ABSTRACT

TITLE OF THE ABSTRACT:
Outcomes in people with alcohol dependence syndrome treated in a tertiary care hospital - a 3 month prospective cohort study

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BACKGROUND

Alcohol use disorders are of great relevance to public health, and specifically to mental health professionals. Studies across the world and in India have shown a differing outcome to de-addiction treatment and various variables associated with favorable as well as unfavorable factors. More research is needed in the area of alcohol use in India focusing at identifying factors associated with positive and negative outcomes.

AIMS AND OBJECTIVES

The present study aims at determining the proportion of completely abstinent persons in a cohort of newly diagnosed people with alcohol dependence syndrome at the end of 3 month follow up period and examining the factors associated with complete abstinence.

METHODOLOGY

This is a prospective cohort study which was conducted in the adult psychiatric units of Christian Medical College, Vellore. All newly registered patients with diagnosis of alcohol dependence syndrome were recruited from November 1st 2015 to April 30th 2016. Informed consent was taken. Initial assessment of socio-demographic factor and alcohol
use history was done at recruitment. They were rated on SADD, CIWA-Ar, and the Rotter’s scale. Details of their status were collected either in person, or over the telephone, 3 months later. All clinical details for the interim period were extracted from the clinical files.

Abstinence rates were calculated.

The association between the pre-treatment and treatment variables and the outcome of interest were performed using Chi-square test and Fisher’s exact test. The factors associated with favourable outcome were subjected to a multivariate logistic regression analysis.

**RESULTS**

A total of 115 participants were recruited. Follow up data was incomplete for 17. Of the 98 participants who followed up, 30.6 % were completely abstinent. The factors significantly associated with complete abstinence were regularity with review visits, good adherence to medication, being prescribed Disulfiram, and receiving both pharmacological treatment and non-pharmacological treatment.

Participant who had third degree relative using alcohol were more likely to be abstinent when compared to participants who had first and second degree relative using alcohol.

**DISCUSSION**

Results are comparable to abstinence rates described in earlier studies. Clinicians could improve outcomes in this condition by focusing on use of combined pharmacological and non-pharmacological techniques, offering Disulfiram, encouraging regular review visits and using techniques to enhance adherence to medication.