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“WIDOW ALCOHOLISM” PHENOMENON IN RUSSIA

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Objectives: According to Russian official statistics the average life period in males is about 59 years while in females it is about 73. The average marriage age for males is 24.4 and 22.2 for females. Thus statistically average woman in Russia lives in widowhood more than 15 years.

Methods: 16 females aged 43 - 76 who began alcohol abuse in the second life period after (or during) social stress were studied. Specially elaborated Alcohol Intake Motive Self-esteem (AIMSE) scale was used.

Results: According to ICD-10 criteria alcohol intake in all females conformed to F10.1 - Alcohol Dependence, in 12 it conformed to F10.3 - Alcohol Withdrawal. Duration of alcohol misuse before first appeal to addiction specialist varied from 1 to 8 years (mean $3,3 \pm 1,2$ years). Mean duration of addiction forming was $1,8 \pm 1,1$ years; mean daily 100% ethanol tolerance was 100-150 ml. The stress situation was:

- 1) A long-term husband illness which terminated lethally (7 persons);
- 2) An unexpected death of a husband or constant partner (5 persons);
- 3) Relation rupture with a husband or partner (4 persons).

The highest scores in AIMSE-scale have been obtained in the motives “solitude”, “low mood”, “bad physical health” and “heed deficit from children and relatives”.

Conclusions: The data have shown the phenomenon typical to the late onset female alcoholism in Russia. “Widow” alcoholism occurs in women in the second half of their life, when emotional bereavement situation and solitude are main provoking factors.

Keywords: Late onset alcoholism, gender aspects, factor of solitude.