarkar

Seth GS Medical College and KEM Hospital, Maharashtra, India
drchrisenn@gmail.com

Abstract:

Background/ Introduction: In India, 2.1% of the population use opioid. Opioid Substitution Therapy (OST) is a harm reduction strategy used to treat patients suffering from opioid use disorder.

Dearth in literature creates a need to study the outcome of OST. Participants of OST in addition to opioid and other comorbid substances, use cannabis, nicotine, alcohol, with studies revealing high prevalence of cannabis, alcohol, nicotine, etc. There is a need to address opioid cravings along with withdrawal symptoms.

Method: A cross sectional observational study with ninety patients of opioid use disorder on Opioid Substitution Therapy (OST) was conducted over a three-month duration at the Deaddiction Center at KEM Hospital, Mumbai. The patients were interviewed after a written informed consent. Addiction Severity Index (ASI) scale was administered where Medical, Employment, Drug, Legal, Family and Psychological domains were assessed.

Results: Mean age of the group was 37.63 years. Majority of people 75 % received OST from period of 1-5 years. BPN doses ranged from 2 – 20 mg with mean of 7.46 mg. Methadone doses ranged from 15 – 55 mg with mean of 28.50 mg. Mean abstinence period was 2 years, 9 months, 9 days. Currently, majority were abstinent, 87% experienced no craving, and 91.11% had no withdrawal features. In our study population, 11% were currently using cannabis and 75% were found to be using nicotine. All domains of ASI i.e. medical, employment, drug, legal, family and psychological showed majority of patients having no problem in any of the domains.

Conclusions: Patients on Opioid Substitution Therapy (OST) showed reduced craving along with much less withdrawal symptoms. ASI scale showed reduction across all domains. Cannabis and nicotine were the common substances used among the patients on OST. OST as a strategy shows a good outcome in maintaining abstinence and reducing harm in most spheres.

45. A Clinical Study of Nicotine Use in Schizophrenia

Bipul Sharma, Kangkan Pathak, Diptadhi Mukherjee, Subhasish Nath

LGB Regional Institute of Mental Health, Tezpur, Assam, India
sharmabipul93@gmail.com

Abstract:

Background/ Introduction: Nicotine use is widespread among patients with schizophrenia and is an important modifiable risk factor contributing to medical mortality. Nicotine use also interferes with pharmacological treatment. We aim to assess the pattern and severity of nicotine use in schizophrenia and its correlation with psychopathology.

Methodology: It is a descriptive cross-sectional study on 100 schizophrenia out-patients selected purposively based upon inclusion and exclusion criteria. The study has been conducted in a tertiary care-level mental hospital in north-eastern India. Socio-demographic and clinical profiles associated were collected using a semi-structured proforma. Positive and Negative Syndrome Scale (PANSS) and Fagerstrom Test for Nicotine Dependence (FTND) was applied to assess psychopathology and nicotine dependence.

Results: The majority of study subjects were unmarried, literate, belonging to lower-middle socioeconomic status, and unemployed. 70% of our study sample used some form of nicotine. Among nicotine users, 51.4% of our study sample used smokeless forms of tobacco, whereas 34.3% smoked (either bidis or cigarette), and 14.3% used both smoking and smokeless tobacco. 28.6% of nicotine users met the criteria of low dependence, whereas subjects meeting criteria for moderate and severe dependence were 35.7% each. We found that FTND score was significantly correlated with PANSS positive and emotional scores. The presence of nicotine use was found to be significantly more in employed subjects and those who had formal education up to 10 years. In contrast, severe disorganization symptoms predicted the absence of nicotine use.

Conclusion: The prevalence of nicotine use in schizophrenia was much higher than in the general population. Some socio-demographic factors and clinical profiles could predict the nicotine use and severity of nicotine dependence in individuals with schizophrenia. More studies are required to examine different factors associated with nicotine use in this group of individuals.

46. A Clinical Study of Psychiatric Comorbidity and Deliberate Self-Harm in Alcohol Dependent Patients: An Observational Study.

Bikram Sutradhar, Kangkan Pathak, Diptadhi Mukherjee, Bipul Sharma

LGB Regional Institute of Mental Health, Tezpur, Assam, India
bikramlgbrihmh1797@gmail.com

Abstract:

Background/Introduction: Comorbidity in alcohol dependence is common and often associated with poor treatment outcomes and high service utilization. Research on alcohol dependence syndrome (ADS) with comorbid deliberate self-harm (DSH) is lacking. Our objective is to assess socio-demographic and clinical variables and psychiatric comorbidity and deliberate self-harm in persons with alcohol dependence syndrome.

Methodology: It is a cross-sectional observational study conducted in LGBRIMH, Tezpur, Assam on 81 persons with ADS who were selected purposefully based upon inclusion and exclusion criteria. Socio-demographic and clinical profiles were collected using a semi-structured proforma. The severity of alcohol dependence questionnaire (SAD-Q), MINI International Neuropsychiatric Interview version 6.0.0, and Deliberate Self-Harm Inventory were administered to assess the severity of alcohol dependence, psychiatric comorbidity, and deliberate self-harm.

Results: The majority of the subjects were married, hailed from urban areas, belonged to nuclear families, had at least secondary education, and belonged to upper-middle socioeconomic status. In SAD-Q severity 50.6% of the subjects fall in moderate alcohol dependence severity. 72.84% of the study sample had at least one psychiatric disorder. 47% had past episode of Major Depressive Disorder. 11.1% had recurrent Major Depressive Disorder. Panic disorder, social anxiety disorder, and GAD were present in 2.5%, 2.5%, and 3.7% of the subjects, respectively. Similarly, lifetime psychotic disorder and ASPD were present in 4.9%, and 6.2% of the study sample respectively. 1/5th of study subjects had a history of DSH. DSH was significantly associated with those patients who are either divorced or separated, having a higher degree of dependence, early age of onset of problematic alcohol drinking and alcohol dependence. Suicidality was significantly associated with the presence of DSH.

Conclusion: Psychiatric comorbidity and DSH are common in ADS patients. Specific socio-demographic factors are linked to DSH, and DSH, in turn, predicts suicidality.

47. Effectiveness of Online Advocacy Skill Building Programme on Prevention of Tobacco Use among Adolescents in Selected Schools of Delhi, India: A Pilot Study

Yumnam Surbala Devi, Reeta Devi, Sonali Jhanjee

College of Nursing, AIIMS, New Delhi, India
surshaikhom@gmail.com

Abstract:

Background/Introduction: Advocacy skill can be taught to adolescents which can help tobacco users to quit. Children aged between 10 and 19 years constitute 22.8% of the population (243 million) approximately in India. Tobacco use among adolescent is reaching pandemic levels and once started in childhood, they continue to use tobacco at adulthood also.

Objective: To assess effectiveness of online Advocacy Skill Building Programme on Prevention of Tobacco Use for Adolescents at selected schools of Delhi, India.

Method: Two group pre-test and post-test design with quasi experimental approach was used. 60 adolescents 30 each in intervention and control group were enrolled using consecutive sampling who had responded to consent form shared online. Data was collected through online mode. Advocacy skill was assessed individually through role play scenario - peer helping friend to quit tobacco using 5A model. 45 minutes standardized online Advocacy Skill Building programme was given to adolescents.

Result: Majority of adolescents were in aged group of 13-14 yrs. In intervention group pre-test score, 50% of participants had favorable attitude, 40% had unfavorable attitude which has increased to 70% favorable attitude and only 10% had unfavorable attitude in post-test. Pre-test mean attitude score of intervention group was 55.2 ± 5.86 and post test score was 62 ± 2.7 . There was a significant difference in attitude scores of pre-tests and post-test at $p < 0.05$. No significant difference in pre and post-test mean attitude scores of control group was seen. Mean advocacy skill score of intervention group was 9.9 ± 3.28 and 18 ± 2 at post-test. There was significant difference in advocacy skill scores of adolescents in intervention group at $p < 0.05$. No significant differences were seen in the control group.

Conclusion: Standardized online advocacy skill building programme was effective in increasing attitude and advocacy skill of adolescents. During pandemic, advocacy skill can be taught to adolescents through online mode and can motivate tobacco users to quit.

48. Auricular Percutaneous Electrical Nerve Stimulation (aPENS) in Short-Term Treatment of Alcohol Dependence- Neurohaemodynamic Correlates and Feasibility Study

Diptadhi Mukherjee, Pratima Murthy, Ganesan Venkatasubramanian, Lekhansh Shukla Bharat Holla, Darshan S, Vinit Patel

LGB Regional Institute of Mental Health, Tezpur, Assam, India
diptadhimukherjee@gmail.com

Abstract:

Background/ Introduction: Currently available pharmacotherapy and psychotherapeutic interventions for alcohol dependence are only moderately effective. Auricular vagal nerve stimulation, an established mode of neurostimulation in depression, can stimulate central projections of the vagal nucleus which are related to addiction circuits. Our study objectives are to study: (a) the effectiveness of Auricular Percutaneous Electrical Nerve Stimulation (aPENS) in decreasing craving and improving drinking-related outcomes, and (b) changes in cue-reactivity and functional connectivity of addiction-related circuits with aPENS.

Methods: The study design was randomized, sham-controlled, participant and assessor-blinded, investigation in alcohol dependence patients admitted in NIMHANS, Bangalore. Same aPENS stimulation parameters were used for both groups. They differed in terms of the placement of electrodes. The active arm (n=12) stimulated the cymba concha area/tragus/outer auditory canal (innervated by the vagus nerve). The Sham arm (n=11) stimulated the left ear lobe/helix area. Craving, alcohol-related drinking outcomes, and relapse were measured as clinical outcomes. We investigated the impact of aPENS in effecting brain changes associated with a visual cue-induced craving task and resting state brain connectivity measured using pre-post fMRI design. Participants were followed up for 3 months.

Results: aPENS has no intolerable serious adverse effect but needs aesthetic improvement to increase acceptability. Both active and sham interventions improved subjective craving but no statistically significant differences in drinking outcomes have been noted between groups except the trend towards fewer drinking days in the active group in the early follow-up. Increased connectivity of Parabrachial Nuclei with multiple pertinent cortical areas (like insular cortex) in the active group points towards effective vagal nerve stimulation. The active group showed increased connectivity of cortical areas (inferior parietal cortex, precuneus, cuneus, inferior frontal cortex) that are regions of interest for addiction.

Conclusions: aPENS can lead to some of the neurobiological alterations associated with alcohol dependence and merit further extensive investigation.

49. Determining Seroprevalence of Hepatitis C Virus and The HCV Genotypes Prevalent among the IDUs Visiting Tertiary Care Hospital in Kashmir.

Kubra Wani, Yasir Hassan Rather, Muntaqueem ul Kousar

IMHANS, Srinagar, India
qubrawani@gmail.com

Abstract:

Background/ Introduction: HCV has been identified as the most common viral infection that affects the IDUs. HCV genotyping is the most significant predictor of treatment duration and evaluation of the course of infection, with different genotypes showing different treatment responses and varying virological features.

Materials and Methods: A total of 50 patients whose HCV serology and HCV genotyping were done were enrolled.

Results: Our results indicated that out of total 50 patients included in the study, 37 (74 %) were positive for hepatitis C virus. The most predominant genotype was 3a which was found in 22 (59.4%) out of 37 HCV positive patients. Other prevalent HCV genotypes were 1b (7, 18.9%), 3b (4, 10.8%) and 4 (4, 10.8%).

Conclusion: Our study concludes that there is high prevalence of HCV among IDUs in Kashmir. Lack of awareness among them about needle sharing has a major contribution towards the spread of HCV. We thus need to advise them about the safe practices and counsel them.

50. A Systematic Review of the Prevalence & Correlates of Sexual Dysfunction in Adults with Substance Use Disorders.

Sanjana Kathiravan, Abhishek Ghosh, Kshitiz Sharma, Surendra K Mattoo

Postgraduate Institute of Medical Education and Research, Chandigarh, India
sanjanak279doc@gmail.com

Abstract:

Background/ Introduction: Risk of sexual dysfunction in patients with substance use disorders (SUD) is significantly more than the general population. There are only a handful of reviews on sexual dysfunctions among individuals with SUD, but they suffer from limitations like non-systematic data collection and focus on specific substance or population. We aimed to estimate the incidence, prevalence, type, and severity of sexual dysfunction in adults with SUD; and explore correlates of sexual dysfunction in SUD.

Methods: We conducted systematic searches for published studies in English on PubMed, Google Scholar, and Embase; search period was between August 1954 and November 2020. We included prospective and cross-sectional observational studies that had examined the prevalence or incidence of any sexual dysfunction in adults of either sex with substance use disorders. Review articles and those with exclusive focus on tobacco use disorders were excluded. The review was registered in PROSPERO.

Results: Our search identified 65 relevant articles- five of these were prospective studies. All prospective studies and a majority (n=40) of the cross-sectional studies were done in men. Studies were done mainly among subjects with alcohol (n=20) and opioid use (n=23) disorders and in clinical population. A wide range of diagnostic instruments were used for the assessment of substance use and sexual dysfunction. Prospective studies reported prevalence of sexual dysfunction as 75% and 61% for alcohol and opioid use disorders, respectively. The prevalence of any sexual dysfunction in cross-sectional studies was between 15 and 100 percent. Erectile dysfunction was the most commonly studied and observed sexual dysfunction; however, dysfunctions were observed involving all stages of sexual cycle. Comorbidity and socio-economic deprivation were consistently associated with higher occurrence of sexual dysfunctions.

Conclusion: Patients with substance use disorders must be screened for sexual dysfunction; the correlates of sexual dysfunction should guide a clinician to identify population at-risk.

51. Social Group Work Intervention for Substance Use Disorders: A Feasibility Study

Shreedevi AU, Binumon, Chinna Durai, Shivanand Yaresheemi

National Institute of Mental Health and Neuro Sciences, Bangalore, India
shreedeviau@gmail.com

Abstract:

Social group work intervention is considered one of the most effective psycho-social interventions in substance use disorder when compared with individual therapy. Social group work intervention for substance abuse occurs when a psychiatric social worker, who is a professionally trained therapist, gives psycho-social interventions based on social work principles treating more than one individual at the same time. Psychiatric social workers have been conducting various types of social group work interventions for persons with substance use disorders in the world. There are different types of models and approaches in conducting various types of group work intervention. In this paper, the authors have discussed the feasibility of conducting a relapse prevention group work intervention for in-patients in a tertiary care centre. One of the prescribed roles of the psychiatric social workers who were appointed on an ad-hoc basis for three years is conducting regular group work interventions. The current study was conducted for 18 months (August 2018 – January 2020), covering 744 participants with 134 sessions. Based on an earlier study conducted in the same centre where 21 group work intervention themes were emerged to conduct groups, the authors' selected skills associated with preventing relapses. The minimum number of members in a group was 4 whereas the maximum was 13 with the mean average being 5. It included themes such as understanding the illness and impact of using the substances, factors responsible for relapses, craving management, managing high-risk situations, handling peer pressure, assertiveness skills, financial management, anger management and handling interpersonal issues, the capacity to learn from others, sharing information, and developing problem-solving skills. Thus, social group work intervention is a promising intervention as it is a staple of substance abuse treatment, and several reports have shown encouraging results for patients with SUD who receive group intervention in conjunction with pharmacotherapy.

52. Association of Cognitive Impairment and Motivation for Abstinence in Persons with Alcohol Dependence Syndrome -A Hospital- based Cross-Sectional Study.

Rituja Roli, Chandra Sekhar K.

Maulana Azad Medical College (MAMC) & associated G. B. Pant Hospital, New Delhi, India
roli.rituja@gmail.com

Abstract:

Primary objective was to study association of cognitive impairment and motivation for abstinence in persons with alcohol dependence syndrome.

Methods: 56 persons with Alcohol dependence syndrome, diagnosed using ICD-10 criteria, attending the OPD/IPD of Asha Hospital, Hyderabad (a tertiary care psychiatric hospital), who met the inclusion and exclusion criteria and consented for the study, were selected using consecutive sampling method. They were rated on the SADQ to assess the severity of alcohol dependence. Subsequently, they were assessed for cognitive functions using the MMSE scale, WCST, Clock Drawing test, Verbal Fluency test and Digit Span test. Lastly, their motivation for abstinence was evaluated using the SOCRATES scale. ANOVA association between quantitative explanatory and outcome variables was assessed by calculating Spearman's correlation coefficient and the data was represented in a scatter diagram. The association between explanatory variables and categorical outcomes was assessed by cross tabulation and comparison of percentages. Chi square test was used to test statistical significance. P value < 0.05 was considered statistically significant.

Results: Majority of the patients in the study were middle-aged, married, educated up to secondary level, employed, belonged to middle socio-economic status and were urban dwellers. The mean duration of alcohol consumption was 18.63 ± 9.26 years. There was a weak negative correlation between SOCRATES total score and WCST- total number of perseverative errors and WCST-percent perseverative errors. Duration of alcohol consumption (in years) differed significantly with neuropsychological tests scores and SOCRATES scores.

Conclusions: Persons with poorer performance (a greater number of perseverative errors) on WCST have lower levels of motivation for abstinence. People with longer duration of alcohol consumption have more cognitive impairment. People with longer duration of alcohol consumption have higher levels of motivation for abstinence.

53. Psychiatric Co-morbidities in Substance Use Disorder Patients Attending a Tertiary Care Drug De-Addiction Centre in Kashmir

Sabah Younis, Mohammad Maqbool Dar

Government Psychiatric Disease Hospital Badamwari, Srinagar, Jammu & Kashmir, India
sabahyounis@gmail.com

Abstract:

The present study was conducted at Drug de-addiction centre SMHS Complex – a unit of Institute of Mental Health and Neurosciences Kashmir, Post Graduate Department of Psychiatry, Government Medical College Srinagar. This was a cross sectional, observational study. This study was conducted over a period of one and a half year among the patients attending the indoor patient services of DDC. MINI was used for the diagnosis of psychiatric co-morbidity. Among the studied patients, 218 (42.7%) studied patients had no psychiatric co-morbidity. 65 (12.8%) patients were treated for manic and hypomanic episodes. 62 (12.2%) patients were having MDD. 49 (9.6%) cases were diagnosed as antisocial personality disorder. There were 29 (5.7%) cases of psychotic disorder and mood disorder with psychotic features. 24 (4.7%) cases were treated as borderline personality disorder. There were 13 (2.5%) cases of OCD, 10 (2%) cases of GAD, 8 (1.6%) cases of PTSD and 8 (1.6%) cases of ADHD. 6 (1.2%) were being treated as SAD. The rest of the cases were, adjustment disorder (n=2), agoraphobia (n=1) and illness anxiety disorder (n=1).

54. Relationship Between in Carbon Monoxide, Measured in Carbon Monoxide Breath Analyser, and Cigarette Smoking in Males who Smoke

Priyanka Bhatnagar, Shrinivasa Bhat U.

K.S. Hegde Medical Academy, Mangalore, Karnataka, India
priyanka1.bhatnagar1@gmail.com

Abstract:

Background-Carbon monoxide (CO) is one of the toxic substances in the tobacco, which can cause tissue hypoxia toxicity because it can bind 200 to 240 times the amount of oxygen to haemoglobin that can decrease oxygen transport capacity and inhibit the release of oxygen in cells. CO in breath is correlated to the number of cigarettes smoked during the past 24 hours as well as to the time since the last cigarette was smoked. Carbon monoxide enters the circulation and form carboxy-haemoglobin and its level in the blood has been shown to be a useful marker of tobacco smoke absorption.

Methods: Male participants between age group of 21 to 55 years were analysed for severity of smoking by Fagerstrom test for Nicotine dependence and carbon monoxide breath analyser was used to measure the amount of CO in smokers' breath, in first visit and a follow up visit after 4 to 6 weeks, and the results were correlated.

Results: During the first visit, a majority of the study subjects fell in to red category (66.6%) of Co-ppm and Co-HB% followed by orange category (33.3%). There was no study subject under green category. During the second visit, a majority of the study subjects fell in to orange category (66.6%) of Co-ppm and Co-HB% followed by red category (20%). There were 13.3% study subject under green category.

Conclusion: The study shows that just like alcohol breath analyser, CO breath analyser can be used frequently. It will not only measure the severity of smoking but also, be a helpful tool in Motivation Enhancement Therapy in people with tobacco dependence. The easy colourful way is understandable by educated and uneducated strata thereby making it easier to explain the effect of smoking on the body.

55. A Retrospective Review of Substance Use in Patients Admitted at Tertiary Care Teaching Hospital of North- Western Rajasthan in Last Three Years.

Parneet, Radheshyam, Laxmi Kumara, Shrigopal Goyal

Sardar Patel Medical College, Bikaner, Rajasthan, India
Parneetsharma512@gmail.com

Abstract:

Background: Substance dependence syndrome is a cluster of physiological, behavioural and cognitive phenomenon in which the use of substance takes on much higher priority for a given individual than other behaviours that once had greater value. Substance abuse is a common phenomenon in the world and has invaded the human society as the most important social damage. The patterns of abused psychoactive substances change over time, and it is important to document such changes. According to the report of recent study conducted by NDDTC (AIIMS) 2019 in India, Alcohol is the most commonly used psychoactive substance by Indians. 14.6% of population uses alcohol followed by cannabis (2.8%) and opioids (2.1%), sedatives and inhalants (1.08% and 0.75%). A study conducted on admitted patients at six de-addiction centres of Kolkata in 2017 found that majority of patients were in age group of 19-30 years (45%) and the most commonly used substance was alcohol (49.6%). Out of the total, 52.8% of the patients started taking drugs before age of 20 years. The present retrospective study was carried out to document substance used, pattern of abuse, socio-demographic profile and associated comorbidities in patients admitted in a de-addiction ward at tertiary care hospital.

Method: This study was conducted at de-addiction ward of psychiatry department of tertiary care centre. Case files of patients admitted for substance use disorders between September 2018 to October 2021 were retrieved from the record room of department after permission. Data were recorded in predesigned semi-structured questionnaire for sociodemographic data, diagnosis and psychiatric comorbidity from all case files.

Results: Results will be discussed during presentation.

56. Observational Study on the Association Between Co-Dependence in the Family Caregivers and Relapse in Patients with Alcohol Dependence Syndrome.

Akhilesh M, Kranti S Kadam

SGSMC & KEM Hospital, Mumbai, Maharashtra, India
akhi007m@gmail.com

Abstract:

Background: Alcohol use disorder causes significant physical, social and financial burden. It does not affect the patients only but the family as well. The family gradually adapts to the substance use in the patient in such a manner as to enable continued substance use pattern of the patient. The symptoms exhibited by family members include but not limited to depression, low self-esteem, anxiety, poor self-confidence, fear of being rejected, substance abuse, dependency on the patient, stress and inter-personal issues. These are called the co-dependency or co-dependent behaviors and they contribute to the relapse in patients. Among the caregivers, the family members staying with the patients might have a higher probability of developing codependence; especially the spouse of the patient.

Methods: Cross sectional observational study was carried out among 50 patients of alcohol use disorder and their caregivers utilizing devised and validated questionnaires after seeking IEC approval and obtaining informed consent.

Tools: DSM-5 and Friel's co-dependency questionnaire.

Results: A logistic regression analysis performed to ascertain the effect of codependency on the likelihood of relapse was statistically significant ($p < 0.0005$).

Conclusion: These results show that the codependency has a predictive value in the occurrence of relapse among patients with alcohol use disorder. Identifying codependency among the caregivers and helping them to learn the appropriate strategies to overcome the codependency would definitely help them and also towards better outcome in patients.

57. Prevalence of Internet Addiction and its Relation with Behavioural Problems in School Going Adolescents of Dibrugarh.

Dhruba Jit Boro, Hiranya Kumar Goswami, Sabita Dihingia, Kavery Bora

Assam Medical College and Hospital, Dibrugarh, Assam, India
dhrubastha15@gmail.com

Abstract:

Background: Internet usage has grown significantly in the past few decades, among teenagers, leading to addictive behaviors that causes harmful psychological and behavioral effects.

Aim: To estimate prevalence of internet addiction and its relation with behavioural problems in school going adolescents of Dibrugarh.

Methods: This cross-sectional study was conducted from January 2021 to March 2021 among 400 students studying in class VIII, IX and X of schools of Dibrugarh, after obtaining clearance from the Institutional Ethics Committee.

Results: Prevalence of internet addiction was found to be 54% among the adolescent school children. Majority of students (57%) used internet mainly for social networking purpose. Among the students who used internet mainly for online gaming/gambling, majority of them (75%) were having internet addiction. Among the students, majority were having peer problem (56.25%). Internet addiction amongst the students was significantly associated with presence of Conduct, Hyperactivity and Peer problems ($P < 0.0001$ for each and $\chi^2 = 51.92, 59.82, 42.81$ respectively) among the adolescents.

Conclusion: Prevalence of internet addiction was quite high amongst the adolescent school children of Dibrugarh, with significant association with several behavioural problems. As such, raising awareness, amongst students, about these problems is of utmost importance.

E-posters

1. Covid-19 Prophylactic Measures in Patients with Substance Use Disorders: Findings from a Longitudinal Study

Ritvik Gupta, Sidharth Arya, Sunila Rathee, Vinay Kumar, Rajiv Gupta

Institute of Mental Health, PGIMS, Haryana, India
ritvik17@gmail.com

Abstract:

Introduction: People who use drugs are at increased risk of being exposed to COVID-19. Further, these individuals are less likely to adhere to COVID-19 Prophylactic measures. However, there is no literature on longitudinal data examining the COVID-19 prophylactic behaviours in substance users and changes in those practices over time.

Methods: Patients already registered in our centre were followed up telephonically for a period of 1 year (April 2020- April 2021). They were evaluated for COVID-19 prophylactic behaviours using a pre-tested structured questionnaire.

Results: Response rate for April 2020 and April 2021 were 46% and 30% respectively. During April 2020 and April 2021 the prevalence of COVID-19 prophylactic behaviours were as follows: COVID-19 Awareness (98.9% vs 93.8%), wearing mask (95% vs 96.6%), washing hands (95% vs 92%), physical distancing (88.2% vs 75.8%) and staying indoors (74.2% vs 66%).

Conclusion: Despite the COVID-19 peak during the May 2021, we observed a decrease in adherence to COVID-19 prophylactic practices among substance users in April 2021 when compared with April 2020.

2. Addictive Aphrodisiac: A Case of Opioid Dependence in Alternative Medicine

Ankit Sharma, Deepak Ghadigaonkar

NIMHANS, Bengaluru, India
ankitsharmabd@gmail.com

Abstract:

Herbal drugs have been an essential part of various health care systems in India. Herbs otherwise considered addictive, like cannabis and opium, are commonly used in many of these products in small quantities.

Presentation: Here we present a case of a 43-year-old married gentleman from the urban background who presented to the Center for Addiction Medicine, NIMHANS, with a long-standing (19 years) history of use of an aphrodisiac ayurvedic preparation containing Afeem with gradual increase use to obtain the same effect, strong craving, constant preoccupation with consumption and investment of significant efforts and finances in the procurement of excess of substance leading to socio-occupational dysfunction. He also had significant withdrawal symptoms similar to opioid withdrawal when he tried to cut down the use leading to frequent relapse and failed attempts to quit.

Management: On examination, the patient had withdrawal symptoms s/o opioid withdrawal and urine toxicology showing morphine on the point-of-care test. Buprenorphine was induced and stabilized on a maintenance dose of 12 mg/d during in-patient care after written informed consent. He was also noted to have generalized anxiety disorder and was thus started on sertraline. Patient's echo was suggestive of hypertensive heart disease, concentric LV hypertrophy, LV diastolic dysfunction, and advised dietary modification, exercise and also Rosuvastatin 10mg/day and Amlodipine 5mg/day. Patient has been on regular medicines and has been noted to be abstinent from opium for 6 months on follow-up.

Conclusion: Many known medicines in alternative medicines have small quantities of substances otherwise known to be addictive. The addictive potential may be higher in the case of unregulated and unsupervised prescription as well as over-the-counter availability of these medicines. Practitioners should be careful in prescribing and monitoring the use of such medicines.

3. Approach and Effect of Legal Issues of Cannabis Use in Drug Seeking Behavior

Rajender Singh, Gautam Annand

Muzaffarnagar Medical College, U.P., India

rsdellu@gmail.com

Abstract:

Understanding of source of supply and persistent demands will form a chain of social demand and supply system. Easy availability facilitates approach of the user he/she gets involved in use as well in supply network. Since use of cannabis legally prohibited the person gets multiple times caught in either supplying, using and violating rules of social as well as the legal. Multiple imprisonment/detentions in child remand cell as well as the jail, finally affects the personality development when initiation of the use occurred at 10 years. A case who has psychopathology of auditory hallucination (voice of melodious female) during leisure time due to overuse of cannabis patient developing homicidal intents against relatives, peers, friends.

4. Concept of Endophenotypes In Addiction

Kamini Verma, Piyali Mandal

AIIMS, New Delhi India
kamini.aiims@gmail.com

Abstract:

Background: Drug addiction is widely recognized to afflict some but not all individuals by virtue of underlying risk markers and traits involving multifaceted interactions between polygenic and external factors. Remarkably, only a small proportion of individuals exposed to licit and illicit drugs develop compulsive drug-seeking behavior. Research has increasingly endeavored to identify distinctive neurobehavioral mechanisms and endophenotypes that predispose individuals to compulsive drug use.

Methodology: Literature search was done using PubMed, google scholar and Scopus. Concept of endophenotype and its relevance in addiction was explored

Results: Genetic factors have been implicated in the development of substance use disorders, but the role of pre-existing vulnerability in addiction is still poorly understood. The endophenotype concept was first proposed as a strategy to use genetically simpler phenotypes in gene identification studies for psychiatric disorders. It is the measurable components unseen by the unaided eye along the pathways between disease and genotype. It is relevant in understanding the genetic underpinning of complex psychiatric disorders, which can help in developing new therapeutic targets and for diagnosis, prognosis and prevention of addictive disorders.

Conclusion: Although an important concept, till now endophenotype research has not reached its full potential. Future research should focus on interactive effects of multiple endophenotypes on complex psychiatric disorders.

5. Prevalence and Pattern of Internet Use Among Adults at Tertiary Care Hospital Delhi

Rohit Pandey, Kuldip Kumar, Nitin Kumar

VMMC and SJH, New Delhi India
rohitramanpandey@gmail.com

Abstract:

Background: Internet has become an integral and irreplaceable part of our daily lives. Internet addiction has been reported at a wide range of rates, from a low of 1% in Greece to a high of 36.7% in Italy. In the Indian context, studies have shown the prevalence of internet addiction to be 1.3% in the general population. High rates of 11.8%, 8.8% and 8% have been reported in college populations.

Aim and Objective: To assess the extent and pattern of internet use in adult population. **Methods:** Place of study was Department of Psychiatry, VMMC and Safdarjung Hospital New Delhi. Duration was from March 2020 to October 2021. Study design was cross sectional observational study. **Inclusion criteria:** Adults 18-65 years willing to give consent, using internet from last 1year, have at least one internet capable personal device such as laptop, mobile phone etc., with depression diagnosed according to ICD-10 criteria with HDRS score >7. Attendants of patients reporting to psychiatric OPD without any psychiatric illness were controls. 70 Cases and 70 Controls were taken. Detailed psychiatric evaluation was done and, MINI and Young' IAT were applied on controls and MINI scale, HDRS and Young IAT scales were applied on cases.

Results: Proportion of patients who use internet for 5-10 and >10 hours per week was significantly lower in cases (12.86% and 1.46% respectively) as compared to controls (14.29% and 18.57% respectively). Mean internet addiction total score was 27.94 ± 11.61 , indicated mild level of internet addiction. Only one case found to be an excessive user of internet.

Conclusions: Internet use is common among adults. IAT profile of controls revealed 84.29% of the population were minimal users and 15.71% were moderate users of internet whereas 85.71% of cases were minimal users, 12.86% were moderate and 1.43% were Excessive users. Majority of adults (72.86%) have screen time of 1-3hrs. Most common type of internet connection was through SIM and through mobile.

6. Mephentermine Induced Psychosis

Neeraj H, Vinit Patel, Lekhansh Shukla, Prabhat Chand

National Institute of Mental Health and Neurosciences, Bangalore, India
neerajh2020@gmail.com

Abstract:

Background: Stimulant induced psychosis is very well documented in literature. Very few cases of Mephentermine induced psychosis have been reported worldwide. This case is being reported because of its rarity. Chemically mephentermine is a methamphetamine derivative. Its abuse has markedly increased especially in the young population due to its stimulant properties, prompt onset of action and ability to boost performance in competitive sports. It is available as an oral tablet and intramuscular or intravenous injection (Docherty, 2008).

Case Description: We report a case of 21-year-old single gentleman educated up to 12th standard, unemployed with cannabis and nicotine use in dependence pattern, started using mephentermine (Termin 30mg/ml – 10 ml vial) via intravenous route since age of 20 years, shared among 4-5 of his friends out of curiosity. He then started using it alone recreationally as it made him feel relaxed and euphoric. He presented to the Outpatient Department with sudden onset of suspiciousness, aggressive/abusive behaviour, wandering and poor self-care, with acting out in the form of physical and verbal aggression since 3 weeks. On mental status examination, the patient was restless, agitated and was found to be muttering to self. His affect was irritable, and he had delusion of reference and persecution but denied any perceptual abnormality. On evaluation, patient had injection marks over left cubital fossa and hyperpigmented pruritic lesions over the trunk. Blood investigations were normal. Patient was started on tablet risperidone up to 6mg/day, with which there was good response within 2 weeks.

Conclusion: Although rarely reported, mephentermine at high doses, or in vulnerable individuals, can lead to prominent CNS effects like agitation, psychosis, hallucination and delirium.

7. Challenges in a Case of Multiple Drug Dependence with Complicated Withdrawal

Shraddha Subramanian, Ananya Dhar, Nishikant Thorat, Ivan Netto, Niteen Abhivant

BJ Government Medical College, Pune, India

shraddha1812@gmail.com

Abstract:

Background: Multiple drug or polysubstance use is the consumption of more than one drug at the same time. According to a 2014 report from the Substance Abuse and Mental Health Services Administration (SAMHSA), nearly 1 million emergency department visits in the USA from 2005-2011 involved benzodiazepines, or a combination of benzodiazepines and alcohol/opioid pain relief medications. Combined substances cause additive effects, which are usually unique and more severe than the separate effects of each drug.

A 30 year old married male with a history of daily cannabis use since 14 years, daily opioid use since 7-8 years, daily benzodiazepine use since 6 years presented to the casualty with behavioural disturbances since few days along with nausea, muscle aches, runny nose and sweating. He also had features suggestive of delirium. Further history revealed an abrupt cessation is use of all substances few days back. He was admitted for detoxification with constant vigilance and monitoring of vital signs. He was treated for opioid withdrawal symptomatically, by managing autonomic hyperactivity. He was treated for benzodiazepine withdrawal with substitution and antiepileptic medications. He had psychotic features, for which a short course of antipsychotic was prescribed, and nicotine replacement therapy was initiated. Various psychosocial and family interventions were done, and patient was able to overcome a troubling pattern of drug abuse with the support of family members and clinicians.

Conclusion: Multiple drug users are a significant proportion of society and the long history and predilection for relapse pose a discouraging prognosis. Furthermore, stoppage of different substances at once presents a complex picture of withdrawal that needs to be managed with care. However, with appropriate interventions and a good therapeutic alliance that centres the patient, such individuals can improve and develop newer patterns of behaviour and coping mechanisms.

8. Barriers in Implementing Hospital Based Drug Deaddiction Services During Post Covid Era in India

Chinmayee Khatua, Harman Singh Bhatia, Sanjay Kumar Munda, Sourav Khanra

Central Institute of Psychiatry, Ranchi, India
chinmayeekhatua36@gmail.com

Abstract:

Hospital based de-addiction services are scarce in India and most of them are located in urban cities. To address this issue, Government of India initiated Drug De-addiction Programme (DDAP) under Ministry of Health and Family Welfare, which provides services to reduce the drug use and problems associated with it at community level. DDAP came in 1988 with the objectives of affordability, easy accessibility, evidence-based treatment, rehabilitation, awareness building and to build the capacities for all substance use disorders. The functioning of DDAP had its own challenges, but COVID-19 pandemic lead to development of a whole new set of challenges in the functioning of it. As per the recent national drug use survey, above 25% of those who tried quitting alcohol reported receiving any treatment, largest category of source of help was spiritual help (33%). About 1 in 38 of patients of alcohol dependence has received any treatment. There has been a significant change in the pattern of substance taking behavior during COVID-19. People with substance use who were willing to seek treatment or were already receiving treatment through various de-addiction services, have gone through relapse due to lack of availability and accessibility of treatment. Post pandemic era created anxiety and stress, which led to an increase in the consumption of substance. On the other hand, lack of communication, transportation, and rules of social and physical distancing, lack of resources, lack of awareness programmes, prohibition of mass gathering and prohibition of community visit plays a vital role. The poster presentation will highlight the barriers in implementing drug de-addiction services.

9. Baclofen-Induced Worsening of Manic Symptoms in a Patient with Bipolar Disorder: A Case Report and Scoping Review

Shyam K, Deepak Ghadigaonkar

National Institute of Mental Health and Neurosciences, Bangalore, India
drshyamofficial@yahoo.com

Abstract:

Background: Baclofen is widely used as an anti-craving agent for alcohol. Baclofen is known to be associated with neuropsychiatric side effects, including mania.

Methods: We report a case of a 24-year-old male patient diagnosed with bipolar affective disorder, current episode of mania with psychotic symptoms, who had worsening of manic symptoms during treatment of alcohol dependence with baclofen. Symptoms were evaluated using the Young Mania Rating Scale, and the causality of baclofen was determined using the Naranjo algorithm. This case was also compared with other cases of baclofen-induced mania through a scoping review.

Results: Mr. A, whose manic symptoms of baseline Young Mania Rating Scale score of 28 of 44 improved with risperidone 4mg, valproate 1gram, chlorpromazine 300gm, had worsening of mania and scored 27 of 44 on the Young Mania Rating Scale after being given baclofen 60mg. Manic symptoms resolved after stopping baclofen. The imputability of baclofen was "probable" using the Naranjo algorithm (7 of 13). In addition, 4 other cases of baclofen-induced mania were reported in the literature; 3 cases had a bipolar I disorder history. Baclofen-induced manic symptoms occurred with doses ranging from 30mg to 160mg and during the dose-escalation phase in all these cases.

Conclusion: Baclofen-induced manic symptoms may appear in patients with or without bipolar disorder. Psychiatrists need to be careful of this possible adverse effect during the dose-increase phase especially in patients with a history of mood disorders.

10. Alcoholism in Woman and Deliberate Self-Harm

Pooja Jasrotia, Gautam Anand

Muzaffarnagar Medical College, Uttar Pradesh, India

Pj.jasrotai@gmail.com

Abstract:

Background: Changing patterns of use of alcohol in females and DSH are being recognized in females due to affordability, independent living and modified lifestyle. In my study these are noted but the age of alcohol is predominantly lower. This case was sporadic in our set up than in western set up.

Methods: A semi structured questionnaire was applied and the patient was evaluated on ICD and DSM-5 criteria. Impulsivity scale was also applied.

Results: Alcoholism was noted on and off related to impulsive behaviour satisfying criteria of harmful alcohol use and DSH measured on DSM-5 and ICD-10 criteria.

Conclusions: On the basis of above case analysis, we come to a conclusion that increasing incidence of alcohol consumption by females has now been recognised sporadically in institutional set up. The use of alcohol in females in family life crisis may alter coping styles and lead to DSH and suicidality.

11. Socio- Demographic and Treatment Seeking Behaviour among Patients Attended Emergency Addiction Services During COVID-19 Lockdown

Sunil Rathee, Vinay Kumar

Dept of Psychiatry, Institute of Mental Health, Rohtak, Haryana, India
sunil.rathee@yahoo.com

Abstract:

Background: Individuals with substance user disorders (SUD) are at risk population for contamination due to multiple factors—attributable to their clinical, psychological and psychosocial conditions.

Objectives: The present study was carried out to assess socio-demographic and treatment seeking behaviour among patients attended emergency services in state drug dependence centre in North India.

Methods: This is a hospital-based study conducted in May to July, 2020. The study is based on chart review of the patients who visited the emergency addiction services from May 2020 to July 2020 during COVID 19 lockdown period in India. Data were collected by pre-structured proforma consisted of questions regarding socio-demographics, pattern of substance use, reason of taking treatment during COVID-19 lockdown.

Results: A total of 242 treatment seekers have been included in the analysis. The percentages of subjects presenting for the treatment with opioid dependence, alcohol and other substance use were 76 per cent (n=185), 13 per cent (n=33) and 10 per cent (n=24), respectively. The proportion of subjects using heroin were 92.9 percent. Reason for seeking treatment during lockdown was unavailability of substance was found among majority of the patients.

Conclusions: It is important to note that opioid use was common among patients. Most of the patients were in withdrawals when they came in emergency addiction services and most common reason for seeking treatment was unavailability of substance use due to lockdown.

12. Assessment of Sexual Dysfunction in Alcohol Dependent Male Patient Presenting to a Tertiary Care Centre of North India

Anurag Solanki, Pankaj Verma, Kuldip Kumar

VMMC and Safdarjung Hospital, New Delhi, India
anuragsolanki619@gmail.com

Abstract:

Background/Introduction: Alcohol has various side effects on the body and one main side effect is sexual dysfunction, there are various studies that conclude that alcohol in chronic use causes sexual dysfunctions, but most of the studies are from south India and there are fewer studies from the north.

Methods: 100 male patients are taken in this study, who are living with wives for at least 2 years and have no other comorbidity. SADQ, ASEX scales are used in this study.

Results: 15 percent of the patient have sexual dysfunction, and the majority of them have erectile dysfunction followed by a decrease in sexual desire.

Conclusion: Alcohol dependence causes sexual dysfunction mainly erectile dysfunction, and this knowledge can be used in the management of the alcohol-dependent male patient in motivating him to quit alcohol.

13. Quality of Life and Sexual Satisfaction in Spouses of Patients with Bipolar Affective Disorder

Tintu Peter

Department of Psychiatry, Malankara Orthodox Medical College, Kerala, India
tintukpeter@gmail.com

Abstract:

Background: Bipolar affective disorder (BPAD) is a complex mental disorder with episodes of depression and mania/hypomania/mixed states with inter episodic periods of remission. Patients with BPAD have a poor quality of life, even in remission, and quality of life in BPAD is directly related to disability. Studies have found a decline in the sexual satisfaction in the patients' partners following the onset of the disorder

Objectives: 1. To study association of quality of life with sociodemographic and clinical factors in spouses of patients with bipolar affective disorder. 2. To study association of sexual satisfaction with sociodemographic and clinical factors in spouses of patients with bipolar affective disorder

Methodology: Study design-cross sectional study. Study setting: Psychiatry department, MOSC medical college Kolenchery. Study period-From the time of ethical committee clearance to a period of 1 and ½ years. Study sampling: Convenience sampling. Study population-spouses of male and female patients in Kerala with a diagnosis of bipolar affective disorder according to ICD10 DCR classification of mental and behavioral disorders.

Results: Statistically significant relationship was found between quality of life and number of relapses, total duration of illness and medical comorbidities in partner. Statistically significant relationship was found between sexual satisfaction and age, habitat, gender, social support, whether partner is earning, medical comorbidities in partner, number of relapses, type of family, duration since marriage, number of children, age of the patient at marriage, age of onset of illness and total duration of illness.

Conclusion: There is a statistically significant relationship of quality of life and sexual satisfaction with sociodemographic and clinical factors in spouses of patients with bipolar affective disorder

14. Migration Stress, Psychopathology and Quality of Life in Domestic Migrants with Alcohol Use Disorder: A Hospital- Based Study

Suyog Vijay Jaiswal, Abhishek M L, Vishal Sawant, Deoraj Sinha

All India Institute of Medical Sciences, Nagpur, India
suyogjaiswal@gmail.com

Abstract:

Background: These migratory population often lives in a less familiar physical and social environment, may result in significant increase in stress levels and unwanted behaviours like substance abuse. The stress of migration may worsen the substance use behaviour and mental health of the individual. The study is aimed at studying migration stress and psychiatric morbidity in migrant patients of substance use disorder.

Methods: The study was a hospital based cross sectional observational study and sample was collected from tertiary care teaching hospital in Mumbai. The study protocol was approved by institutional ethics committee and written informed consent was obtained from each participant. Duration of study was 12 months and 180 adult patients with alcohol dependence syndrome (F10.2, ICD10) were included in the study. Psychiatric co morbidities were screened using MINI 5.0, stress was measured using Domestic Migration Stress Questionnaire. Number of standard drinks before and after migration, number of blackouts before and after migration were considered as primary outcome variable, compared using paired t test.

Results: There was increase in the median number of drinks consumed from 9 to 12 after migration, which was statistically significant. ($P < 0.01$). The mean score was highest for "separation from the origin" (12.29 ± 2.86), followed by "rejection in the destination" (12.28 ± 2.63) domain of migration stress. The most common psychiatric comorbidity was major depressive disorder in 59 (32.5%) patients

Conclusion: The migration stress appears to contribute to the drinking behavior and deterioration of mental health in our study population. The stress is more likely to arise from separation from home and rejection by new place. The migrant population is vulnerable population and warrants attention for early diagnosis and management.

15. Lapse and Relapse During Opioid Disorder Treatment: A Pilot Study to Understand the Reasons of Opioid Use During Treatment

Virender Vikram Singh, Siddharth Sarkar, Bikram Dutta

Base Hospital and ACMS Delhi Cantt, New Delhi, India
virvik19@gmail.com

Abstract:

Background: Abstinence is desired goal of addiction management. However, lapses and relapses are common. A person can relapse any time during treatment but most its often reported in initial phase. The various reasons for relapse have been reported by the users. Cue, mood, social and unwell reasons are most common. There is hardly any study to record reasons for opioid use and relapse in Indian literature.

Method: A 3-month, longitudinal observational study was conducted involving 120 opioid users following their withdrawal management. Patients were followed up for 3 months on either medication (antagonist/ agonist) or without. Telephonic follow-up every 3 months recorded their abstinence status and reasons for opioid use, using a 14-item structured questionnaire.

Results: 101 (84.2%) participants responded with a follow-up data. 40 (39.5%) of them used an opioid. Retention in treatment significantly correlated with abstinence. 16% on Buprenorphine, 45.8% on Naltrexone and 75% of those not on any medication used an opioid during follow-up. 80% from mood, 75% from social, 67.5% from cue and 57.5% cited one or more reasons from unwell domain.

Conclusion: Lapses and relapse are common during early phase of opioid disorder management. Mood, social, cue and being unwell are important reasons of opioid use.

16. Transportation and Referral System Analysis in Treatment Cases of Drug Dependence or Intoxication.

Umang Gupta, Gautam Anand

Muzaffarnagar Medical College, Uttar Pradesh, India
umangg44@gmail.com

Abstract:

Introduction: The probability of substance use considering 50-50 among general population somehow few are involved in substance use or any means of unfair activities like excessive smoking, tea coffee and other beverage and use commercial nutrient food, energy drinks and has addiction of any of them but the socially predominate substance used is alcohol.

Method: A sample of 30 clinician interview on structured questioner under the study frequently come across the patient using alcohol at variable time line either they use to treat them with minor symptoms but pay less attention on complete cure. The de addiction facilities are supposed to be needed by them. 30 interviewed doctors see the patient ranging from 0-40 patient per month of age group 18-65 years.

Result and Conclusion: Most of the clinician does have not written SOP and unaware of facility of deaddiction center in local facility.

17. Prevalence of Psychiatric Disorders in Spouses of Alcohol Dependent Patients Admitted in a Tertiary Care Centre.

Anoop Joby Augustine, Druhin Adavalath, Padmini C

Government Medical College, Kannur, Kerala, India
anoopquiz1@gmail.com

Abstract:

Background: Comorbid psychiatric disorders are common in alcohol dependent individuals. Treatment Gap for substance use disorders and depression is above 85 percentage as per National Mental Health Survey 2015-2016. There is significant psychological burden on caregivers, which is usually the spouse. This study tries to: 1. To estimate the prevalence of psychiatric disorders in spouses of alcohol dependent patients admitted in a tertiary care centre. 2. To determine the factors associated with psychiatric morbidity in spouse.

Methods: A hospital based cross sectional study was conducted at Government medical college, Kannur from October 2020-September 2021 using a semi-structured questionnaire, SAD-Q and MINI. The data was coded and entered in MS Excel and statistical analysis was done using SPSS Version 21 software. Bivariate and multivariate analysis were done to determine significant factors associated with psychiatric disorders.

Results: We studied 112 alcohol dependent patients and their spouses. All alcohol dependent individuals in sample size were males. Mean age of the wives was 41 ± 8.6 years. Prevalence of psychiatric disorders in wives of alcohol dependent individuals was 48.2%. Amongst wives with psychiatric disorders, 85 % had depression. Employment status of wife, rural background, past history of deliberate self-harm in wife, self-reported dissatisfaction with married life as well as SADQ severity of dependence in husband, were significantly associated with psychiatric morbidity.

Conclusion: Prevalence of psychiatric disorders is high in spouses of alcohol dependent individuals. Severity of dependence in spouse, and unemployed wives being financially dependent on alcohol dependent husbands are potentially modifiable risk factors. A holistic approach to alcohol dependence taking into consideration the co-dependence and psychiatric comorbidity of wives needs to be adopted to adequately cater to the treatment gap. Harm reduction approaches reducing severity of dependence in husband may have benefits in psychological wellbeing of spouse.

18. Prevalence and correlates of Substance Use Disorder in Chhattisgarh: A Telemonitoring Approach.

Monika Thakur, Arun Kumar R, Suhas Satish, Pushpa K, Akshita Kumari Verma, C Naveen Kumar, N Manjunatha

National Institute of Mental Health and Neurosciences, Bengaluru, India
monikssweet@gmail.com

Abstract:

Background: As per national mental health survey 2015-16, the prevalence of substance use disorder is most common(32.4%) among mental health problems in the state of Chhattisgarh. The prevalence for tobacco and alcohol use is 29.86% and alcohol use is 7.14 % respectively.

Objective: To estimate the substance use disorder among the people residing in the rural area.

Methods: This screening was part of TORENT (Telementoring for rural health organizers of Chhattisgarh) project, which is a collaborative project between state of Chhattisgarh and NIMHANS Bengaluru, to train CHO [community health officers] in screening and identification of persons with psychiatric disorders using a semi structured validated tool “Mental Health Screening and Counselling Tool (MERIT)”, which consist of 10 items. **Results:** CHO were able to identify 256 patients with probable psychiatric disorder using MERIT over a period of 4 months out of which 67 persons were actively using substances of abuse. Among these 67(26.17), Majority of the people 43.3% [n =29] were consuming both alcohol and tobacco. More than half (n=33 & 36) of the population have difficulties with their family and suffered from physical health related issues. Substance use disorders frequently were associated with mental disorders is about 56.7% among which severe mental disorders were most common. Majority of them (more than 80 percent) were not taking any treatment reaffirming the high rates of treatment gap as described in NMHS.

Conclusion: Rural health workers can be tele-trained to identify persons with substance use disorders and bring them into pathways to care starting with the AB-PMJAY health and wellness centers. Such programs can evolve to incorporate lay counselling and follow up strategies to help sustain motivation to quit substances.

19. Pregabalin Dependence with Comorbid Alcohol Dependence in an Indian Male: A case report.

Abhinav Panwar, Sivapriya Vaidyanathan, Suma Udupa, Ravindra Munoli, Samir Pr-haraj

Kasturba Medical College, Manipal Academy of Higher Education, Manipal, India
abhinav.panwar20@gmail.com

Abstract:

Background: Pregabalin is a GABA analogue, available as an over-the-counter drug for the management of neuropathic pain, fibromyalgia, seizure disorder. Several reports highlight the abuse potential.

Case report: A 36-year-old male priest presented with daily consumption of 2250 mg of pregabalin for 3 years. He was diagnosed with hypertension and coronary artery disease and is on medications. He was prescribed a combination of pregabalin 75 mg and methylcobalamin 750 mcg per day at 26 years of age for sleep disturbance. He gradually increased the quantity and was taking 2250 mg of pregabalin at a time for the euphoric effect. Previous attempts at abstinence lasted less than one day and were associated with sleep disturbances, vague body aches and anxiety. He also used alcohol regularly for 10 years. We diagnosed alcohol dependence syndrome with abuse of non-psychoactive substances, and treated with chlordiazepoxide 100 mg in divided doses which was gradually tapered. He received N-acetyl cysteine 1200 mg as an anti-craving medication along with motivational enhancement therapy.

Conclusions: The case illustrates the abuse potential of pregabalin and its detoxification using chlordiazepoxide. There are lacunae in psychiatric nosology for pregabalin dependence and poor scientific consensus for its management.

20. Correlation of Severity of Alcohol Dependence with Marital Disorder

Atrayo Law, Ashwathi Janakiraram

Aarupadai Veedu Medical College, Pondicherry, India

atrayo.law@gmail.com

Abstract:

Background: Alcohol use disorder is widely prevalent in Pondicherry. In these unfortunate families, marital discord is often seen. We wanted to find out if there was a correlation between the severity of alcohol dependence with the magnitude of marital discord. Such a relationship has been found in papers dating back several years.

Methods: One hundred subjects visiting the psychiatry OPD of our college, fitting the inclusion criteria, were selected. We used the SADQ and Dyadic Adjustment Test to find out our results.

Results: High severity of alcohol dependence corresponded with increased marital discord.

Conclusion: Both alcohol abuse and marital dissatisfaction may lead to one another. In these cases, couple therapy, alcoholic behavioral couples' therapy, and community reinforcement treatment, combined with alcohol abstinence could be effective.

21. Risk Perception of Internet Addiction in Generation Z: A Qualitative Focus Group Study

Karishma Godara, Sanjeev P Sahni, Mohita Junnarkar

All India Institute of Medical Sciences, New Delhi India
charishma16in@gmail.com

Abstract:

Background: To explore the dimensions used to perceive the risk of internet addiction among Generation Z students.

Methods: A purposive sample (N=25) from undergraduate college in India, age 17-20 years (M = 18.52±0.75) participated in three focus groups. Transcripts were analyzed using Thematic Analysis.

Results: Five super-ordinated themes comprising 12 sub-themes emerged focusing on the consequent risks of excessive internet use namely (i) health risks (mental health risks, physical health risks, and vicious circle of poor lifestyle), (ii) learning outcomes (over-reliance and distraction and information overload), (iii) social consequences (shallow relationships and bond, damages relationships, and safety blanket), (iv) instant gratification (Everything-at-a-tap Phenomenon and Lightning-fast Networks), and (v) covert addiction (socially approved and easily hidden).

Conclusions: These findings offer an understanding of the key drivers and risk perception of internet addiction among Gen Z students that go beyond “subjective” viewpoints but are important determinants of actual patterns of use.

22. A Study of Relationship Between Defense Mechanisms and Depression in Individuals with Alcohol Dependence

Soham De, T. Sharath Chandra Reddy, Kangkan Pathak

All India Institute of Medical Sciences, New Delhi India
charishma16in@gmail.com

Abstract:

Background: Defense mechanisms are important psychological phenomena in individuals with alcohol dependence as well as with depression. The presence of maladaptive defences increases the propensity of depression in individuals with alcohol dependence. Also, the individuals with alcohol dependence have increased propensity of using maladaptive defenses to cope with depression.

Aims: To assess the various defense mechanisms in individuals with alcohol dependence and the severity of depression in individuals with alcohol dependence. Additionally, to explore the relationship between defense mechanism types and depression severity sub-groups in individuals with alcohol dependence.

Methods: It was a hospital-based study, using purposive sampling technique, where individuals who were diagnosed with alcohol dependence during their in-patient admission were assessed for depression and alcohol severity using HAMD and SADQ respectively. DSQ-40 (Defense Style Questionnaire) was used to assess defense mechanisms.

Results and Conclusion: In a total of 50 cases the mean age was 40 (± 6.5) years. A total of 60% had depression with 22% being very severe depressed, and 28% & 10% having severe and moderate depression respectively. A total of 68% qualified for severe dependence on SADQ and the rest had moderate dependence. On statistical analysis using ANOVA, neurotic and mature factor scores differed significantly between the sub-groups of depression. Similarly, neurotic factor scores differed significantly between the sub-groups of alcohol dependence severity. Also, statistically significant correlation between severity of alcohol use and severity of depression was found.

23. Opioid Addiction During COVID-19 Lockdown: Perspectives of a Clinical Sample from North India

Vinay Kumar, Sunila Rathee, Rajiv Gupta, Sidharth Arya

State Drug Dependence Treatment Centre, Pt. BDS University of Health Sciences, Rohtak, Haryana, India

drvinaypgimsrohtak@gmail.com

Abstract:

Background: COVID-19 has severely impacted addiction and mental health services. However, despite the pandemic and related lockdowns, people with opioid use disorders have continued to seek treatment for their problems. There is no data on the profile of such patients.

Method: We conducted a retrospective chart review of the 84 patients who attended the emergency addiction services of a tertiary care hospital in North India during the month of May 2020. Details were collected for socio-demographic and clinical profile, substance availability, cost and quality, as well risky behaviors and precautions taken against COVID-19. Descriptive statistics were used.

Results: Majority were male (96%), single, (62%) unemployed (90%), less than 35 years of age (88%). The most common presentation was opioid use disorder (84.5%), with heroin being most common subtype (93%). While almost all patients reported behavioral changes in response to COVID-19, majority also reported (58%) some risky behavior during this period. Most common precautions taken were wearing a mask (95%) and handwashing (63%), while risky behaviors were traveling, wandering or sitting in groups. No significant changes in the availability of opioids were reported by 60% while 55% reported difficulty in accessibility. Majority reported deterioration in the quality of heroin available (62%) and increase in the prices (77.5%).

Conclusion: Patient profile was different from pre-lockdown period with majority seeking treatment for OUD's. These patients exhibited high risky behaviours and limited precautionary behaviors in relation to COVID-19. Patients with OUD may benefit greatly by including psycho-education regarding COVID-19 during assessment.

24. Impact of Covid-19 Lockdown on Substance Availability, Accessibility, Pricing and Quality in India: A Multicentric Study from India

Sidharth Arya¹, Abhishek Ghosh², Shree Mishra³, Mukesh Kumar Swami⁴, Sambhu Prasad⁵, Aditya Somani⁶, Aniruddha Basu⁷, Susanta Padhy³, Naresh Nebhinani⁴, Lokesh Kumar Singh⁶, Debasish Basu², Rajiv Gupta¹

¹State Drug Dependence Treatment Centre, Institute of Mental Health, Pt BDS University of Health Sciences, Rohtak, Haryana

²Drug De-addiction & Treatment Centre, Department of Psychiatry, Postgraduate Institute of Medical Education & Research, Chandigarh

³Department of Psychiatry, All India Institute of Medical Sciences, Bhubaneswar, Orissa

⁴Department of Psychiatry, All India Institute of Medical Sciences, Jodhpur, Rajasthan

⁵Department of Psychiatry, All India Institute of Medical Sciences, Patna, Bihar

⁶Department of Psychiatry, All India Institute of Medical Sciences, Raipur, Chhattisgarh

⁷Department of Psychiatry, All India Institute of Medical Sciences, Kalyani, West Bengal
draryasid3188@gmail.com

Abstract:

Aim: Pandemic and consequent lockdowns are likely to affect the drug market by the sudden disruption of the supply chain. We explored the change in the availability, access, purity, and pricing during lockdown from respondents seeking treatment for drugs, alcohol, and tobacco dependence.

Methods: A cross-sectional survey was conducted among 404 respondents from seven treatment centers across India. A structured questionnaire assessed the change in availability, access, quality and price of substances used during the first phase (March 24 - April 14) and the second phase (April 15 - May 3) of lockdown.

Results: A majority of the respondents in treatment used tobacco (63%) and alcohol (52%). Relatively few respondents used opioids (45%) or cannabis (5%). Heroin (44%) was the commonest opioid respondents were treated for. Seventy-five percent, 65%, and 60% of respondents treated for alcohol, tobacco, and opioid problems reported a reduction in the availability and access during the first phase of the lockdown. In the second phase, respondents with alcohol and tobacco dependence reported greater availability than those with opioid and cannabis dependence. The reported price of all substances increased more than 50% during the first phase of lockdown and remained higher throughout the second phase. Deterioration in purity was reported by more than half of the people who used opioid.

Conclusion: Lockdown could have affected both licit and illicit drug markets, albeit to a varying degree. The observed changes seemed short-lasting, suggested by recovering trends during the second phase of lockdown.

25. Zolpidem Dependence and the Difficulties in Identifying an Underlying Mood Disorder: A Case Report

Varsha S, Gaurav Singh, Jayant Mahadevan, Arun Kandasamy

State Drug Dependence Treatment Centre, Pt. BDS University of Health Sciences, Rohtak, Haryana, India

udupa.varsha@gmail.com

Abstract:

Zolpidem is one of the most commonly used medications for the treatment of insomnia. It is a non-benzodiazepine hypnotic-sedative drug with actions on the Gamma Amino Butyric Acid - type A (GABA-A) receptors. Although previously thought to have a low abuse potential, there has been a growing body of evidence showcasing its abuse liability. Mania is a disorder of mood characterised by a persistently elevated or irritable mood, increased levels of activity or energy, with additional features such as a decreased need for sleep, being more talkative than usual, and an increase in goal-directed activities.

We report here a case of zolpidem dependence, with emergent manic symptoms noted on reducing the doses of diazepam, started during the course of treatment. A 46-year-old physician presented with zolpidem dependence, with average use of about 2000 mg/day for the last 4 years. He was started on diazepam to manage his withdrawal symptoms, which was slowly tapered over the course of inpatient care. On decreasing the doses, he was noted to have a predominantly irritable affect, increased pressure of speech, and increased levels of activity.

Most of these symptoms were initially masked by the high doses of zolpidem, and later by the doses of valproate which was added prophylactically to prevent seizures during the course of withdrawal. This led to masking of the underlying manic episode, which only emerged after tapering the doses, and led to it being picked up later during the course of the treatment.

26. Sociocultural Determinants and Pathways to Care in Substance Using Indigenous Population: A Narrative Review Synthesis

Arathi Balan, Prasad Kannekanti, Sourav Khanra

Psychiatric Social Work Department, Central Institute of Psychiatry, Ranchi, India
aniarathibalan@gmail.com

Abstract:

Background: About 8.6% Indian population is tribal, which comprises over 104 million people according to the census 2011. The tribal population is marginalized and relatively lives in social isolation with poor health indicators. Substance use behavior is also very commonly present among these populations, especially alcohol and tobacco. According to national mental health survey, substance use disorder is prevalent in 22.4% of the population above 18 years in all the states across India; whereas 26% among the indigenous population. The treatment gap is also high in substance addictive disorders. The socio-cultural determinants of indigenous and non-indigenous populations differ and play a vital role in substance use behavior.

Methodology: The objective of the paper was to identify socio cultural determinants and pathways to psychiatric care among substance using indigenous population by narrative review approach. The literature search primarily conducted in three electronic databases, i.e., PubMed, Web of science and Psych info with the combination of keywords; indigenous population, substance use, addiction, psychosocial, socio cultural determinants, and pathways to care.

Results: The prevalence of alcohol, tobacco and smoking higher in indigenous population, with early exposure due to parental influence, home environment, and peer pressure. High association of alcohol use among the tribal community with age, occupation, ethnicity, and religion was found, which indicates traditional and cultural belief in alcohol use persists among the tribes. Alcohol misuse was associated with their traditional rituals, practices and occupational related aspects also.

Conclusion: Substance use caused a substantial burden to their spouses and children. Most of the substance-abusing indigenous population don't reach health care, and they don't consider it a health issue. There is a need to address delaying in access care in future studies.

27. Tapentadol Induced Psychosis – A Case Report

Ateev Sudhir Chandna, Gaurav Kumar Singh, Arun Kandasamy, Jayant Mahadevan, Vivek Benegal

Psychiatric Social Work Department, Central Institute of Psychiatry, Ranchi, India
ateevchandna@gmail.com

Abstract:

Introduction: Tapentadol is a dual action centrally acting synthetic opioid with agonism on the mu opioid receptor and inhibition of norepinephrine reuptake. It has been approved for oral use as an analgesic at 50-200mg/day but has been misused as a parenteral drug of abuse due to its unique pharmacokinetic and pharmacodynamic properties. There is paucity of safety data on such intravenous use.

Case: A 26-year-old gentleman presented with an illness of 2 years duration characterized by opioid use in dependence pattern, in the form of injectable tapentadol, which was 17-18 injections/day equalling around 4-5 grams of tapentadol per day. He reported the development of psychotic symptoms after first injectable dose of 200mg. These psychotic symptoms were in the form of 1st person auditory hallucinations and 2nd person auditory hallucinations. These would arise around 30 mins after the injection and would last for a few minutes. There was significant acting out behavior secondary to the hallucinations. These reduced in frequency after 2 months to 2-3 times/week and gradually stopped after 3 months of the first intake, only being present occasionally for 2-3 seconds when the patient would take higher doses of 500mg/injection

Discussion: Tapentadol is increasingly becoming a widespread drug of abuse in India, yet data is sparse on its adverse effects. There are very few reports documenting the development of psychotic symptoms following tapentadol intoxication. It has been purported to be due to the pharmacodynamic profile of tapentadol, particularly the norepinephrine reuptake inhibition. Our case also demonstrates how neurobiological adaptation takes place to the drug over months. Thus, our case adds to the data on this rare yet serious adverse effect of this drug.



Addiction Psychiatry Society of India (APSI)

Registration Number: S/2748/2020



President
Rajat
Ray



Vice President
Rakesh
Chadda



Secretary General
Atul
Ambekar



Treasurer
Ravindra
Rao



Asst. Sec. General
Roshan
Bhad

Vision: A vibrant platform for promoting excellence in Training, Research and Clinical-care in the field of Addiction Psychiatry.

Inviting all psychiatrists and other allied professionals

- Members eligible for receiving regular updates and publications of APSI
- Discount for members in registration fee for conferences and CMEs of APSI
- Hassle-free online application process
- Three different categories of membership

Join Today! <https://addictionpsychiatry.in/membership-application>



P K
Dalal

EC members:

Anju
Dhawan



Pratima
Murthy

RK Lenin
Singh



Debasish
Basu

Ashwin
Mohan



<https://addictionpsychiatry.in>



addictionpsychiatry.india@gmail.com



[@addictionpsyin](https://twitter.com/addictionpsyin)