

**Conclusions:** These data suggest that modafinil, in combination with individual behavioral therapy, was effective for increasing cocaine non-use days in participants without co-morbid alcohol dependence, and in reducing craving.

### P0014

The typical circumstances surrounding initial drug use in young people in Tehran

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The Asian Harm Reduction Network embarked upon a multi-site research conducted in four countries in Asia including Iran to gain insight in drug careers of young people and the impact of the environment. This article is the abridged synthesis of Tehran research report on description of the typical circumstances surrounding initial drug use in young people.

It was a qualitative research whose data were gathered through analysis of existing data; interviews with key informants; focus group discussions with family members, PUD (Person using drugs), service providers, policy makers, law enforcement officers; and a quantitative survey with 281 PUDs.

Curiosity, peer pressure and acceptance among friends are the most important factors that drive initiation. Having friends who use drugs is an important factor during the initiation stage. Mostly, the drug is given for free by friends and taking drugs is done with some good friends during initiation, as well as afterwards. The initial stage of one's drug use tends to be without any serious adverse effects or problems. Problems usually start -or become more serious- when dependency develops and money becomes an issue, which, in turn, can lead to criminal behavior. Financial consequences of one's drug use are often mentioned as the core problem. As expected, problems tended to become more pronounced, when people had switched towards injecting or towards an opiate.

Development community-building activities towards early detection of drug use might help young people not to continue their drug use.

### P0015

Knowledge and awareness level on drug use and its related harms among the youth in Tehran

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The Asian Harm Reduction Network embarked upon a multi-site research conducted in four countries in Asia including Iran to gain insight in drug careers of young people and the impact of the environment. This article is the abridged synthesis of Tehran research report on knowledge on drug use and its related harms.

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Mass media, governmental and non-governmental organizations can reach a large group of people, whereas school, parents and other family members fail to spread information on health issues such as AIDS and Hepatitis C. Drug related issues are commonly discussed with fellow PUD. Knowledge levels among PUDs in regards to HIV transmission are low. Knowledge on Hepatitis C is extremely low. The image of a drug does not significantly differ between PUDs who have used that particular drug and those who haven't. Most non-PIDs despite PIDs (People injecting drugs) are aware of health risks related to injecting and this is a major factor in the decision not to inject. The addictive nature of injecting is widely recognized amongst PIDs, yet PIDs remain optimistic about the possibility to be able to abstain.

Policy makers are urged to plan more towards youth in the field of education to reach the general population with information regarding HIV/AIDS and Hepatitis.

### P0016

The typical circumstances surrounding switching to using a different drug or a different mode of intake in Tehran

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For health promotion policy purposes, switches towards and away from injecting as well as switches towards or away from an opiate are of great importance. The Asian Harm Reduction Network embarked upon a multi-site research conducted in four countries in Asia including Iran to gain insight in drug careers of young people and the impact of the environment. This article is the abridged synthesis of Tehran research report on description of the typical circumstances surrounding initial drug use in young people.

It was a qualitative research whose data were gathered through analysis of existing data; interviews with key informants; focus group discussions with family members, PUD (Person using drugs), service providers, policy makers, law enforcement officers; and a quantitative survey with 281 PUDs.

Drug careers of young people tend to be dynamic and changeable. 26% switched towards an opiate and 50% of the respondents switched towards injecting at some stage in one's career. Expectedly, the occurrence of positive switches is low, compared to negative counterparts, yet maybe not as low as one might have expected. Shifts from one drug to the other as well as from one mode of intake to the other occur regularly and sometimes very quickly. More than 40% of the respondents switched to injecting after having used other modes of intake for more than five years.

Effectively targeting the period between the onset of drug use and switching to injecting for secondary prevention and harm reduction interventions might help PUDs.

### P0017

Abuse of Tianeptine: A case report

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The objective of the authors is to make a reflection about the causes of tianeptine abuse and dependence. In the scientific literature we can

find case studies of anti-depressive dependence, which show amphetamine effects. In what concerns other anti-depressives, the information is rare, specifically about tianeptine. The few case studies reported until now, focus the psychostimulant effect as being the cause of the abuse and dependence. Though, a study case is described of a female patient, with 40 years old, previous history of alcohol abuse, who takes approximately 40 cigarettes per day and 10 coffee per day. She presents an history of tianeptine abuse for several years, which has become more severe in the last six months (1286 mg/day) and resulted in the third psychiatric hospitalization. The patient experiences and seeks for a psychostimulant effect and physically energizing through the excessive consumption of the drug. This tianeptine abuse is also accompanied by an excessive consumption of benzodiazepines (30 mg/day of bromazepam). Over the course of the hospitalization, we did not find physical symptoms and signs of withdrawal. Hepatic parameters were not affected. The authors concluded that the abuse and dependence of tianeptine seems to be an important problem in patients with history of abuse and/or dependence of other substances. Thus, this treatment and the implications that it may have in this population need more investigation.

### P0018

Psychiatric comorbidity in patients with substance dependence – Experience from Kashmir

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Kashmir has observed increase in number of Substance dependence patients due to various factors like easy availability of drugs, drugs smuggled across border, unemployment but most importantly present disturbed conditions for last two decades. Drug use appears to have an important role in vulnerability to development of psychiatric disorders and vice versa. Substance dependence Patients with comorbid psychiatric disorders are difficult to treat. A methodical, staged screening and assessment can ease the diagnostic challenge of distinguishing the symptoms of psychiatric disorders from manifestations of substance intoxication and withdrawal. This study was carried out on total of 300 substance dependence patients who were screened for psychiatric disorders by DSM IV based MINI Plus interview. The statistical analysis of the data was done by using Chi-square test  $\chi^2$  test. The study revealed that 58% (n=174) had psychiatric comorbidity, Most of these patients with dual diagnosis of psychiatric Disorders and substance dependence 87.35% (n=152) belonged to < 38 year age group. Majority were males 95.40% (n=166) and unmarried/divorced 64.36% (n=112), Illiterate patients outnumbered educated 45.97% (n=80). Most of the patients in this study were unemployed 41.37% (n=72). Peer group pressure / curiosity (54.02%) were the most common precipitating factor followed by the traumatic stress (12.64%). Most common substances used by these dually diagnosed patients were cannabis (37.93%) followed by combination of Opioids & benzodiazepines (32.75%). Commonly associated psychiatric disorders were psychotic disorders (33.90%), mood disorders (32.18%) & post traumatic stress disorders (PTSD) in 11.49 %.

### P0019

Anxiety disorders in substance dependence patients- Sociodemographic and relationship characteristics

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Substance dependence (SD) is one of the commonest comorbidities among patients with Anxiety Disorders (AD). Treating patients' co-occurring Anxiety disorders may reduce their substance craving and taking and enhance their over all outcomes. A methodical, staged screening and assessment can ease the diagnostic challenge of distinguishing the symptoms of anxiety disorders from manifestations of substance intoxication and withdrawal. This study was carried out on total of 561 substance dependence patients who were screened for Anxiety disorders by DSM IV based MINI Plus interview. The statistical analysis of the data was done by using Chi-square test  $\chi^2$  test. The study revealed that 62.56% (n=351) had psychiatric comorbidity, with Anxiety disorders comorbid in 27.35% (n=96) dually diagnosed patients. Out of these 96 patients with comorbid anxiety disorders, 44.79% (n=43) had PTSD (Post Traumatic Stress Disorder), 30.20% (n=29) had GAD (Generalized Anxiety Disorder), 13.54% (n=13) had OCD (Obsessive Compulsive disorder) and 11.45% (n=11) had panic disorder as comorbid diagnosis. Most of these patients with dual diagnosis of Anxiety Disorders and substance dependence 69.79% (n=67) belonged to < 35 year age group. Majority were males and unmarried. Illiterate patients outnumbered educated. Most of the patients in this study were unemployed. Most common substances used by these dually diagnosed patients were cannabis followed by combination of opioids & benzodiazepines.

### P0020

Internet addiction, prevalence and epidemiological features: First study in Iran

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**Background and Aims:** The concept of Internet addiction, also called Internet addictive disorder or pathological Internet use, entered the medical lexicon in 1995. To investigate the prevalence of Internet addiction among north Iranian Internet users and to explore the epidemiological features associated with Internet addiction, for the first time in Iran, this study performed.

**Methods:** A total of 1856 Internet user volunteers' from Mazandaran province cities were surveyed using Farsi version of Young's Internet Addiction Questionnaire during 2005\_2006. Data analysis was done using the SPSS 13.0 Win Program for descriptive and correlational statistics.

**Results:** Total of 424 Dependents was in our sample. The incidence rate of Internet addiction was 22.8%. Dependents spent an M = 14.42, SD = 13.74 hours per week compared to Non-Dependents who spent M = 9, SD = 10.37 hours per week (P<0.001). The sample of Dependents included 256 males and 165 females (P<0.001). Mean±SD of Income Used for On-line Service Fees was 30.11±25.27 percent in Dependent group and 18.90±20.79 in Non-Dependent group (P<0.001). Dependents predominantly used the two-way communication functions available on the Internet like chat rooms (P<0.001).

**Conclusions:** The present study suggests that Internet addiction is frequent among northern Iranian Internet users. In addition, chat rooms are most addictive web environment in this population. The results have important implications for further studies of prevalence, implementation of preventive measures, and the development of treatment approaches for Internet addiction.