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CODEPENDENCY, TRAUMATIC EXPERIENCES AND THE SYMPTOMS OF POSTTRAUMATIC STRESS DISORDER (PTSD) IN HOSPITALIZED AND NON HOSPITALIZED WOMEN FROM ALCOHOLIC FAMILIES

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Introduction: Codependency is a dysfunctional style of close relation with alcoholic, as so risk factor of stress related mental disturbances.

Aim: Assessment of general health, as so the occurrence and correlation of the codependency features, traumatic experiences and the symptom of posttraumatic stress disorder -PTSD in the women from alcoholic families.

Method: 39 women from alcoholic families and 18 controls were screened with the General Health Questionnaire GHQ-28. In the group of women from alcoholic families the occurrence and correlation of: the features of codependency, traumatic experiences and PTSD symptoms, were compared in 12 psychiatrically hospitalized and 27 non hospitalized women from alcoholics families.

Results: The average total GHQ-28 scores were significantly higher in the both groups of hospitalized (9,58) and non hospitalized (6,46) women from alcoholics families comparing with the controls (1,72). The percentages of: women with codependency features, women reporting traumatic experiences as so women referring symptoms of PTSD did not differ significantly in hospitalized and non hospitalized groups. There was correlation between the number and intensity of traumatic experiences, PTSD symptoms and features of codependency in women from alcoholic families.

Conclusion: Codependency in the women in alcoholic families is frequently co-occurring with increased number of traumatic experiences, and PTSD symptoms. In the cases of mentally ill women living in alcoholic families the appropriate psychotherapy is needed besides the pharmacological reduction of the psychopathological symptoms. Usefulness of the GHQ-12. in screening mental disturbances in the persons from alcoholic families was confirmed.