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COMORBIDITY AMONG ALCOHOL AND TOBACCO DEPENDENT PATIENTS

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Introduction: Psychiatric concomitant diseases are common with alcohol and tobacco dependent patients. Few studies have compared comorbidities between alcohol dependent smokers and non-smokers.

Aims: The aim of this study is to examine the pattern of psychiatric comorbidity among alcohol dependent smokers in an inpatient alcohol therapy unit.

Material and method: After successfully completing withdrawal therapy, subjects between the ages of 18-65 years who meet the ICD 10 criteria for alcohol dependence and no criteria for other drug use disorder except smoking, and who were participating in an inpatient treatment program for alcohol dependence at Anton Proksch Institut were included.

Results: This is a preliminary analysis of the survey. In total 81 patients could be examined. 53.1% of the interviewed subjects were female and 46.9% male. The explored samples age ranged from 21-66 years.

74.1% of the questioned subjects were smokers, 60% of these patients smoked more than 20 cigarettes per day.

Preliminary analysis shows that smoking alcohol dependent patients present a higher comorbidity rate than non-smokers but above all they show a tendency to increased anxiety disorders. Within the population of smokers 48.3% suffer from an anxiety disorder, 48.3% from depression and dysthymia, 12.1% from manic and hypomanic disorder and 5.2% from psychosis. These differences are not clinically significant. This can be explained by the small number of the sample and by the group allocation.

Conclusion: Alcohol addicted patients exhibit heightened psychiatric comorbidity. Smoking alcohol dependents are more frequently affected and have a disposition to psychiatric disorders.