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PSYCHOPHYSIOLOGICAL ABSTINENCE

M.O. Welcome, V.A. Pereverzev

Belarusian State Medical University, Minsk, Belarus

How the psychophysiological functions (cognition, attention, memory, neuropsychic functions) change after alcohol use at different doses remains poorly understood. This study examines the extent to which the psychophysiological functions are restored after moderate dose of alcoholic beverages. University students (non-alcohol users; alcohol users after 1-2 weeks and 3-6 weeks of drinking) approved their participation on a consent form after the aims and objectives of the study had been explained. Continuous Tests using psychophysiological methods were applied to produce maximum stressed condition for the participants. The statistical value for significance was set at $p < 0.05$. No significant changes in the psychophysiological functions were noted among the non-alcohol users. There was a significant decrease in psychophysiological functions of alcohol users in course of the study. Restoration of the psychophysiological functions was recorded only among drinkers of 3-6 weeks after alcohol use. Restoration of psychophysiological functions after alcohol use may take 3-6 weeks interval (abstinence time frame i.e. psychophysiological abstinence).