Thank you!

We would like to thank the support of the following organizations:

- Khat Research Program, University of Minnesota
- Rabat Mohammed V-Agdal University,
- Society of Neuroscientists of Africa (SONA)
- Jazan University Substance Abuse Research Center (SARC)
- Arab Network for Behavioral Medicine (ANBM)
- The International Journal of Mental Health and Addiction
- Association de Vulgarisation et Promotion des Neurosciences (AVPN)
Welcome to AMECA

Greetings!

On behalf of the Scientific Committee of the 2nd Africa and Middle East Congress on Addiction (AMECA) I am pleased to welcome you all to this important conference in Rabat, Morocco. AMECA was developed as an initiative to coordinate capacity for research on addiction and related mental health disorders in Africa and the Middle East.

There is growing recognition of the heavy toll addictive disorders and related mental health problems have globally. The impact of these problems is particularly pronounced in middle- and low-income countries. The goal for AMECA is to provide a venue to gather researchers and clinicians from multiple fields including medicine, psychology, public health, and related fields.

The 2nd conference in Rabat includes a rich program with multiple sessions and symposia in addition to a panel discussion and multiple plenary presentations. These sessions cover a wide range of scientific and clinical issues related to addiction and mental health problems in the region. I am pleased that we have attendees and presenters coming from Africa, the Middle East, Europe, and North America. This provides outstanding opportunities for networking and developing research and training collaborations.

I would like to express my thanks to all colleagues who have helped in preparing this conference including colleagues in Morocco for their outstanding efforts under the coordination of Dr. Nouria Lakhdar-Ghazal, Chair of AMECA Local Organizing Committee. Our deep gratitude also to Dr. Wail Benjelloun, president of Rabat Mohammed V-Agdal University for his wonderful support and for providing infrastructure and resources needed for the conference.

Finally, I am pleased to announce that we have partnered with the Internal Journal of Mental Health and Addiction to publish a special issue focusing on ongoing research in Africa and the Middle East presented within the 2nd AMECA conference. Instructions about submission can be found elsewhere in this proceedings book. We encourage all attendees to submit their work for consideration.

Welcome to Rabat!

Mustafa al’Absi
Chair, AMECA Scientific Committee
Welcome to Rabat!

It is a great honor to welcome you all to the 2nd Africa and Middle East Congress on Addiction (AMECA). This is an outstanding initiative that complements our ongoing research and capacity building efforts in neuroscience in Africa and the Middle East.

As the Secretary General of The Society of Neuroscientists of Africa (SONA) and the Chair of the AMECA Organizing Committee, I am so proud to see this conference coming together here in Rabat, Morocco. The hard work of many dedicated individuals in Morocco and around the globe has helped us in putting together this fascinating program with little external funding. It is a testimony to the dedication of all of you who actively engaged in preparing for the conference, submitted abstracts, and came to attend this conference. I am so proud of all of you!

I see this conference as setting an important milestone for advancing research in the area of addiction and mental health in Africa and the Middle East, and I am so proud to be part of it. My hope is that the conference helps you connect with your colleagues who are doing similar work in the region and with senior colleagues from advanced countries. This is particularly important to the young and junior scientists in our region.

I welcome you again, and I hope you have intellectually exciting experiences at AMECA. I also hope you enjoy what our beautiful city of Rabat has to offer.

Welcome. Bienvenu. Marhaba!!!

Nouria Lakhdar-Ghazal
Chair, AMECA Local Organizing Committee
Secretary General, Society for Neuroscience in Africa (SONA)
Africa & Middle East Congress (AMECA)

Local Organizing Committee
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Hassan Ghazal, University Mohammed First, Morocco
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Abdul Mohammed, Linnaeus University, Sweden/Kenya
Mohamed Najimi, University Sultan Moulay Sliman, Morocco
Motohiro Nakajima, University of Minnesota, USA
Ismail Rammouz, Fez University, Morocco
Richard Rawson, University of California Los Angeles (UCLA), USA
Solomon Teferra, Addis Ababa University, Ethiopia
Markos Tesfaye, Jimma University, Ethiopia
Jallal Toufiq, Arrazi Hospital, Rabat, Morocco

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Tarek A. Okasha, Okasha Institute of Psychiatry, Ain Shams University
Khalid Saeed, Regional Advisor, Mental Health and Substance Abuse. WHO EMRO Office
Walid Sarhan, Amman, Jordan
Schedule at a Glance

For additional information on the 2nd AMECA please download the entire program and abstract book from the AMECA website.

Thursday, November 13, 2014

13:00-16:30  Registration desk open

Friday, November 14, 2014

8:30-18:00  Registration desk open

9:00-9:30  Opening Remarks
Wail Benjelloun, Rabat University President
Nouria Lakhdar-Ghazal, Chair, AMECA Organizing Committee
Mustafa al’Absi, Chair, AMECA Scientific Committee

9:30-10:15  Plenary Talk
Chair: Mustafa al’Absi
Overview of the Situation of Harm Reduction in the MENA Region
by Jallal Toufiq, Director (Ar-razi University Psychiatric Hospital, Rabat, Morocco)

10:15-11:15  Coffee/Tea Break and Poster viewing
(Poster session 1: Poster presenters should be standing by their posters to answer questions)

11:15-12:30  Paper Session 1
Chair: Andrine Lemieux
Clinical Research in Addiction
- A multi centric Study of NMDA antagonist memantine effect, compared to alpha 2 agonists in treatment of opioid dependent patients by Khaled Helmy (New Nozha Hospital, Egypt)
- Limiting factors for the management of patients with addictive behaviors in the emergency department in Tunisia by Amira Maamri (Razi hospital, Tunisia)
- How safe is the current prescription of Disulfiram? by Fares Alharbi (KSAH-HS, Saudi Arabia)

12:30-13:30  Lunch break

13:30-15:00  Panel Discussion
Opioid Use in Addiction Treatment
Chair: Richard Rawson (University of California, Los Angeles, USA)
Panelists: Jalal Toufiq (Ar-razi University Psychiatric Hospital, Morocco), Michel Soufia (USEK Medical School, Lebanon)
Discussant: Nicolas Clark (World Health Organization, Switzerland)
15:00-16:00  Coffee/Tea Break and Poster viewing  
(Poster session 1: Poster presenters should standing by their posters to answer questions)

16:00-17:00  Paper Session 2  
Chair: Driss Moussaoui  
**Substance Use and Mental Health Problems**  
- Tobacco use and schizophrenia: epidemiological and clinical characteristics by Souad Kajam (Ar-razi Hospital, Morocco)  
- The prevalence and characteristics of addictive behavior in psychiatric patients by Zaynab El Mouatassim (Chu Med VI of Marrakech, Morocco)  
- Suicidal attempts and the suicidal risk among Moroccan students: a school-based cross-sectional study by Btissame Zarrouq (Sidi Mohammed Ben Abdallah University, Morocco)

**Saturday, November 15, 2014**

8:00-18:00  Registration desk open

9:00-10:30  Paper Session 3  
Chair: Fatima Elomari  
**Women and Substance Use Issues**  
- Impact of chewing khat on the mode of delivery of Yemeni pregnant women by Abeer Alaghbari (Taiz university, Yemen)  
- Khat use among females in Jazan region, Kingdom of Saudi Arabia by Maged El-Setouhy (Jazan University, Saudi Arabia)  
- Marijuana use among young women by Fares Alharbi (KSAH-HS, Saudi Arabia)  
- Correlates of khat use during pregnancy: a cross-sectional investigation by Motohiro Nakajima (University of Minnesota Medical School, U.S.A.)

10:30-11:30  Coffee/Tea Break and Poster viewing  
(Poster session 2: Poster presenters should be standing by their posters to answer questions)

11:30-13:00  Symposium 1  
**Integrated Substance Abuse Programs**  
Chair: Richard Rawson (University of California, Los Angeles, U.S.A.)  
- Use of performance measures to monitor and measure the effectiveness of treatment services by Desirée Crèvecœur-MacPhail (University of California, Los Angeles, U.S.A.)  
- Use of the CEWG model to monitor emerging trends in substance use prevalence and consequences to assist with policy and action efforts by Mary-Lynn Brecht (University of California, Los Angeles, U.S.A.)  
- Substance use disorder treatment in the criminal justice system by Darren Urada (University of California, Los Angeles, U.S.A.)
13:00-14:00 Lunch break

14:00-15:30 Paper Session 4
Chair: Mohamed Najimi
Alcohol Use Disorders
➤ Alcohol use disorders and associated factors among people living with HIV who are attending services in south west Ethiopia by Matiwos Soboka (Jimma University, Ethiopia)
➤ Alcohol consumption and regulation: an analysis of the Botswana alcohol levy by Keitseope Nthomang (University of Botswana, Botswana)
➤ Social and behavioural risk factors associated with injection drug use among Iranian men by Vira Ameli (Boston University School of Public Health, U.S.A.)

15:30-16:30 Coffee/Tea Break and Poster viewing
(Poster session 2: Poster presenters should be standing by their posters to answer questions)

16:30-17:30 Paper Session 5
Chair: Richard Hoffman
Tobacco Use
➤ Research priorities to advance the FCTC: opportunities and challenges for Africa and the Middle East by Scott Leischow (Mayo Clinic, U.S.A.)
➤ Impact of Tunisian transition on smoking behavior and psychological symptoms by Ines Bouanene (University Hospital Fattouma Bourguiba of Monastir, Tunisia)
➤ The prevalence of anxiety in a population dependent on chewing tobacco by Salim Gassim (4th military hospital Dakhla, Morocco)

Sunday, November 16, 2014

8:00-18:00 Registration Open

9:00-9:45 Plenary Talk
Chair: Mustafa al’Absi
Mapping the Network of Tobacco Treatment Training in Africa and the Middle East: Network Analysis of an International Healthcare Professional Training Network
by Scott Leischow (Mayo Clinic, U.S.A.)

9:45-11:15 Symposium 2
Chair: Andrine Lemieux
Showcase of Treatment and Research Programs in the Region
➤ A case study from Qatar foundation for social protection and rehabilitation by Sharifa Noaman Al Emadi (Qatar Foundation for Social Protection and Rehabilitation, Qatar)
➤ Khat Research Program: A model for International Collaboration on Addiction Research in Low/Middle Income Countries by Mustafa al’Absi (University of Minnesota Medical School, U.S.A.)
- Developing a successful substance abuse research center in an Islamic Arab country by Rashad Alsanusy (Jazan University, Saudi Arabia)
- Perspectives of substance abuse counsellors on providing treatment in Gaborone, Botswana by Morekwe Selemogwe (University of Botswana, Botswana)
- Current research on addiction and mental health in Ethiopia: a review of AMECA Symposium in Jimma by Mulusew Gebaba (Jimma University, Ethiopia)

11:15-11:45 Coffee/Tea Break and Networking

11:45-12:45 
**Paper Session 6**  
Chair: Said Boujraf

**Khat Use**
- Socio-demographic and psychosocial correlates of khat dependence by Richard Hoffman (University of Minnesota Medical School, U.S.A.)
- Khat use in people living with HIV: a facility-based cross-sectional survey from south west Ethiopia by Matiwos Soboka (Jimma University, Ethiopia)
- Evaluations of the effect of subchronic administration of crude khat extract (*Catha edulis*) on learning and memory in mice by Faiz Mohammed (Harar Health Science College, Ethiopia)
- Khat use and appetite by Andrine Lemieux (University of Minnesota Medical School, U.S.A.)

12:45-14:00 Lunch Break

14:00-15:30 
**Paper Session 7**  
Chair: Saadia Bamhamed

**Addiction in Youth**
- Addictive behaviors among students in the region of Sousse, Tunisia by Chekib Zedini (Faculty of Medicine of Sousse, Tunisia)
- Lifetime prevalence of psychoactive substances use among middle school students in Morocco by Btissame Zarrouq (Sidi Mohammed Ben Abdallah University, Morocco)
- The problem of solvent inhalant abuse among the unprivileged street children: a preliminary study in upper Egypt by Alaaeldin Elkoussi (Assiut University, Egypt)
- Adverse childhood experiences and addictive behaviors in medical students: a cross-sectional study by Sana El Mhamdi (University Hospital Fattouma Bourguiba of Monastir, Tunisia)

15:30-16:00 Coffee/Tea Break and Networking

16:00-17:00 
**Paper Session 8**  
Chair: Motohiro Nakajima

**Basic and Theoretical Sciences of Addiction**
- Cannabinoid receptor positively regulates pro-opiomelanocortin transcription through activation of the
cAMP-response element-binding protein by Mohammed Errami (University Abdelmalek Essaâdi, Morocco)
➢ The global problem of solvent inhalant abuse-regional aspects, patterns and hazards by Alaaeldin Elkoussi (Assiut University, Egypt)
➢ An evolutionary perspective on addiction by Tanya Calvey (University of the Witwatersrand, South Africa)

17:00-18:00 Awards and Closing Ceremony
1. Neurotoxic effects of acute and sub-chronic inhalation of paint thinner on the cerebellum in mice by Hanaa Malloul (University Cadi Ayyad, Morocco)
2. Study of variables emotional at the teenagers: anxiety, depression and affectivity and of their impact on the consumption of psychoactive substances by Ibtissam Cherkaoui El-Malki (University Ibn Tofail BP 133, Morocco)
3. Epidemiological feature of addiction in Egypt: a systematic review of literature by Samar Elsayed (Mansura University, Egypt)
4. Methadone substitution treatment and sexual disorders by Asmaa Houmiri (University of Mohammed V Souissi, Morocco)
5. The circumstances of the first-time use of cannabis among young Moroccan students of Mohammedia (NM of Morocco) by Ilhame Jaouahir (Faculty of Science, Kenitra, B.P. 133, Morocco)
6. Prevalence of substance use among patients in a small psychology private practice by Seipone B. Mphele (University of Botswana, Botswana)
7. Which knowledge, attitudes and behaviors are linked to smoking among teenagers in the north center of Morocco? by Kacem Bendaou (Sidi Mohammed Ben Abdallah University, Morocco)
8. Perception of addiction risks with opioid analgesics among physician prescribers in Tunisia by Sonia Hamzaoui (Razi Hospital, Tunisia)
9. Addiction to video games among adolescents and young adults: uses, misuses, and associated factors by Dridi Anis (Razi Hospital, Tunisia)
10. Effect of drugs of abuse on aggressive behavior in schizophrenic patients by Bouyattas Lala Khadija (University Cadi Ayyad, Morocco)
11. Anger and tobacco consumption in Fez school of adolescents: MIMOSA pilot study by Haouat Amin (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
12. Psychological profile of vulnerability for doping use and sport addiction by Ines Trabelsi (Razi hospital, Tunisia)
13. Depression and tobacco use among school adolescents: MIMOSA pilot study by Mounir Jaafari (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
14. Smoking prevalence among adolescents in 9 cities of north and east of Morocco by Mounir Jaafari (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
15. Dependence to Alphachloralose: exceptional case study by Hanane Zemmama (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
16. Predictors of successfully quit smoking in a cohort of heavy cigarettes smokers treated by Varenicline in Monastir (Tunisia). Asma Srira, Sana El Mhamdi, Ines Bouanene, Arwa Ben Salah, Kamel Ben Salem, Mohamed Soussi Soltani. Department of Preventive Medicine, University hospital of Monastir (Tunisia)
Poster Session 2
(Saturday, November 15; 10:30-11:30 & 15:30-16:30)

17. Sociodemographic profile and infectious comorbidities of injection drugs users in Tunisia by Amira Maamri (Razi hospital, Tunisia)
18. Patterns of Drugs use among schizophrenic patients in Morocco by Hanane Zemmama (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
19. Characteristics of high dependent smokers attending the tobacco cessation center of Monastir (Tunisia) by Ines Bouanene (University Hospital Fattouma Bourguiba of Monastir, Tunisia)
20. Sociodemographic characteristics and risk factors of Smoking among Adolescents in School by Mounir Jaafari (Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
21. Alcohol use disorder in youths by Hicham Lkbiri (Psychiatric Hospital AR-RAZI of Sale, Morocco)
22. Alcohol use disorder and psychiatric comorbidities by Hicham Lkbiri (Psychiatric Hospital AR-RAZI of Sale, Morocco)
23. Prevalence of somatisation and psychologisation among patients visiting primary health care centers in the state of Qatar by Nadia Fanous (Hamad General Hospital and Hamad Medical Corporation, Qatar)
25. Help-seeking behavior and associated factors for common mental disorders among Jimma University undergraduate students, Jimma, southwest Ethiopia by Yohannes Gebreegziabhere (Debre Berhan University, Ethiopia)
26. Common mental disorders and associated factors among HIV by Selamawit Zewdu Salilih (Debre Markos University, Ethiopia)
27. Social anxiety disorder and cannabis misuse by Souad Kajam (Ar-razi Hospital, Morocco)
28. What are the trends of smoking among Moroccan students? A comparison of the results of the GYTS 2001 by Btissame Zarrouq (Sidi Mohammed Ben Abdallah University, Morocco)
29. Dual diagnosis treatment by Zaynab El Mouatassim (Chu Med VI of Marrakech, Morocco)
30. Addiction to caffeine and nicotine among medical students by Souheila Laghdass (Ar-razi Psychiatric University Hospital, Morocco)
31. Dependence on Zolpidem: about ten cases by Wafa Jellouli (Ar-razi Hospital, Morocco)
32. Religion and alcohol use: What if spirituality becomes a drug? by Souad Kajam (Ar-razi Hospital, Morocco)
Dr. Jallal Toufiq received a specialization degree in psychiatry at the Rabat School of Medicine. Dr. Toufiq completed many fellowships in Psychiatry in France. He then opted for a sub-specialization in drug abuse and epidemiology applied to drug abuse in 1992. Dr. Toufiq was a NIDA research fellow at Johns Hopkins University School of Public Health in 1994 and 1995, and appointed as an Associate Professor in Psychiatry in 1997. Dr. Toufiq contributed to the creation of the first center for drug abuse treatment in 1999. He took over the Director position of the University Psychiatric Hospital in Salé in 2005, became the Moroccan Representative at the Mednet Network of the Pompidou Group in 2006 and Permanent Correspondent for Morocco at the Pompidou Group/the Council of Europe, and co-founded the Middle East and North Africa Harm Reduction Association (MENHARA). In 2011, Dr. Toufiq was appointed as the Director of the newly created National Observatory on Drugs and Addictions, and he served as expert and consultant for many organizations such as the WHO, the UNODC, the ICAA, the Council of Europe. Starting in March 2015, Dr. Toufiq will be taking over as a new member of the UN International Narcotic Control Bureau in Vienna. Dr. Toufiq has chaired and participated in many committees and commissions nationally and internationally in the field of drug abuse. He also served as the Minister of Health advisor for mental health and drug abuse issues. Dr. Toufiq teaches at the University of Rabat, Faculty of Medicine. He founded and still runs the University Diploma in Addictology at the University of Rabat, and participates in teaching activities regarding drug abuse in some European and African countries.

Dr. Toufiq will provide a plenary talk titled “Overview of the Situation of Harm Reduction in the MENA Region” at the 2014 AMECA. Dr. Toufiq will also be a panelist in the panel discussion titled “Opioid Use in Addiction Treatment”.

Richard A. Rawson, Ph.D.

Richard A. Rawson, Ph.D., is an Associate Director of the UCLA Integrated Substance Abuse Programs and Professor-in-Residence at the UCLA Department of Psychiatry, where he has been a member for more than 30 years. Dr. Rawson oversees clinical trials on pharmacological and psychosocial addiction treatments and has an extensive portfolio of work in the area of substance use disorder service development and evaluation. He leads addiction research, training and system development initiatives for the United Nations, the World Health Organization, and the U.S. State Department, exporting science-based addiction service knowledge to many parts of the world. Dr. Rawson has published 6 books, 35 book chapters, and over 200 peer-reviewed articles and has conducted over 1,000 workshops, paper presentations, and training sessions.

Dr. Rawson will chair the panel discussion titled “Opioid Use in Addiction Treatment” and a symposia titled “Integrated Substance Abuse Program” at the 2014 AMECA.

Scott J. Leischow, Ph.D.

Scott J. Leischow, Ph.D. joined the Mayo Clinic in 2012, where he leads Tobacco Control Research within the Mayo Clinic Cancer Center and the Health Equity Research Initiative in Arizona. He was formerly Associate Director of the University of Arizona Cancer Center, and before that served as Senior Advisor for Tobacco Policy in the US Department of Health and Human Services and Chief of the Tobacco Control Research Branch at the National Cancer Institute of NIH. Dr. Leischow completed his doctorate in Health Education from the
University of Maryland, and a postdoctoral fellowship in Behavioral Pharmacology from Johns Hopkins University. Dr. Leischow has received several awards, including the NIH Director’s Award. Most of Dr. Leischow’s research and publications focus on pharmacologic and behavioral treatments for tobacco dependence, along with systems and network approaches to public health. Dr. Leischow is past President of the Society for Research on Nicotine and Tobacco (SRNT).

Dr. Leischow will provide a plenary talk titled “Mapping the Network of Tobacco Treatment Training in Africa and the Middles East: Network Analysis of an International Healthcare Professional Training Network” as well as a paper titled “Research priorities to advance the FCTC: opportunities and challenges for Africa and the Middle East” at the 2014 AMECA.

**Michel Fouad Soufia, MD, MS**

Dr. Michel Soufia graduated as a Psychiatrist from Saint Joseph Medical School in Lebanon, with specialized training in Psychiatry from Paris 7 Medical School. Dr. Soufia also received a Diploma in Psychiatric and Organic Comorbidities from Paris 6 Medical School and a Diploma in Addictions, Forensic Medicine, and Cognitive and Behavioral Therapy. Dr. Soufia has completed his Masters in basic science and research. He is currently a lecturer in psychiatry at USEK faculty of medicine. Beside his private practice Dr. Soufia has admitting and procedural privileges in 2 psychiatric units in Lebanon, is the mental health advisor for International Medical Corps (IMC) Lebanon, and is a psychiatric consultant in the Skoun Lebanese addiction center. He has published several articles in international journals.

Dr. Soufia will be a panelist in the panel discussion titled “Opioid Use in Addiction Treatment” at the 2014 AMECA.

**Desirée Crèvecoeur-MacPhail, Ph.D.**

Desirée Crèvecoeur-MacPhail (pronounced Krev-uh-koor - Mak-fail), Ph.D. received her doctorate from Claremont Graduate University in Social Psychology and master’s degree in clinical psychology from Pepperdine University. She has been employed at UCLA’s Integrated Substance Abuse Programs (ISAP) for over 14 years. She is currently Principal Investigator of Los Angeles County Evaluation System: An Outcomes Reporting Program (LACES) at UCLA-ISAP. As part of her work at UCLA-ISAP, she has been responsible for examining engagement and retention in substance use disorder treatment programs and assisting the county in the development of a performance based management system. She is the author of over a dozen papers and book chapters on topics such as: the treatment system in Los Angeles County, methamphetamine use, effects of withdrawal on the body, how addiction affects the brain, addiction medications, the rise in use of methamphetamine for a number of special populations including American Indians and Latinos, addiction treatment and health disparities, aspects of drug treatment effectiveness, drug treatment services, and program evaluation. Dr. Crèvecoeur-MacPhail has managed several pilot projects on drug abuse treatment, most recently a pilot examining the implementation of an opioid antagonist medication into the treatment system in Los Angeles County. She also works with federally qualified health centers (FQHCs) to assess and improve treatment integration. She has wide experience in health research, including quantitative and qualitative methods and outcomes measurement. In addition to research, Dr. Crèvecoeur-MacPhail has taught at a number of colleges and universities including UCLA, Cal State University Dominguez Hills, Chapman University and Claremont Graduate University.

Dr. Crèvecoeur-MacPhail will present a paper titled “Use of Performance Measures to Monitor and Measure the Effectiveness of Treatment Services” in the symposium titled “Integrated Substance Abuse Program” at the 2014 AMECA.
Mary-Lynn Brecht, Ph.D.

Mary-Lynn Brecht, Ph.D. is a researcher and statistical support specialist for the UCLA Integrated Substance Abuse Programs. She is currently conducting a long-term follow-up of methamphetamine users to study use and recovery trajectories and long-term outcomes of treatment. Other research topics have included HIV risk behaviors among methamphetamine users, epidemiologic trends of substance use, and needs assessment for substance use services. She directs the Statistical Support core for the ISAP Center for Advancing Longitudinal Drug Abuse Research. She is also an adjunct professor in the UCLA School of Nursing where she directs the Research Office Design and Data Core and teaches multivariate statistics. She has had extensive training and experience in the development/adaptation, application, and integration of quantitative methods, particularly those for longitudinal analyses, with emphasis in the areas of drug-abuse, health systems, and treatment evaluation research.

Dr. Brecht will present a paper titled “Use of the CEWG Model to Monitor Emerging Trends in Substance Use Prevalence and Consequences to Assist with Policy and Action Efforts” in the symposium titled “Integrated Substance Abuse Program” at the 2014 AMECA.

Mustafa al'Absi, Ph.D.

Dr. Mustafa al'Absi is a Professor of Behavioral Medicine, Neuroscience, Psychiatry, and Epidemiology at the University of Minnesota. He is the holder of the Max & Mary La Due Pickworth Chair at the University of Minnesota Medical School and the director of the Duluth Medical Research Institute (DMRI). Dr. al'Absi completed his undergraduate education at Cairo University and his doctoral training at the University of Oklahoma in biological psychology with specialization in clinical psychology/behavioral medicine. After completing his training, Prof. al'Absi joined the University of Minnesota Medical School where he is the Director of the Behavioral Medicine Laboratories. Prof. al'Absi directs a research program focusing on the neurobiology of stress, appetite regulation, and tobacco addiction. His programs have been funded by grants from the National Institute on Drug Abuse, the National Cancer Institute, the National Health, Lung, and Blood Institute, and the American Heart Association. He has chaired various national and international scientific committees and functions, and has received several honorary awards, including the Neal E. Miller Young Investigator Award from the Academy for Behavioral Medicine Research and the Herbert Weiner Early Career Award from the American Psychosomatic Society. He is the president-elect of the American Psychosomatic Society and is serving on the board of the Society for Psychophysiological Research.

Dr. al'Absi will present a talk titled “Khat Research Program (KRP): A model for international collaboration on addiction research in low/middle income countries” at the 2014 AMECA.
AMECA Awards for Excellence

A small committee (three members) will select up to three presentations (primarily posters) to receive awards. The presenters will be designated as “Winners of AMECA Award for Excellence”.

To be eligible for these awards, the senior author must be a trainee (a student, a resident, or a postdoctoral fellow) or a junior faculty member (assistant professor or equivalent). These small prizes are meant to provide symbolic recognition to promote excellence in research on addiction and comorbid mental health problems.

AMECA Award for Excellence winners will receive a certificate and a cash prize. In addition, the names of all winners and the titles of their presentations will be announced during the closing ceremony session, and winner will invited to submit their papers for consideration by the International Journal of Mental Health and Addiction.

Award Criteria: Winners will be selected by an evaluation committee, which will consider the abstract, the poster/presentation, and a conversation held with the trainee at the poster/paper session.

In reviewing the presentation, the committee will consider the following qualities:
- A clear statement of the research problem
- Sound methods and statistical analysis
- Originality of the work
- The clarity of presentation

We therefore encourage all attendees eligible for this prize to send their names to the program committee by November 7th, 2014.
Friday, November 14th, 2014
This presentation aims at reviewing the situation of harm reduction programs and policy in the Middle East and North Africa (MENA). The MENA region is exposed to a number of challenges in the area of drug use. A few of them are a local production of cannabis, a fast growing population and a geographic position on all the main routes of traffic either for cocaine, heroin and other new psychoactive drugs.

Like the other domains of interventions in the field of drug use, little is made in the field of harm reduction (HR) in the MENA, especially for opiate users. Poor data collection and monitoring does not help.

Some efforts are made though by some countries. Lebanon has started an informal buprenorphine-based treatment for opiate users two years ago, but it still lacks a legal basis. Tunisia, Oman, and Egypt do offer NSP, but no OST. Morocco has launched its HR national action plan in 2009. Opiate substitution treatments, counseling, NSP and condom distribution are offered to opiate users. There is even a pilot OST program in prison.

Overall, HR in the MENA region is still very limited. The major concern is the lack of accurate data on patterns of drug use, risk behaviors, social influences, and infections such as HIV and HC. The biggest challenge remains the poor involvement of NGOs and the huge shortage in qualified professionals in the field.
A MULTI-CENTRIC STUDY OF NMDA ANTAGONIST MEMANTINE EFFECT, COMPARED TO ALPHA 2 AGONISTS IN TREATMENT OF OPIOID DEPENDENT PATIENTS

Khaled M. Helmy,
New Nozha Hospital, Alexandria Health Resort addiction department
Alexandria, Egypt

Background: Clinical practice and evidence from previous studies showed that memantine may have an effect in alleviating opiate withdrawal symptoms.

Objectives: (1) To test the efficacy of memantine in suppression of opiate withdrawal symptoms. (2) To compare the efficacy of memantine to alpha 2 agonists (clonidine) in suppression of opiate withdrawal symptoms. (3) To compare between patient's satisfaction from memantine and alpha 2 agonists in the first week during the tough withdrawal period.

Setting: Inpatients drug dependent treatment units in 3 private hospitals in Alexandria, Egypt.

Methods: 200 opiate dependent patients matched for age, sex, duration of dependence in their detoxification period will be divided into 2 groups. Group A 100 opiate dependent patients will receive memantine. Group B 100 opiate dependent patients whom will receive clonidine. Every patient in group A will receive 30 mg memantine in 3 divided dosages for 5 days then 20mg in 2 divided dosages for 5 days. Every patient in group B will receive 300 microgram clonidine in 3 divided dosages for 5 days then 150 microgram in 3 divided dosages for 5 days. Objective withdrawal symptoms will be measured daily in the first week by the clinical opiate withdrawal scale (COWS).

Results: We measure the withdrawal symptoms by opiate withdrawal scale every day for 5 days, we found that memantine is statistically significant better than clonidine in each day of the first 5 days in. Also, patients satisfaction with memantine is better than with clonidine in statistical significant manner.

Conclusion: (1) Memantine is a well-tolerated drug during the withdrawal period. (2) Compared to clonidine, opiate withdrawal symptoms are not only less in severity with Memantine, but also shorter in duration. (3) Memantine is more effective than clonidine in alleviating the opiate withdrawal symptoms.
LIMITING FACTORS FOR THE MANAGEMENT OF PATIENTS WITH ADDICTIVE BEHAVIORS IN THE EMERGENCY DEPARTMENT IN TUNISIA

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Background: In Tunisia, in 2013, one in ten teenagers consumed psychoactive substances, and the number of intravenous drug users was estimated between 8000 and 11000. The emergency services are at the forefront of the management, tracking and orientation of patients with psychoactive substances use related disorders.

Objectives: The purpose of our work was to specify the therapeutic attitude of caregivers in the emergency departments with psychoactive drugs users, and highlight the relational factors limiting the approach of the psychoactive substances use subject

Methods: Our study was conducted during the month of August 2014, and focused on the medical and paramedical staff working in the emergency departments of three university hospital centers in Tunis: Charles Nicole Hospital, Rabta hospital, and Razi psychiatric hospital.
We used a self-report questionnaire consisting of 8 items, assessing attitudes and therapeutic relational factors in the approach of patients with psychoactive substances use.

Results: 45 questionnaires were collected, including 14 nurses and 31 doctors. 15% had received training in addictology, and 11% mentioned having been personally confronted to addictive behaviors. Personal feelings about the addictive behavior are mostly impotence (84%), particularly among physicians, even if they feel listening (64%) and available (40%). The proportion of caregivers who are very empathetic to these patients is very low (9%) even among psychiatrists, 33% declare themselves even not empathetic at all. The main factors limiting the consumption behavior approach is the lack of time (84%), the feeling of incurability from addiction (77%), and fear of the users reaction (53%).

Conclusion: The attitude of the emergency departments’ staff with patients with addictive behaviors is marked by significant gaps: low empathy, lack of training and time, and low demand for an opinion on the diagnosis or the management. Awareness raising and training for medical and paramedical staff are needed to improve the management of these patients.
Background: Disulfiram treatment remains a viable option as a treatment for alcohol dependence. There have been concerns about its safety, which are often used as a reason for withdrawing the treatment or as an argument against starting it.

Objective: How safe is the current prescription of Disulfiram? This paper aims to provide an update of Disulfiram’s safety-related research.

Method: A systematic review of the recent literature was drawn from a comprehensive MEDLINE (2000 to 2013) search. Case reports and clinical trials using Disulfiram for the treatment of alcohol and/or cocaine use and/or dependence were reviewed.

Result: Within the specified period, there have been 30 case reports and 8 clinical trials regarding Disulfiram’s side effects. One was a longer trial of Disulfiram spanning >50 weeks. The case reports were related to neurological, hepatic, cardiac, dermatological, psychiatric adverse events, neuroimaging findings, and drug-drug interaction. Because of exclusion criteria, adverse events in DSF randomized double-blind clinical trials seem to be less serious and less frequent than adverse events reported postmarketing.

Conclusions: With the safety recommendations in place, we consider the administration of Disulfiram to be safe practice and within an acceptable risk profile.
Background: Smoking is a major public health. Tobacco misuse is the most common substance use disorder among individuals with schizophrenia. The prevalence of cigarette smoking is significantly higher among patients with schizophrenia (60-90%) than the general population (23-30%). Tobacco use is a daily management issue on inpatient units.

Objectives: This is a descriptive study to determine tobacco smoking prevalence rates in a convenience sample of patients with schizophrenia and to describe clinical/demographic variables for tobacco use in this population.

Methods: Patients with schizophrenia were consecutively invited to answer a standard clinical/demographic questionnaire and a questionnaire on smoking habits (Fagerström Test for Nicotine Dependence)

Results: The frequency of current smoking for the schizophrenic was 76.5%.

Conclusion: Our study suggests that schizophrenia is associated with smoking and increased the risk of smoking by 2- to 3-fold.
THE PREVALENCE AND CHARACTERISTICS OF ADDICTIVE BEHAVIOR IN PSYCHIATRIC PATIENTS

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Background: Addictive behaviors are defined by the compelling and repetitive use of one or more psychoactive substances. Addiction comes not only from the substance, but also from interaction between an individual a substance and an environment.

Objectives: To assess the prevalence of addiction and characteristics of addicted patients. Describe the principles of psychoactive substances treatment.

Methods: This study is descriptive, based on a quantitative approach on 50 hospitalized patients in IBN NAFIS hospital psychiatric department.

Results: Consumption of 3 addictogenic products studying is important in the age: [26-35], with male dominance 24%. The consumption of these substances most frequent among singles 16% for cannabis and alcohol, 36% for tobacco. The most frequent associated diagnostic among patients is schizophrenia (10%) for cannabis and alcohol and 26% in smokers. The rate of consumption is greater in patients who live with their parents, and have a low socioeconomic statue.

Conclusion: Our study identifies a real problem of mental health which is the rise in the prevalence of use of addictogenic substances associated to mental disorders and the treatment of addicts at the psychiatric department.
PAPER 2-3
SUCIDAL ATTEMPTS AND THE SUICIDAL RISK AMONG MOROCCAN STUDENTS: A SCHOOL-BASED CROSS-SECTIONAL STUDY
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Background: Suicide among adolescents is a pressing public health issue, notably because suicide is the second most common cause of young people deaths worldwide. Drug use is considered to be a risk factor for suicidal behaviors in adolescence. In Morocco, adolescents’ suicide has been rarely studied especially among high risk groups, such as young users of addictive substances.

Objectives: The aim of this study was to examine the association between self-reported substance use and the suicidal risk among secondary students in the north central region of Morocco.

Methods: A cross-sectional survey was conducted from April 2012 to November 2013 in public secondary schools, while a self-administered anonymous questionnaire was distributed to a sample of students. The Moroccan version of the Mini International Neuropsychiatric Interview (MINI) was used to assess the suicidal risk according to DSM-IV.

Results: 1363 students (51% girls) aged between 15 and 23 (average age = 17.6 ± 1.6 years) participated in this study. The overall risk of suicide was 36.7% (95%CI: 34% - 39.3%) with significant differences among boys and girls (27.4% versus 45.5%, p <0.001). The prevalence of students who used psychoactive substances in their lifetime was 13.4% (95%CI: 11.6% - 15.3%). Hence, the suicide risk among them was 49.7% compared to 34.7% among non-users. A total, 8.5% (n = 110) of students reported at least one suicidal attempt during their lifetime; 16.6% among consumers of psychoactive substances compared to 7.3% among non-users, p <0.001. Multivariate analysis showed that the risk of suicide was highly correlated with substance use (OR = 2.9, CI-95% [2.0 to 4.2]), and with the female gender (OR = 2.7, CI-95% [2.1 to 3.6]).

Conclusion: the results of this work showed the urgent need for the creation of addiction and suicidology centers for teenagers in the north central region of Morocco.
Saturday, November 15th, 2014
Background: Khat chewing is common among Yemeni women, even during pregnancy where it may affect the wellbeing during pregnancy and during delivery of these pregnant women.

Objective: This study was conducted to determine the impact of Khat chewing on the mode of delivery of pregnant Yemeni women.

Method: This is a prospective study for 60 regular Khat chewing pregnant women and 120 non-Khat chewing pregnant women, selected from those attended with singleton pregnancy in their first or second trimester from the antenatal care (ANC) unit of AL-Gamhouri Teaching Hospital in Taiz (Republic of Yemen).

Results: Khat chewer pregnant women, when compared with the control, showed statistically significant risk of 6.06 times to deliver at gestational age earlier than 37 weeks and insignificant risk of 2.27 times to deliver after 42 weeks. They showed a statistically significant risk of 2.65 times to deliver by cesarean section (CS) and insignificant risk of 4.86 times for instrumental delivery.

Conclusion: This study concluded that Khat chewing is associated with higher rate of cesarean and instrumental deliveries that may affect maternal and fetal wellbeing.
Background: Khat is widely used in Africa and the South of the Arabian peninsula. Jazan lies at the far south west of the Kingdom of Saudi Arabia adjacent to Yemen. Khat use in Yemen is highly prevalent as well as in Jazan region. Although of the high prevalence of khat use in among males in Yemen, Jazan studies showed that khat is only highly prevalent among males but unexpectedly very low among females. Most of those studies were collecting female data through schools or universities surveys.

Objectives: We aimed in this study to find out the real prevalence of kaht use among females in Jazan region through changing the setting of data collection. On the other hand, we aimed to evaluate the knowledge, attitudes and behavior of Jazan females towards khat use and to estimate their ability to play a positive role in khat prevention.

Methods: We interviewed adult female at homes in privacy in 251 houses in Jazan region (female to female interview questionnaire study). The questionnaire was designed to ask about the khat use among family members, khat knowledge, attitude practice and behavior among females. At the end of the questionnaire we asked the females about their ability to help in khat prevention in their areas.

Results: Most of the houses (69%) visited were having at least one khat user. The prevalence of khat use is increasing by age among males but increasing among younger females. 45% of the interviewed females used khat at least once while 13% are considered regular khat users. Females know about the adverse effects of khat use and had negative attitudes towards it use.

Conclusion: All parties should carry their responsibilities in khat prevention. An action should be taken to prevent khat use among females as it is a hidden threat.
Objective: Exploring the potential management of cannabis among women and during pregnancy, an expanding public health issue.


Results: Cannabis is the most commonly used illicit drug among youth and pregnant women in western societies. Historically, cannabis has been used to alleviate nausea during pregnancy. In reviewing the literature on the use of medication as well as psychosocial approaches in women and pregnancy, clinical guidelines emerge as well as a research agenda including prevalence estimates through urine screening. The implication of a positive test should not be punitive. clinical trials on pregnant samples should also be conducted. The impact of THC and other cannabinoids should be further investigated as well as support of the newborn and developing child.

Conclusion: Compared to the preventive efforts targeting alcohol and tobacco use during pregnancy, the increasingly common use of cannabis is relatively neglected and in need of further specific investigations.
PAPER 3-4

CORRELATES OF KHAT USE DURING PREGNANCY: A CROSS-SECTIONAL INVESTIGATION

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Background: Khat is widely used in East African countries including Ethiopia. A growing body of evidence indicates that long-term khat use is associated with various health consequences. However, available data systematically examining khat use in pregnant women are scarce.

Objectives: To examine the magnitude and correlates of khat use in pregnant women.

Methods: This study used a cross-sectional, face-to-face interview design which included 642 pregnant women receiving antenatal care services at health care centers in Ethiopia. A series of chi-square tests and one-way analyses of variance (AVOVAs) were conducted to examine whether khat use status (i.e., 123 current khat users, 41 former khat users, 478 non-users) was associated with socio-demographic, mental distress, and substance use measures.

Results: It was found that, as compared with nonusers, current and former khat users had higher levels of pregnancy-related depressive symptoms and mental distress, and they tended to minimize potential health risks associated with khat use (p < .05). Social and motivational factors related to khat use were different between current and former khat users.

Conclusion: Findings of this study suggest a substantial prevalence of khat use among pregnant women in Ethiopia and highlight the role of socio-demographic and cultural influences in khat use during pregnancy. The positive link between khat and mental distress warrants further research focusing on biological, psychological, and social mechanisms of this relationship since both maternal khat use and mental distress are independently associated with fetal development and delivery outcomes.
USE OF PERFORMANCE MEASURES TO MONITOR AND MEASURE THE EFFECTIVENESS OF TREATMENT SERVICES

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Background: Program procedures and policies (e.g., use of evidence based practices, length of treatment, urine testing, assessment of patient perception of care) translate to performance measures that impact patient outcomes. Data gathered around these measures are then used to improve the quality of patient care. Outcome reporting and process improvement strategies can ameliorate treatment outcomes through feedback and modifications to treatment. Such practices have been used in medical care, and other areas such as manufacturing, for years.

Objectives: To review the type of performance measure data gathered at over 200 treatment program sites and how that data was used to improve the quality of treatment over time.

Methods: To improve treatment, the data collection system was revised and a reporting process was implemented that included several different quarterly and annual reports, which informed programs of their performance when compared to the County average or some predetermined benchmark. In addition, more intense projects aimed at specific programs, in order to increase their quality of care, were also conducted. Each of these methods was implemented by an external evaluator (UCLA) and the results were reviewed by the funder, an advisory board, and the treatment programs who participated.

Results: Programs learned the value of the data collected and learned a process to make simple programmatic changes to improve performance and outcomes. As a result, treatment staff was able to increase the mean patient length of stay.

Conclusion: The use of data by treatment program staff was a novel concept to many, however, once the value of data was learned, how data could be used to improve treatment and the positive effect on the profit of the agency, providers acclimated more easily to the use of data and recognized it importance.
USE OF THE CEWG MODEL TO MONITOR EMERGING TRENDS IN SUBSTANCE USE PREVALENCE AND CONSEQUENCES TO ASSIST WITH POLICY AND ACTION EFFORTS

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**Background:** Substance abuse has been increasing in many parts of the world and new drugs are emerging. As an evidence base for policy and action for substance use prevention and treatment efforts, comprehensive information about current use and emerging trends is critical, both within and across communities. Community epidemiology surveillance networks can be developed to collect and organize this information and have been implemented at national and regional levels in diverse areas including the United States, Iraq, South Africa, Europe, Canada, Australia, and others. The Community Epidemiology Work Group (CEWG) is one such approach, used in the United States since 1976 and recently implemented in Iraq.

**Objectives:** To review the CEWG approach, suggest possible participants and data sources, and provide examples of data presentation and synthesis.

**Methods:** The CEWG approach includes establishing a network of stakeholders representing diverse perspectives and geography, identifying available and useful local and regional data sources, accessing and organizing data, sharing and disseminating data summaries to stakeholders and policy makers. Data sources might include drug-related 1) hospital admissions; psychiatric treatment cases, and emergency department cases; 2) arrests, drug seizures, criminal activities, drug prices; 3) drug-related deaths; 4) special population data from surveys, focus groups, ethnographic studies (students, refugees, homeless, prisoners), and key informants; 5) substance abuse treatment admission records; 6) pharmacy records; 7) hepatitis, HIV cases.

**Results:** Examples will be given for each part of the CEWG process, different types of data and presentation, and the synthesis of data into a comprehensive package.

**Conclusion:** The CEWG model (or similar epidemiology surveillance network approach) has proven useful in identifying and documenting emerging drug use trends, providing evidence for policy and action.
Background: It is a cross-cultural phenomenon that the prevalence of drug use is substantially higher among criminal offenders than among the general population. It is therefore important to provide effective evidence-based interventions to criminal justice population and track their outcomes using data.

Objectives: To review substance use disorder research on the criminal justice population, discuss data used to study this population, and make data and policy recommendations.

Methods: This presentation will review research concerning the drug-crime relationship. It will also cover existing data (from multiple countries) reflecting the extent to which drug use continues to occur within jails and prisons. Lastly, the presentation will describe methods for assessing offenders’ need for substance abuse treatment, and conclude with an overview of prison- and community-based treatment approaches, including a brief discussion of current trends in the development of pharmacotherapies for addiction.

Results: Drug use is high among the criminal justice population and contributes to crime and violence through multiple routes. Drug use often continues or is initiated during incarceration.

Conclusion: Efficient and effective assessment and treatment aimed specifically at the criminal justice population is necessary, and several promising approaches are available.
Background: Alcohol use disorders (AUDs) in persons living with human immunodeficiency virus (PLHIV) in high-income countries have been associated with poor adherence to antiretroviral medications and worse HIV-related outcomes. Little is known about AUDs among people attending HIV services in sub-Saharan Africa.

Objective: To assess the prevalence of AUDs and associated factors among PLHIV in contact with HIV services in a hospital in south west Ethiopia.

Methods: Across-sectional study was carried out among PLHIV who attended HIV services at Jimma University Specialized Hospital in September 2012. The World Health Organization’s Alcohol Use Disorders Identification Tool (AUDIT) was used to measure probable hazardous, harmful and dependent use of alcohol (‘alcohol use disorders’). Associations between AUDs and other variables were explored using logistic regression analysis. All variables associated with AUDs with a p value < 0.25 were included in the final multivariable model.

Results: The overall prevalence of AUDs was 32.6%, with hazardous use, harmful use and alcohol dependence accounting for 24.7%, 2.8% and 5.1% of the total, respectively. There was no significant difference in the prevalence of AUDs in persons receiving antiretroviral treatment compared to those who were antiretroviral therapy naïve (32.6% vs. 38.6%). AUDs were identified in 26.0% and 44.1% of females and males, respectively. Male gender, smoking cigarettes and psychological distress were positively associated independently with AUDs.

Conclusion: The high prevalence of AUDs detected in our facility-based survey of PLHIV in Ethiopia highlights the need to integrate delivery of effective and feasible interventions for AUDs into HIV care.
Background: In Botswana, and indeed globally there is a growing concern about excessive alcohol consumption despite the overwhelming and irrefutable evidence of its destructiveness to society. What is worrying most is that societies are so comfortable with alcohol consumption that they do not make a link between alcohol abuse with a range of health and social harms such as increasing morbidity, health, economic and social problems which tend to increase with the level of consumption. Botswana Government introduced the Alcohol Levy in 2008 as one, among a myriad of alcohol harm reduction measures.

Objectives: This paper explores the contribution of the Alcohol Levy towards a reduction in alcohol consumption in Botswana.

Methods: It is based on the review of both primary and secondary data sources.

Results: Our analysis revealed that although the levy had good intentions, its outcomes are not encouraging – the levy is far from being successful or effective.

Conclusion: This paper concludes by offering some punctual suggestions for improving the effectiveness of the Alcohol Levy. It is observed that the Levy needs to give greater emphasis on the development of locally appropriate alcohol related harm prevention interventions such as promoting projects and activities designed to encourage responsible alcohol consumption through public and school education campaigns on the harmful effects of alcohol abuse and supporting measures for the rehabilitation of victims of alcohol abuse.
**PAPER 4-3**

**SOCIAL AND BEHAVIOURAL RISK FACTORS ASSOCIATED WITH INJECTION DRUG USE AMONG IRANIAN MEN**

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**Background:** The Islamic Republic of Iran is a unique case study of drug use behavior, and it is among the countries with the highest rates of opioid consumption. Smoking opium has historical roots among the Iranian population; however the rising rate of injection drug use is a new phenomenon.

**Objective:** This study identifies the social and behavioral factors that are associated with injection drug use among Iranian men living in western Iran. Furthermore, this is the first study to look into the changing trend of risk factors, based on changing geopolitical characteristics, specifically the ban on opium seed production enforced by the Taliban.

**Methods:** This project is a case-control study of men who attended the methadone clinic in Kermanshah city. The study population included 177 injecting users, and 771 non-injecting controls. After assessing the crude associations through chi-square and test analysis, logistic regression was employed to evaluate the adjusted predictors of injection.

**Results:** Younger age, high daily frequency of drug usage, and history of quitting in prison camps were risk factors, while a history of smoking opium was a protective factor for injection initiation. However, the impact of the associated risk factors changed considerably after the ban on poppy production in neighboring Afghanistan. Most notably, the subjects who initiated injection after the ban were more likely to be highly educated, receiving at least a high school diploma, whereas the group that initiated drug use prior to the ban had a significantly higher rate of imprisonment and attempts at quitting in prison facilities.

**Conclusion:** This analysis elucidated that changes in governmental control measures could influence the choices and behaviors of drug users, demonstrating the interplay between social and behavioral factors. Therefore, identifying the risk factors for injection initiation in the context of societal changes is of essential for developing effective interventions.
PAPER 5-1
RESEARCH PRIORITIES TO ADVANCE THE FCTC: OPPORTUNITIES AND CHALLENGES FOR AFRICA AND THE MIDDLE EAST
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Background: The WHO has indicated that tobacco use will cause up to one billion deaths before the end of the century unless tobacco use is reduced. One challenge is that African and Middle East countries continue to be targeted by tobacco companies as emerging markets, which the public health community hopes will be countered by effective implementation of the Framework Convention for Tobacco Control. In order to improve effective tobacco control efforts, new research is needed to assure that country and region-specific approaches are identified.

Objectives: In order to identify new research needs by low and middle-income countries (LMICs) needed to improve implementation of the Framework Convention for Tobacco Control (FCTC), we implemented a process of assessing the literature and developing specific recommendations.

Methods: A group of experts were identified as part of an initiative by the Society for Research on Nicotine and Tobacco (SRNT) to identify research needs and priorities pertaining to each of the Framework Convention for Tobacco Control (FCTC) Articles. They reviewed the existing literature and provided a review of research 'holes' that need to be addressed in order to facilitate implementation of the FCTC in low and middle-income countries.

Results: A series of recommendations were developed for each FCTC Article, and they were recently published in Nicotine and Tobacco Research. Specific research priorities, eg pertaining to surveillance, prevention and treatment will be presented, along with discussion of challenges that are unique to LMIC (eg: transferability of results, needed country-specific data needs, etc.).

Conclusion: At the conclusion of the presentation, participants will have learned more about the research needed to foster implementation of FCTC Articles, with specific emphasis on opportunities and challenges for countries in Africa and the Middle East.
Background: Events experienced during the Tunisian revolution had significant impact on several areas, including political, economic, social and particularly mental health and substance use conditions.

Objectives: The objective of this study was to examine the impact of transition on tobacco use and psychological distress among Tunisian smokers attending a smoking cessation clinic.

Methods: We conducted a retrospective comparative study using data from the smoking cessation center of Monastir, two years before (n=1095) and after the onset of Tunisian revolution (n=621). We collected socio-demographic characteristics, smoking history and life style of patients from each group. The Fagerström test for nicotine dependence (FTND) was used to assess the strength of addiction. Anxiety and depressive symptoms were measured through the Hospital Anxiety and Depression Scale (HAD). Statistical comparisons were carried out using Student’s t (for independent samples) and chi-square tests.

Results: The results showed that the rate of family problems in smokers was higher during this transitional period than before the revolution (25.8% vs 21.4%, p<0.047). The alcohol use (28.1% vs 22.4%, p<0.009), the average daily cigarette consumption (29.4±12.9 vs 27.8±13.1, p<0.022), and the nicotine dependence levels (FTND≥7) (64.5% vs 56.6%, p<0.002) were higher after the revolution. In addition, the level of anxiety (HAD-A) was significantly increased after the revolution (8.8±4.4 vs 7.6±4.4, p<10^-4).

Conclusion: Our results suggest that social change is associated with increase in substance use and dependence as well as subjective distress among Tunisian smokers. Further studies are needed to confirm this finding in order to reinforce health preventive efforts.
PAPER 5-3
THE PREVALENCE OF ANXIETY IN A POPULATION DEPENDENT ON CHEWING TOBACCO

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* Background: The consumption of different tobacco products has evolved significantly over time and varies according to countries. Commonly used in the region of Dakhla in the South of Morocco in the elderly, the chewing tobacco began to spread among young people. This practice is encouraged by the idea that this form of use represents a substitute less harmful than the cigarette.

Objective: The aim of our study was to estimate the prevalence of anxiety in an addicted population to chewing tobacco.

Methods: This is a cross-sectional study of 27 subjects addicted to chewing tobacco, selected from 48 volunteers users invited by the staff of the military hospital in Dakhla. We used the Fagerstrom Test for assessing nicotine dependence and the "Hospital Anxiety And Depression Scale" (HADS) to assess anxiety.

Results: The average age of our patients was 45.11 years. The socioeconomic level was low in most cases. The average duration of use of chewing tobacco was 11 years. Prevalence of anxiety was 62%. The presence of anxiety was positively correlated with the degree of addiction, the duration of use and the age of patients. The relationship between smoking and psychiatric disorders has been well established in epidemiological research. Contrary to the common notion of the anxiolytic role of tobacco, fact of smoking or chewing would be associated with increased anxiety.

Conclusion: The use of chewing tobacco in our area which is a common practice; favored by the low cost, ease of use and the underestimation of its real danger; requires the integration of the chewing tobacco among the programs of fight against tobacco.
Sunday, November 16th, 2014
Plenary Talk

MAPPING THE NETWORK OF TOBACCO TREATMENT TRAINING IN AFRICA AND THE MIDDLES EAST: NETWORK ANALYSIS OF AN INTERNATIONAL HEALTHCARE PROFESSIONAL TRAINING NETWORK

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Background: The Framework Convention for Tobacco Control (FCTC) has been implemented in over 170 countries to address the threat of tobacco use, and one of the FCTC objectives is to help smokers quit. Because evidence shows that healthcare workers can be effectively trained to help smokers quit, efforts to increase that training are needed. Global Bridges is an initiative funded to train healthcare workers on how to treat tobacco treatment, and to create a network to facilitate communication and collaboration across those trainees in order to improve treatment effectiveness.

Objectives: To map the network of healthcare workers tobacco treatment trainees in Africa and the Middle East.

Methods: An online survey was implemented with Global Bridges members, who registered to be a part of the network via the Global Bridges website, in order to better understand how members communicate and interact with each other and to assess member participation in Global Bridges activities.

Results: Both the Africa and Middle trainee networks were highly centralized, with communication largely coordinated by the network administrative organizations in each Region (Amman, Jordan and Johannesburg, SA. In Africa, there was a subnetwork in Nigeria that has the potential to become more organized and effective. In both Regions, considerable interest in training was evident. Network maps will be presented.

Conclusion: Understanding the processes and evolution of building an international tobacco control network is timely and relevant as attention is increasingly turned towards low- and middle income countries. Network survey responses show activity and ties, both tobacco dependence treatment and policy/advocacy oriented ties, directly resulting from participation in Global Bridges activities and training, indicating progress towards this goal. This first assessment of mapping the tobacco treatment training network in Africa and the Middle East will serve as a foundation for improving tobacco treatment as Global Bridges training increases.
A CASE STUDY FROM QATAR FOUNDATION FOR SOCIAL PROTECTION AND REHABILITATION
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Qatar Foundation for Social Protection and Rehabilitation

Background: Due to the rapid societal, economic and educational changes in Qatar (an Arab Moslem country) during the last a few decades, in addition to the rapidly growing problem of alcohol and drug addiction worldwide thus establishment of a rehabilitation center for patients with alcohol and drug related problems was of paramount importance. Moreover, families started to face social, psychological, legal and economic problems associated with culturally unacceptable behaviors in the conservative Qatari society. Therefore, the Qatar Foundation for Social Protection and Rehabilitation (QFSPR), a nonprofit organization, was inaugurated on third of May 2009 to help families to cope with these complicated problems. The QFSPR is the first ever rehabilitation center in Qatar which works with drug addicts. The center also aims to help persons with various forms of behavioral deviations and works towards general integration of individual personality.

Objectives: The purpose of this paper is to present the Qatari experience in addiction treatment and integration of the cultural background of the society into this treatment.

Methods: A case study that presents the addiction rehabilitation program used at QFSPR integrating the cultural background of the client.

Results: The case study showed that using programs that integrating the culture in Qatar could increase the client self-stem, which would help in increasing the chance of recovery

Conclusion: Integration of culture-specific backgrounds of patients within the well-known different treatment approaches could help to increase the chance of recovery.
SYMPOSIUM 2-2

KHAT RESEARCH PROGRAM: A MODEL FOR INTERNATIONAL COLLABORATION ON ADDICTION RESEARCH IN LOW/MIDDLE INCOME COUNTRIES

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Background: Substance Abuse (SA), specifically khat (Catha edulis) and amphetamine use, is highly prevalent in the South of Saudi Arabia. It is usually more prevalent among youth. This was the main reason to establish the Substance Abuse Research Center (SARC) in Jazan university at the South of the kingdom to lead the research on SA. SARC projects aim to get better knowledge on SA aiming to tailor an effective SA prevention program. in the Kingdom to start an effective prevention program.

Objectives: To present the success story of SARC as an example of a SA research center held in an Islamic Arab country where Muslims and specially Arabs used to deny the problem.

Methods: SARC was developed as the first center of excellency in Jazan region where khat use is highly prevalent. Following the guidance of the international scientific committee, SARC started to work on the local level to provide real data base on khat use among different community strata. SARC labs started to develop better understanding of the effect of khat on different body systems. On the other hand SARC prevention unit developed different scientific-based prevention programs to prevent khat use.

Results: SARC funded 13 small projects over three years 2012-2014 (the results of these projects will be presented). Through these projects SARC developed the first research-based data on khat use in the south of Saudi Arabia. According to the epidemiology of khat use SARC prevention unit developed different programs to prevent khat use according to the differences in the community groups.

Conclusion: Developing specialized centers to work on research and prevention of drug use is highly mandatory to prevent and control drug abuse on scientific bases.
SYMPOSIUM 2-4
PERSPECTIVES OF SUBSTANCE ABUSE COUNSELLORS ON PROVIDING TREATMENT IN GABORONE, BOTSWANA.

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Background: Although there is a widespread emphasis on integrating and implementing empirically validated treatments in substance abuse clinical practice, less attention has been paid to the treatment providers’ training and how their training and their work settings impact the implementation of these treatments.

Objectives: The purpose of the current study was to examine substance abuse counsellors’ training and how it relates to the way they implement treatment. The study also examined work environment variables that facilitate or act as barriers in implementing empirically validated treatment methods.

Methods: This study was a qualitative study in which focus groups and semi structured interviews were conducted with substance abuse counsellors’ at a substance abuse treatment facility in Gaborone, Botswana.

Results: Findings convey that the majority of the counsellors do not have extensive training in evidence based practices. Furthermore, the participants identified lack of culturally sensitive assessment tools, clients’ lack of motivation, and work overload as barriers in implementing empirically validated treatment.

Conclusions: The findings of the current study have implications on treatment efficacy hence recommendations are provided.
SYMPOSIUM 2-5

CURRENT RESEARCH ON ADDICTION AND MANTAL HEALTH IN EHIOPIA: A REVIEW OF AMECA SYMPOSIUM IN JIMMA, ETHIOPIA

Mulusew Gerbaba
Jimma University, Ethiopia
Background: Chronic or excessive khat use is associated with negative health consequences and in some cases psychiatric problems. However, no systematic attempt has been made to fully characterize individuals who are khat dependent users.

Objectives: To examine socio-demographic and psychosocial correlates of khat dependence in adult khat users.

Methods: A total of 270 khat users (129 women) residing in two cities in Yemen completed individual face-to-face interviews and provided demographic information and detailed information regarding patterns of khat and tobacco use, subjective distress, and sleep quality. The Severity of Dependence Scale-Khat (SDS-khat) was used to assess level of khat dependence.

Results: Regression analyses found that men reported more frequent khat use and higher levels of SDS-khat than women (p < .001). Greater SDS-khat scores were associated with earlier onset of khat use, regular vs. sporadic use of khat, longer duration of khat sessions per day, higher frequency of khat use per week, having physical symptoms after khat use, and increased likelihood of having thought about quitting khat (ps < .05). SDS-khat scores were positively associated with negative mood and sleep disturbances (ps < .05). Results on regular use, days of khat use, physical symptoms, negative mood, and sleep problems remained statistically significant after controlling for khat use status (concurrent users of khat and tobacco, khat-only users) and gender (women, men).

Conclusions: These results suggest that severity of khat dependence is characterized by male gender, greater frequency and intensity of khat use, increased negative affect, and impaired sleep quality. Our finding suggests the importance of the assessment of physical symptoms in khat dependence symptomatology. Future research should elucidate mechanism responsible for khat dependence and the mediating role of khat dependence in negative health consequences.
PAPER 6-2
KHALAT USE IN PEOPLE LIVING WITH HIV: A FACILITY BASED CROSS-SECTIONAL SURVEY

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Background: Khat is a plant whose leaves contain the amphetamine-like compounds cathinone and cathine. Many people in the Horn of Africa use khat on a regular basis. Adverse health and social consequences of khat-chewing have been described but little is known about the use of khat in people living with Human Immuno-deficiency Virus (HIV) in Ethiopia.

Objective: This study was conducted to assess the prevalence of khat use and associated factors in people living with HIV who are in contact with HIV services in a hospital in southwest Ethiopia.

Methods: A cross-sectional study was conducted among people with HIV who attended HIV services at Jimma University Specialized Hospital in September 2012. A structured questionnaire, translated into Amharic and Afan Oromo languages, was used to ask about the frequency of khat use and potential risk factors and consequences of khat-use in this patient group. Logistic regression analysis was used for bivariate and multivariable analysis.

Results: The overall prevalence of current khat use among people living with HIV was 23%. The prevalence was 18.3% and 33.6% among females and males respectively. Orthodox Christians were less likely to use khat when compared to Muslims. However, there was positive association between khat use and mental distress, smoking cigarette, alcohol use disorders, CD4 count <200cells/mm³ and missing ART drugs.
EVALUATIONS OF THE EFFECT OF SUBCHRONIC ADMINISTRATION OF CRUDE KHAT EXTRACT (CATHA EDULIS F.) ON LEARNING AND MEMORY IN MICE

Faiz Mohammed, Ephrem Engidawork, and Teshome Nedi

Background: People, widely, chew khat believing that it improves memory, make them alert and think clearly. This study was made to add to the existing body of knowledge about khat and memory.

Objective: To evaluate the effects of subchronic exposure of mice to crude khat extract on learning and memory.

Methods: Experimental study design using Multiple T maze (MTM) and Morris water maze (MWM) models was conducted. 36 albino mice, 6-8 weeks old, were administered orally with a single daily dose of khat extract for 30 days. The animals were divided into 4 groups. The first group served as controls and was administered with 0.5 ml 3% Tween 80 in water. Group two (K100), three (K200) and four (K300) were administered 100, 200 and 300 mg/kg khat extract, respectively. The animals were then subjected to the two models task performance. SPSS (One-way and Two-way ANOVA) was used to analyze Data.

Results: The result showed that subchronic administration of crude khat extract at doses used did not have a significant effect on learning using the two models. K200 (p< 0.01) and K300 (p< 0.001) significantly impaired short-term memory (STM) in both models, while K100 impaired STM in MWM but not in MTM. Khat at all doses used did not have any significant effect on long-term memory (LTM) using both models. It also had initially anorexic effect but this was followed by development of tolerance.

Conclusions: The study collectively showed that subchronic exposure of mice to khat could negatively alter STM, without affecting learning and LTM. It had also significant effect on initial loss of body weight. The effect of chronically administered crude khat extract, the effect of crude khat extract with nicotine, alcohol, and caffeine on learning and memory needs to be investigated.
**Background:** Khat use can lead to a loss of appetite and subsequent weight loss. This may be due to its structural similarity to other stimulants such as amphetamines, but only limited research has been conducted to examine this effect of khat. A review of the structural, behavioral and neurophysiological similarities between khat and amphetamines was conducted and will be presented outlining a future program of research.

**Objective:** To understand the role of khat (*Catha edulis*) use on the aberrations in appetite and weight which are common comorbidities for khat and other amphetamine users.

**Methods:** We provide a comprehensive overview and conceptual summary of existing literature on the structural, behavioral and neurophysiological similarities between khat and amphetamine abuse. We will outlines the historical cultural use of khat as a natural stimulant, describes the similarities and differences between cathinone (psychoactive ingredient in khat) and amphetamine and discusses the limited literature on the neurophysiology of appetite and subsequent weight effects of khat.

**Results:** Animal and some human studies indicate that khat produces appetite suppression, although little is known about mechanisms of this effect. Both direct and indirect effects of khat stem from multiple factors including behavioral, chemical and neurophysiological effects on appetite and metabolism. Classic and newly identified appetite hormones have not been explored sufficiently in the study of appetite and khat use. Unique methodological challenges and opportunities are encountered when examining effects of khat and cathinone including khat-specific medical comorbidities, unique route of administration, differential patterns of behavioral effects relative to amphetamines and the nascent state of our understanding of the neurobiology of this drug.

**Conclusion:** A considerable amount of work remains in the study of the appetite effects of khat chewing. We will outline a program of research that could inform our understanding of this natural amphetamine’s appetite effects. This will help prepare health care workers for the unique health effects of this drug.
PAPER 7-1

ADDICTIVE BEHAVIORS AMONG STUDENTS IN THE REGION OF SOUSSE (TUNISIA)


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Background: Addiction is a universal medical and social problem particularly among young people. In Tunisia, we have only few epidemiological studies on this subject which did not allow us to estimate the true extent of this problem.

Objectives: The purpose of this study was to estimate the prevalence of the use of nicotine, alcohol, volatile solvents, illicit substances and internet addiction among students in the region of Sousse (Tunisia) and to assess factors associated with them.

Methods: We conducted a cross-sectional study among students enrolled during the 2012-2013 academic year in the universities of the governorate of Sousse (Tunisia). Data collection was performed using an anonymous self-administered questionnaire of 84 questions divided into five sections exploring demographics, consumption of tobacco, alcohol, illicit substances and the use of internet. Data were analyzed using SPSS. Student t-tests and Chi-square tests were conducted to assess factors associated with these addictions at a significance level of 5%.

Results: A total of 556 students were included in the study. The prevalence of tobacco use in the last 12 months was 22.1% (n = 123), with a male predominance (41% vs 4.5%). Eighty four students (15.1%) have consumed alcohol, and 5.6% (n = 31) illicit substances at least once in their life. This consumption was more common among boys (28.4% vs. 2.8% for alcohol [p<0.01] and 9.7% vs 1.7% for illicit drugs [p<0.01]) and repeaters (22.6% vs 14.4% for alcohol [p<0.01] and 13.2% vs 4.8% for illicit substances [p=0.021]). As for Internet use, 230 (45.9%) students were regular Internet users and 18 (3.1%) had an addiction.

Conclusion: Among addictive behaviors of students in the region of Sousse, tobacco is the most consumed substance. The prevalence of other addictions is less alarming, but the introduction of new control strategies and the review of previous programs are needed.
LIFETIME PREVALENCE OF PSYCHOACTIVE SUBSTANCES USE AMONG MIDDLE SCHOOL STUDENTS IN MOROCCO

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Background: The use of psychoactive substances among adolescents in the north central region of Morocco has been poorly described.

Objectives: This study aimed at estimating substance use prevalence and determinants among middle school students in the north central region.

Methods: A cross-sectional survey was conducted from April 2012 to November 2013 in public middle schools to collect data from a representative sample of students, selected by a stratified cluster random sampling. An anonymous self-administered questionnaire was used to explore the smoking behaviors and substance use.

Results: 1657 students (56.4\% boys) aged between 12 and 18 years (average age = 14.7 ± 1.5\%) participated in this study. The prevalence of current smokers was 6.9\% (95\% CI: 5.7\% - 8.3\%). The study demonstrated that smoking prevalence increased with the age (4.1\% in [12-14], 18.6\% in [15-18], p <0.001), and differed considerably among boys and girls (19.2\% versus 2.5\%, p<0.001). The prevalence of students who have consumed psychoactive substances during their lifetime was 6.1\% (CI-95\%: 5\% - 7.3\%), with significant differences among boys and girls (10.5\% versus 0.4\%, p <0.001), and between age groups (1.7\% in [12-14], 9.8\% in [15-18], p <0.001). Among students consumers of addictive substances, the prevalence of cannabis use was 89.8\%, 39.8\% of alcohol, 27.6\% of volatile solvent, 13.3\% of benzodiazepines, 12.2\% of cocaine, and finally 4.1\% of heroin. Multivariate analysis showed that substance use was highly associated with the male gender (OR = 7.4, CI -95\% [4.7 to 12.5]), with age (OR = 1.2, CI-95\% [1.1 to 1.3]), and with feelings of insecurity in the family (OR = 3, CI-95\% [1.9 to 4.8]).

Conclusion: These results were alarming. As a matter of fact, it has become necessary to think about the establishment of specific programs and general strategies to reduce problematic psychoactive substance consumption by students.
THE PROBLEM OF SLOVENT INHALANT ABUSE AMONG THE UNPRIVILEGED STREET CHILDREN – A PRELIMINARY STUDY IN UPPER EGYPT.

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Background: Inhalant abuse is the self-administration of vapors of commercial products to achieve intoxication and is currently a serious worldwide health and socioeconomic problem. In Egypt, prevalence of inhalant abuse is common among street children who abuse cheap toxic substances that are widely available and not illegal. Little research was conducted to investigate the impacts of inhalants abuse in Egypt.

Objectives: Study of the size, patterns and attitudes of inhalant abuse among street children in Assiut, Upper Egypt.

Methods: A questionnaire was designed and contained 36 questions in 4 sections. The first section concerned with child information: age, education, work, etc. The second regarding knowledge about inhalants, substances abused and concurrent abuse of other substances. The third focused on reasons of abuse and impact of peers and family. The fourth section was about negative outcomes and knowledge about hazards and impact on social behavior. A sample of 120 children (10 to 18 years old) was randomly selected.

Results: 92% of children habitually abuse inhalants. 60% linked this to the comfort and relief they feel on inhalation; 88% attributed it to legality and not being arrested on purchasing or inhaling. 50.5% ascribed abuse to their job nature. Inhaled substances included: "Kolla" (local glue), gasoline and paints. 75% of children concurrently abuse other substances. 54.2% of children abused inhalant after family negligence; to "forget" their problems; or as proof of "manhood". 89% of children verified that being away from homes and absence of family encouraged abuse. 6.7% of children recognized inhalation hazards; 93.3% didn’t acknowledge that. 81.7% disclosed that inhalation makes them feel: lonely, too nervous, more violent, lies, leads to their illnesses, hostility and hating others.

Conclusion Majority of street children in Upper Egypt abuse inhalants without awareness of their hazards. The need exists for more rigorous actions towards this problem.
ADVERSE CHILDHOOD EXPERIENCES AND ADDICTIVE BEHAVIORS IN MEDICAL STUDENTS: A CROSS-SECTIONAL STUDY

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Background: Adverse childhood experiences (ACEs), such as abuse, household dysfunction, and neglect, have been shown to increase risks for engaging in addictive behaviors.

Objective: To assess associations of ACEs with tobacco use, alcohol abuse, drug use and sexual risky behaviors in medical students.

Methods: We performed a cross-sectional study with undergraduate medical students in the Faculty of Medicine of Monastir from May to July 2014. An Arabic version of the World Health Organization ACE questionnaire was used to assess childhood maltreatment. Logistic regression analyses were conducted to examine the extent to which adverse childhood experiences including physical abuse, sexual abuse, household dysfunction, and community violence were significantly associated with addictive behaviors.

Results: A total of 241 medical students were included in this study (181 females and 60 males). Of them 2.1% (5 students) were married. One out of three students (31.5%) reported at least one adverse childhood experience. The most commonly reported adverse experiences were household dysfunction and physical abuse (34.4% and 23.2%, respectively). Peer violence was mentioned in 21.2% cases. In our sample risky behaviors were reported in 16.2% cases (33.3% in males and 10.5% in females). Results show that experience of physical abuse increased significantly the likelihood of addictive behaviors in medical students (ORc = 2.05; CI95% [1.02−4.10]). Household dysfunction was also significantly associated with risk behaviors in students (ORc = 2.15; CI95% [1.01−4.58]).

Conclusion: These results suggest connections between childhood adversities and addictive behaviors among medical students. Future efforts should address the role of ACEs in increasing the risk for addictive behaviors.
CANNABINOID RECEPTOR POSITIVELY REGULATED PRO-OPIOMELANOCORTIN TRANSCRIPTION THROUGH ACTIVATION OF THE cAMP–RESPONSE ELEMENT-BINDING PROTEIN

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University Abdelmalek Essaâdi, Faculty of Sciences, Tétouan, Morocco.

Background: Cannabinoids regulate food intake through the modulation of hypothalamic neuropeptides, such as, NPY and POMC. This effect is mediated upon binding to the CB1 cannabinoid receptor. However, the molecular events leading to the regulation of gene expression are still not clear.

Methods: In the present study the intracellular cascade leading to POMC gene expression was studied in AtT-20 cells transfected with CB1 (AtT-20/CB1) and ICV injection with the CB1 agonist WIN 55,212-2 or inverse agonist AM251 in rats was used for the analysis of the immunoreactivity of NPY, α-MSH and β-endorphin in hypothalamic nucleus.

Results: pCREB-Ser\textsuperscript{133} increased hypothalamic POMC expression which was reflected by the increase of α-MSH and β-endorphin in the arcuate nucleus. Similarly WIN 55,212-2 increased POMC promoter activity in AtT-20/CB1, but not in untransfected AtT-20 cells, confirming the specificity of the treatment. The POMC promoter is primarily regulated by cAMP-response element (CRE)-binding protein (CREB) and the Nur family of transcription factors. WIN55,212-2 increased CREB transcriptional activity, while the AM251 had the opposite effect. Consequently, CB1 activation was found to increase CREB-Ser\textsuperscript{133} phosphorylation without affecting basal CREB protein levels. CB1 was previously described to inhibit the cAMP cascade through the Gi/o. In AtT-20/CB1 no changes in cAMP levels were recorded after WIN55,212-2 treatment, indicating that other signaling events must account for the increased pCREB-Ser\textsuperscript{133} levels. CREB can be also phosphorylated on this site by the PI3K/Akt pathway. Indeed CB1 activation increased pAkt-Ser473 phosphorylation in AtT-20/CB1 and this effect was abolished by the selective PI3K inhibitor LY29004 and by sequestering the Gbg subunits.

Conclusion: Altogether, this study shows that CB1 activates CREB independently of Gi/o in a mechanism involving Gbg and Akt, to increase POMC transcription. Considering the central role of POMC in metabolic processes these data highlight a new mechanistic action for CB1 on POMC regulation and metabolism.
THE GLOBAL PROBLEM OF SOLVENT INHALANT ABUSE - REGIONAL ASPECTS, PATTERNS AND HAZARDS

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Background: Solvent inhalant abuse is a serious global health and socioeconomic problem. Regionally, there are similarities and some discrepancies in the size and patterns of this problem in different countries. Our previous studies revealed that most street children in Upper Egypt abuse a toxic local household glue called “Kolla”.

Objectives: To assess the size and patterns of inhalant abuse in different regional countries. Identify the physicochemical and toxicological properties of “Kolla” in rats and assess its effects on behavior and brain neurotransmitters and explore the mechanisms underlying them. Evaluate effect of sniffing “Kolla” on liver and kidney functions and histopathology.

Methods: Physicochemical properties: (IR), (1H-NMR) and (GC-MS). Neuropharmacological tests: Effect on pentobarbital sleeping time, motor coordination using rotarod test and locomotor activity using activity cage. Behavioral changes: “Conditioned Avoidance” and "Radial Maize" tests. GABA, dopamine and 5 HT Brain levels: spectrophotofluorometrically. Liver and kidney functions: spectrophotometric or spectrophotofluorometric methods. Brain, liver and kidney histopathology: (Drury & Wallington, 1980). Doses: single and repeated inhalation of 2 concentrations of Kolla (5000 & 10000 ppm) and toluene (28225 & 56450 ppm).

Results: "Kolla" contains 15 volatile solvents including: toluene, hexane, n-octane and n ethylbenzene. Single inhalation of “Kolla” potentiated pentobarbital sleeping time. Higher concentrations antagonized this effect. "Kolla" Inhalation caused no obvious effects on reference or working memory, unconditioned or conditioned reflexes. Higher concentration caused loss of both reflexes. Single inhalation produced motor incoordination and decreased locomotor activity. Repeated daily inhalation increased activity.

“Kolla” inhalation increased GPT, Alkalinephosphatase, GOT, Urea and Creatinine serum levels and caused histopathological changes in brain, liver and kidney.

Conclusion: Kolla is a widely abused toxic inhalant. It contains at least 15 toxic solvents. Its single and repeated inhalation exerts remarkable neuropharmacological, toxicological and behavioral effects and changes liver, kidney and brain functions.
AN EVOLUTIONARY PERSPECTIVE ON ADDICTION

Tanya Calvey
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Background: Addiction has been defined as a chronic condition of motivation toward a substance or activity and can have positive or negative impacts on the individual depending on the item of addiction. There is either physical or psychological dependence on the substance that is characterised by tolerance to the substance as well as withdrawal and compulsive use.

Objectives: The objective of this review is to understand the bigger picture of addiction by revising the research done in animals and in humans who are predisposed and providing evolutionary insight into how and why the human species seems to be particularly vulnerable.

Results: There is archaeological evidence suggesting that humans were using psychoactive plant substances as far back as 13 000 years ago. Animals use psychoactive substances in the wild and as in humans, a smaller percentage of them become addicted to the point that it becomes life threatening. Dopamine is the neurotransmitter that is responsible not only for the reward from drug use, but also for learning, adaptability and innovation and has been a survival tool in the brains of animals since before the split of vertebrates and invertebrates. Extensive fossil evidence suggests that our adaptability to changing environments is the reason for our survival success as a species. This coupled with the mismatch between ancient and modern environments provides an evolutionary explanation of our current addiction problem. Evidence of the heritability of addiction is demonstrated through an extensive list of neural endophenotypes and there is also novel insight into the link between the addictive properties of sun exposure and winter depression in people with seasonal affective disorder.

Conclusion: Addiction is the price we pay for innovation and adaptability in our species.
Poster Session 1
(Friday, November 14; 10:15-11:15 & 15:00-16:00)

1. Neurotoxic effects of acute and sub-chronic inhalation of paint thinner on the cerebellum in mice (Hanaa Malloul, University Cadi Ayyad, Morocco)
2. Study of variables emotional at the teenagers: anxiety, depression and affectivity and of their impact on the consumption of psychoactive substances (Ibtissam Cherkaoui El-Malki, University Ibn Tofail BP 133, Morocco)
3. Epidemiological feature of addiction in Egypt: a systematic review of literature (Samar Elsayed, Mansura University, Egypt)
4. Methadone substitution treatment and sexual disorders (Asmaa Houmiri, University of Mohammed V Souissi, Morocco)
5. The circumstances of the first-time use of cannabis among young Moroccan students of Mohammedia (NM of Morocco) (Ilhame Jaouahir, Faculty of Science, Kenitra, B.P: 133, Morocco)
6. Prevalence of substance use among patients in a small psychology private practice (Seipone B. Mphele, University of Botswana, Botswana)
7. Which knowledge, attitudes and behaviors are linked to smoking among teenagers in the north center of Morocco? (Kacem Bendaou, Sidi Mohammed Ben Abdallah University, Morocco)
8. Perception of addiction risks with opioid analgesics among physician prescribers in Tunisia (Sonia Hamzaoui, Razi Hospital, Tunisia)
9. Addiction to video games among adolescents and young adults: uses, misuses, and associated factors (Dridi Anis, Razi Hospital, Tunisia)
10. Effect of drugs of abuse on aggressive behavior in schizophrenic patients (Bouyattas Lala Khadija, University Cadi Ayyad, Morocco)
11. Anger and tobacco consumption in Fez school of adolescents: MIMOSA pilot study (Haouat Amin, Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
12. Psychological profile of vulnerability for doping use and sport addiction (Ines Trabelsi, Razi hospital, Tunisia)
13. Depression and tobacco use among school adolescents: MIMOSA pilot study (Mounir Jaafari, Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
14. Smoking prevalence among adolescents in 9 cities of north and east of Morocco (Mounir Jaafari, Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
15. Dependence to Alphachloralose: exceptional case study (Hanane Zemmama, Ibn Al Hassan Psychiatric Hospital, University Hospital of Fez, Morocco)
POSTER 1-1
NEUROTOXIC EFFECTS OF ACUTE SUB-CHRONIC INHALATION OF PAINT THINNER ON THE CEREBELLUM IN MICE POSTER

Malloul Hanaa\textsuperscript{a}; Bennis Mohammed\textsuperscript{a}; Soraya L. Valles\textsuperscript{b}; Francisco E.O. Bordonau\textsuperscript{c} and Ba-M’hamed Saadia\textsuperscript{a}
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Background: Inhaled substances constitute a wide class of volatile inhalants voluntarily consumed for their euphoric effects. In Morocco, the paint thinner is the most commonly abused by adolescents of low income social class. Chronic exposure to organic solvents induces brain damages, as the disturbance of the balance and motor coordination mainly controlled by the cerebellum. Although the mechanisms involved in this effect are not well understood.

Objectives: The present study aimed to test the hypothesis that activation of glial cells by paint thinner may induce stimulation of signaling pathways and inflammatory mediators in the cerebellum, considering the possible role of oxidative damage and neuroinflammation in the pathophysiology of tissue damage in abuse of thinner vapors using a mouse model.

Methods: The rotarod test and the beam walking test were used to examine the acute and sub-chronic effect of different concentrations of paint thinner on the equilibrium and motor coordination, as well as we evaluated the expression of inflammatory mediators (Cox-2, iNOS and PPAR\gamma) after activation of nuclear factor kappa B (NF-kB) by using western blot and immunolabelling.

Results: Our results demonstrate that chronic thinner treatment up-regulates iNOS, COX-2 and PPAR\gamma in mice cerebellum by activation of oxidant-sensitive transcription factors NF-kB in glial cells. Furthermore, the immunohistochemical study showed a decrease in the number of positive NFkB neurons. These results suggest that the thinner causes degeneration of neurons proved by the decreased expression of nuclear factor kappa B.

Conclusion: These results suggest that the thinner causes degeneration of neurons proved by the decreased expression of nuclear factor kappa B. The paint thinner has adverse neurotoxic effects on the cerebellum. These effects associated with the abuse of inhalant, shown by the degeneration of neurons, could be considered irreversible. Other studies seem to be necessary to validate this hypothesis and many questions remain to be resolved.
Background: The use of substances such as tobacco, alcohol and cannabis among adolescents is a multi-dimensional phenomenon. Some teenagers have a superadded origin of psychopathological vulnerability towards the mentioned substances above. Thus, anxiety and depression illnesses trigger dependency among adolescents.

Objectives: This work would shed light on the exploration of the current consumption of the main psychoactive substances (tobacco, cannabis and alcohol) among adolescents in both middle and high schools, their reciprocal relations and possible links with psychological distress such as anxiety or depression.

Methods: This study is a descriptive transversal type performed by means of a questionnaire and psychological scales among 200 teenagers (16,75 ±1,77 years) attending school in Khemisset. The self-administered questionnaire is based on customs, attitudes and opinions related to psychoactive substances. The loss of autonomy over tobacco users is evaluated with the Hooked on Nicotine Checklist (HONC). Anxiety and depression are measured using the Hospital Anxiety, Depression scale (HAD), and «The Positive and Negative Affect Schedule (PANAS) » allow the evaluation of the positive and negative affectivity.

Results: According to the HONC, the results show that among 15.5% of students who smoke, 96.77% lose control of the amount of tobacco they consume. Dependent teenagers seem to be more anxious, more depressed and more emotional than non-addicted: almost one out of two consumers have depression and 40% are anxious.

Conclusion: The quick loss of autonomy among young smokers emphasizes the need of early interventions using the appropriate strategies to prevent adolescents of being addicted to tobacco. Tobacco consumption is often associated with anxiety and depressive symptoms, calling for strong need for professional researches, by the implementation of a frame of premature search.
Background: Epidemiological data on drug abuse in the Arab countries are still very scarce. No official reports can be gathered from many Arab countries where drug abuse is prohibited by legal and religious systems. In Egypt, with a population of 80 million inhabitants, drug addiction is considered one of the serious problems that worry both the people and government. It affects young people within their productive years. It may lead to many problems such as social mal-adaptation, decreased work productivity and job loss.

Objective: Review literature systematically about epidemiological feature of addiction in Egypt.

Method: A systematic review of literature

Results: The prevalence of substance use in males is 13.2% and 1.1% in females. Prevalence increases significantly in males of Bedouin origin, in seaside governorates, with lesser levels of education, and in certain occupations.

Conclusion: The prevalence of substance use is lower than Western countries and higher compared with a 1996 survey. The true population prevalence is probably higher due to underreporting. The demographic pattern reflects availability and accessibility to drugs.
POSTER 1-4

METHADONE SUBSTITUTION TREATMENT AND SEXUAL DISORDERS

Asmaa Houmiri, Souad Kajam, Jallal Toufiq, Fatima Elomari
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Background: Methadone is a substitutive treatment of drug opiate disorder. It allows addicts to stop illicit opiate consumption, without feeling withdrawal symptoms and reduce the risks associated with their use. However, the methadone may cause multiple side effects, including sexual disorders.

Objectives: The purpose of this study is to assess sexual function among patient receiving methadone substitution treatment in the National Center of treatment prevention and research on addiction at a Arrazi Hospital in Salé and to establishes the frequency of major sexual disorders.

Methods: The study involved 24 consent patients receiving Methadone substitution treatment in the in the National Center of treatment prevention and research on addiction at Arrazi Hospital in Salé. A hetero- questionnaire established for the purposes of the study, explored some parameters of sexual function (desire, excitation, orgasm), the level of satisfaction and different sexual function disorders according to DSM-IV-tr criteria.

Results: Our preliminary results indicated that only 18.5% of patients are satisfied with their Sexual relationships.

Conclusion: clinicians must beings aware of these problems for to implement strategies to help these patients and improve their quality of life.
POSTER 1-5

THE CIRCUMSTANCES OF THE FIRST-TIME USE OF CANNABIS AMONG YOUNG MOROCCAN STUDENTS OF MOHAMMEDIA (NW OF MOROCCO)

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Background: Cannabis is the most widely consumed illicit substance in the world with 119 to 224 million users and its consumption is stable [1]. A survey of Moroccan Ministry of Health (MEDSPAD 2005) found that the prevalence of cannabis use in older high school students aged 15 to 17 years in the capital of Morocco is 14% [2].

Objectives: The objective of this study is to determine the age and the circumstances of the first-time use of cannabis among young Moroccan students living in Mohammedia (North West of Morocco).

Methods: A cross-sectional study is conducted using a questionnaire among 50 male students of vocational training institute in Mohammedia, (NW of Morocco). The students are aged 18 to 26 years and are cannabis regular consumers.

Results: The results show that the first use of cannabis occurs at school (98%) where it was shared between friends (82%) freely in the most of cases (94%) or offered by one of these friends (94%). Always this act followed a successive regular smoking (83%) and never followed by regrets. Moreover, this first use took place during adolescence or early adolescence; the high rates are registered at 15 to 16 years (89%). At 11 years the rate was 8%, and just 3% at 17 to 18 years. Most students are unable to determine the real cause of trying this substance for the first time, but most of them approve that the lack of parental control, bad company and a lot of pocket money (although the families aren’t wealthy) are factors that contribute to this act.

Conclusion: This primary study sheds light on the conditions of first-time use of cannabis. Deeper investigations are needed to study the causes of addiction to this substance and for determining adequate methods of psychotherapy against this practice considered as a public health problem.
POSTER 1-6
PREVALENCE OF SUBSTANCE USE AMONG PATIENTS IN A SMALL PSYCHOLOGY PRIVATE PRACTICE
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Background: Research on the prevalence of substance use in private practice clinics in Botswana is very scanty.

Objective: To determine the prevalence of substance use in a private practice facility in Gaborone, Botswana.

Method: Purposive sampling

Results: Substance use was highly prevalent among the 15 to 25 year-old patients (40%), who reported using marijuana, cigarettes, and alcohol, followed by the 26 to 38 year-old patients (18.9%). The use of substances in both age groups was associated with increased impairment in different areas of functioning; significantly in the social and emotional functioning. For example, most patients in the younger group had run away from home, been suspended and/or expelled from school, and been in trouble with the law, inter alia. Among the younger group, there also were about 7% suicidal thoughts and 2% suicide attempt.

Conclusion: Substance use and suicidal ideation appear to be common among the 15-25 year-old patients visiting this practice and are associated with significant impairment. There is need for access to mental health services and focused interventions for children and young adults.
POSTER 1-7
WHICH KNOWLEDGE, ATTITUDES, AND BEHAVIORS ARE LINKED TO SMOKING AMONG TEENAGERS IN THE NORTH CENTER OF MOROCCO?

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Background: Smoking is a phenomenon that starts with adolescence and continues to adulthood. The use of tobacco has become frequent among Moroccan teenagers. The objective of this study is to determine the behaviors, attitudes, and smoking practices of the students in the north center of Morocco.

Methods: A study was conducted in the period between April 2012 and November 2013 in the public middle schools and high schools of two regions in the north center of Morocco. The researcher administered anonymous questionnaires to evaluate the consumption, knowledge, attitudes and practices related to tobacco.

Results: The sample of the study includes 3020 students (53% of males) between 16 and 21 year old. The global prevalence of smokers is 16.1%, while 9.1% are smokers, 7% are ex-smokers. Among cigarette smokers 70.6% use hookah, 42.8% sniff tobacco and 34.9% orally chew tobacco. This study demonstrates that there is a big difference in students’ knowledge according to their smoking situation: 85.8% of the non-smokers and only 14.2% (p<10^-3) of smokers confirm that consumption of tobacco is health threatening. Only 16.4% of smokers conceive that tobacco can cause cancer. A percentage of 47.7% of smokers see that campaigns fighting smoking are ineffective. A multi-varied analysis shows that the four determining factors which affect the consumption of tobacco by students are sex, age, educational level and the psychological stability as a family member.

Conclusion: It is essential that campaigns sensitize non-smoker students to the danger of tobacco.
PERCEPTION OF ADDICTION RISKS WITH OPIOID ANALGESICS AMONG PHYSICIAN PRESCRIBERS IN TUNISIA
Sonia Hamzaoui., Amira Maamri., Anis Dridi., Mohamed Ali Ben Mustapha., Haifa Zalila
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Background: Pain is a real issue of public health. Although many pharmacological and no pharmacological therapies are available, the management of pain patients often remains a therapeutic challenge for practitioners. Prescription opioid analgesics in the treatment of pain, especially in non malignant pain remain the subject of debate, because of the risk of addiction.

Objectives: To identify the perception of opioid analgesic's prescribers of addiction risks and the means how to detect and manage them.

Methods: It’s a descriptive study among 60 doctors of different specialties, opioid analgesics prescribers and working in the public sector (rheumatologists, orthopedists, oncologists, general practitioners). A questionnaire (10 questions) including open-ended questions or multiple choice, investigating the subject (proportion of patients may develop a dependency, checking clinical signs of an addiction, risks of occurrence of an addiction, what to do in case of dependence) was sent to them by email.

Results: Response rate was 70%. 72% of physicians think that 25-30% of patients treated with opioid analgesics may develop an addiction. The perceived risk of addiction refrained 50% of physicians from prescribing opioid analgesics to no malignant pain, whereas this wasn’t the case in malignant pain. Only 20% of physicians declared checking clinical signs of an addiction in monitoring their patients. The most frequent risk factors for dependence reported by doctors are duration of prescription, history of drug addiction, an addiction to other drugs and a concomitant psychiatric disorder. In case of addiction, 60% adapt the prescription, 25% refer their patients to an addiction specialist and 15% discontinue the opioid analgesics treatment.

Conclusion: Although 72% of physicians think that 25% of patients treated with opioid analgesics may develop an addiction, checking for dependence remains poor and therefore untreated by prescribers.
POSTER 1-9

ADDICTION TO VIDEO GAMES AMONG ADOLESCENTS AND YOUNG ADULTS: USES, MISUSES, AND ASSOCIATED FACTORS

Dridi A, Mâamri A, Ben Mustapha MA, Hamzaoui S, Zalila H

Background: With the video games exponential growth of influence, questions arise about its mental impacts.

Objectives The objectives of this study were to assess social characteristics, anxiety and depressive symptoms in a population dependent and not dependent on video games, in order to investigate the correlations existing between these characteristics.

Method: The study was conducted among 100 subjects, in July 2014. Data were collected through a global questionnaire constituted of several items. The global questionnaire consisted of a socio-demographic part, the Game Addiction Scale (GAS) which is a reliable tool for identifying and assessing problematic use of video games, and the Hospital Anxiety and Depression (HAD) Scale, designed to assess both anxiety and depression.

The questionnaire was broadcasted on the Internet, specifically in the forums dedicated to gamers and in young people’s forums.

Results: The group consisted of 100 subjects, 76 % male, with a mean age of 21.4 years. Average time spent in playing was 1.6 hour/day, mostly in online-role-playing games.

In the entire population, 60 subjects were considered dependent on video games and 40 subjects were not considered dependent. The results show that there are significant differences between the two populations, regarding the social characteristics, anxiety and depressive symptoms. In the dependent population, the number of hours spent playing per week (20.5 Vs 3.25), the score obtained on the HAD scale (12.8 Vs 4.2 for the depression subscale, 13.4 Vs 6.6 for the anxiety subscale) appeared more important than the scores obtained by the nondependent.

Conclusion: Video game addiction was shown to lead to suffering and to neglecting important areas of life. Other co morbid mental disorders as well as family conflicts and bullying experiences need to be considered in this population. We claim for longitudinal research to untangle the question of causality.
POSTER 1-10

EFFECT OF DRUGS OF ABUSE ON AGGRESSIVE BEHAVIOR IN SCHIZOPHRENIC PATIENTS

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Background: Psychotic disorders are most involved with violence and schizophrenia is a psychiatric diagnosis most often cited in the violence. The emergence of violence in schizophrenia is not explained by a single variable, but is the result of the interaction between the various factors related to the individual and society.

Objective: The aim of our study is to evaluate the impact of substance abuse in the risk of aggressive behaviors among patients diagnosed as having Schizophrenia in the hospital psychiatric of Marrakech.

Methods: The study involved 116 patients consecutively admitted in a 4-months period. Sociodemographic, clinical data and consumption of drugs of abuse were obtained through a review of the medical records and patient interviews. Presence of aggressive episodes, including type of aggression, severity and frequency, was assessed with the Aggression Questionnaire (AQ) Scale, and des data were analyzed using SPPS version 10.

Results: The aggression act in patients with schizophrenia showed that violent behavior is associated with young men with low socioeconomic status, substance abuse and an history of violence. Furthermore, we found that the most commonly used drug is tobacco (61.21%) followed by cannabis (29.31%). Our results demonstrated also that the main factor of aggressive behaviors was alcohol, tobacco and cannabis.

Conclusion: This prospective study assumes that schizophrenia was associated with an increased risk of aggressive behaviors especially with the consumption of drug of abuse. This association was attenuated by medecinal adjustment, suggesting a mediating effect. The relevance of the assessment of the use of drug of abuse, management and treatment in psychiatric patient with comorbidity needs further examination.
Anger and Tobacco Consumption in Fez School of Adolescents: MIMOSA Pilot Study

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Clinical Neurosciences Laboratory, Faculty of Medicine of Fez, Morocco

Background: Anger, especially among adolescents, is a basic emotion identified in an early developmental stage of hostility and aggression. Moreover, adolescence is known to be a crucial stage of life for the emergence of mental health disorders and substance use including tobacco.

Objective: The goal of this study was to assess the correlation between tobacco use and anger in adolescents in Fez, Morocco. A cross-sectional study was conducted in Fez schools recruit adolescents between 11 and 18 years-old. We used the State-Trait Anger Expression Inventory (STAXI); and Hooked on Nicotine Checklist (HONC) for assessing tobacco dependence.

Results: The total number of students included was 389 including 178 male and 209 female. The majority (92.8%) of adolescents have had never used tobacco during their lifetime. Within the 27 adolescents who smoked during their lifetime, 77.8% were male (n=21) and 22.2% were female (n=6). Eight students who had lifetime tobacco use reported use within the last 12 months (42.1% of lifetime users) and 6 lifetime users reported smoking in the past 30 days (31.6% of lifetime users). The STAXI-10 item total score was higher in lifetime smokers and adolescents who smoked within the past 12 months (p < .05). State anger was also higher in adolescents who smoked within the past 12 months (M = 13.71, SE = 0.81) than those who did not (M = 11.17, SE = 0.18; p < .05). These differences are no longer significant for students reporting use within the past 30 days.

Conclusion: Anger remains a very important consideration in smoking prevention in adolescents. The data suggests that state anger may be important for recent use (prior 12 months) but smaller sample sizes likely limited power to detect differences. Further studies with larger sample and prospective monitoring are warranted.
Background: Despite its benefits, practice of sport can sometimes be associated with negative effects. There seem to be two major risks: sport addiction and the use of doping substances.

Objectives: To study the psychological profile associated with vulnerability for doping and sport addiction.

Methods: This is a retrospective descriptive study involving 29 athletes from the sports medical center of Tunis. An anonymous self-administered questionnaire addressing sociodemographic and behavioral features was administered to the athletes. Rosenberg self-esteem scale and Hospital anxiety and depression scale (HAD scale) of Sigmond and Snaith were also administered.

Results: The average age of our athletes was 19.7 years, with a sex ratio of 1.23. Most of them were high schools. Among them, 55% perform 15 to 25 hours training per week. Fifteen athletes (52%) stated that they could use doping substances under medical supervision. In this group, none have reported using performance-enhancing drugs, 60% had a representation of sport based on self-surpassing, 73.3% were willing to organize their life often or very often in a way that fits their sportive activity and 66.6% reported feeling depressed or irritable in case of sport abstinence. In this group, 93% had a low or a medium self-esteem, one third of them was anxious and a fifth was depressed. In contrast, the group of athletes who said they were not ready to use doping substances had a sport representation based on leisure, health and confrontation with others. They said they were able to organize their life rarely or often in order to fit their sport practice. No cases of personality disorders were identified.

Conclusion: The risk of doping practice in order to increase performance may expose athletes to serious inconveniences. Hence, it is important to clarify the psychological profile of vulnerability to doping behavior in order to set control strategies.
POSTER 1-13
DEPRESSION AND TOBACCO USE AMONG SCHOOL ADOLESCENTS:
MIMOSA PILOT STUDY

Background: According to WHO, Depression is the leading cause of disease and handicap of the young aged from 10 to 19 years. Without early and appropriate treatment, many Complications can appear such as the suicide attempts and the use of substance. Several studies have shown that the proportion of smokers is higher among patients with major depression, and they are less likely to quit smoking.

Objectives: The goals of this study were to determine the prevalence of depressive disorders and tobacco use among school adolescents, and to examine potential correlations between depressive disorders and tobacco use.

Methods: In collaboration with Behavioral Medicine Laboratories at the University of Minnesota, the Minnesota-Morocco Stress and Addiction program conducted a cross sectional study in 6 schools in Fes, Morocco. A questionnaire was administered containing sociodemographic data, items on frequency and quantity of tobacco use, the Hooked on Nicotine Checklist (HONC), and The Center for Epidemiologic Studies Depression Scale (CES-D).

Results: We recruited 374 adolescents, aged 11-18 years. A total of 7.2% of students reported having smoked tobacco during their life, 2.4% during the past 12 months, and 1.8% in the last 30 days. Twenty-nine percent qualified for a possible depression (CES-D ≥ 16) and 36.4 % had a probable depression (CES-D ≥ 23). Among the adolescents who presented with a probable depression, 14.9 % were users of the tobacco (p < 0.0003).

Conclusion: Our survey shows that tobacco use among school adolescents is higher in males, and depressive disorders are more common among smokers of tobacco. The screening depressive symptoms should be systematic in any clinical and therapeutic interactions with adolescents who smoke in order to avoid any failure of care.
POSTER 1-14
SMOKING PREVALENCE AMONG ADOLESCENTS IN 9 CITIES OF NORTH AND EAST OF MOROCCO

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Background: Tobacco smoking is a major problem of public health in the world. It is responsible for 6 million deaths per year according to WHO. Currently there is an increase of smoking prevalence among children and adolescents who start smoking at early age.

Objective: The goal of this study was to evaluate the prevalence of smoking in the different provinces of North and east of Morocco, A comparative analysis of obtained data to previous surveys is also presented.

Method: We collected results of 9 surveys which were realized in schools between 2013 and 2014. The data was collected by the department of Pneumology of the University Hospital of Fez, Morocco. A questionnaire developed by WHO including CDC ATLANTA (Center for Control and Prevention of Diseases), and UNICEF was completed anonymously. The statistical analysis was achieved using SPSS 20.0.

Results: A total of 5,633 students from 9 provinces of Morocco participated in this survey. Age of recruited participants varied between 08 and 18 years (M =12.30 , SD =2.78 ). The Prevalence of students that had tried to smoke tobacco in their life was 12.91 %. Geographically, the rate varied between 6.6% in Nador province area (North-east) to 20.5 % in Oujda province area (East). The Prevalence of smokers during the achievement of survey varied between 3.8 % in Nador and 9.3 % in Sefrou (middle-north) with an average prevalence of 7.29%. The majority of smokers were male (81.81 %), while smoking prevalence increased significantly with age.

Conclusion: This work provides alarming information on smoking in Moroccan schools. Assessed rates are crucial information for developing any anti-tobacco program in National school.
Dependence to Alphachloralose: Exceptional Case Study

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Background: The criteria of substances use disorders are defined in the DSM-IV, minor changes are introduced in the DSM-V. These substances are well known all over the world by their psychoactive proprieties, but sometimes chemicals without psychoactive activity used in daily work are abused. We report on one such substance in this paper.

Clinical case report: A 26 years old patient was hospitalized 11 timed in Medical Emergency Department between 2005 to 2013 for voluntary repetitive rodenticide poisoning. At beginning the patient ingested rodenticide as a suicidal act in the context of a major depression. After 6 months, consumption of rat poison was not for suicidal intent but rather to obtain drowsiness and euphoria. Since 2006, the patient used rodenticide on daily basis with escalating doses to achieve the desired effects without major side effects. The patient expressed a persistent craving with unsuccessful efforts to stop. He became aggressive whenever decreasing or stopping the consumption of alphachloralose. The latest voluntary intoxication induced a short hospitalization in the intensive care department followed by admission to the psychiatric department. The psychiatric examination was negative for depressive symptoms or suicidal ideations. The trivialization of rodenticide taking was well observed. Diagnoses of schizophrenia or borderline personality were not supported. A toxicological analysis confirmed alphachloralose ingestion. This patient meets the main criteria of substances use disorder: dependence, abuse and tolerance according to the DSM IV-R. To our knowledge, no case of rodenticide addiction has been described in the literature. In most cases, it has been reported as deliberate suicidal intent or accidental ingestion. Our clinical case study presents a unique and novel form of addiction to a poison with no known psychoactive properties.

Conclusion: The dependence to alphachloralose is not elucidated yet, and the neurobiological and psychological mechanisms implicated have still to be clarified.
POSTER 1-16
PREDICTORS OF SUCCESSFULLY QUIT SMOKING IN A COHORT OF HEAVY CIGARETTE SMOKERS TREATED BY VARENICLINE IN MONASTIR (TUNISIA)
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Background: Varenicline, is actually considered as the most effective single agent for smoking cessation especially in heavy cigarettes smokers.

Objective: To identify predictors of successfully quit smoking at one year in heavy smokers treated by Varenicline.

Method: We carried out a prospective cohort study at the smoking cessation center of the University hospital of Monastir, Tunisia over a period of 18 months (from April 2009 to December 2010). The population study consisted of all heavy cigarettes smokers (≥ 20 cigarettes / day) without major depression disorders. A questionnaire was used to explore the patient's sociodemographic characteristics, smoking history, nicotine dependence (Fagerström test) and anxiety / depression (Hospital Anxiety and Depression Scale). A telephone survey was conducted in December 2011 to assess smoking cessation results. A multivariate logistic regression was used to identify predictors of successfully quit smoking.

Results: A total of 91 heavy smokers (89 men and 2 women) were included with a mean age of 33 years (SD 9). At the first visit, the mean daily cigarette consumption was 31 (SD 10) and the median fagerström test was 7. At follow up, 24 study participants (26.4%) were abstinent and the overall median abstinence was 20 weeks.

In the multivariate analysis successfully quit smoking was associated with a number of follow-up visits more than three (OR = 9.1 CI95% [2.5 – 33.6]) and having previous attempt to quit smoking OR = 6.8 CI95 % [1.6-30.4].

Conclusion: Results shows that Varenicline has acceptable efficiency in heavy smokers with a shorter duration of treatment.
Poster Session 2

(Saturday, November 15; 10:30-11:30 & 15:30-16:30)
POSTER 2-1

SOCIO DEMOGRAPHIC PROFILE AND INFECTIOUS COMORBIDITIES OF INJECTION DRUG USERS IN TUNISIA

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Background: The low availability of injectable drugs in Tunisia, makes the usage of opioids being almost made from the deviation of the use of alternative drugs for severe opiate addictions like the high dose buprenorphine (Subutex®).

Objectives: The aim of this study is to obtain specific knowledge on the injection drug use behaviour and the health status of IDU with a focus on human immunodeficiency virus (HIV), hepatitis C (HVC) and B (HVB) in drug users with injection of Bupenorphine high dosage (Subutex®).

Methods: A retrospective study was conducted on the records of patients who consulted the outpatient service of Razi hospital (Tunis) during a three year period (from 2011 to 2014), whose diagnosis of dependence to Subutex was retained and consulting for detoxication cure.

Results: 36 patients were addicted to Subutex. 94,44% were male. The mean age was 34,47 years. 47,22% had only a primary school level. 69,44% were unemployed. 80,5% were single. 76,5% had a legal background. 47,22% had a history of a stay abroad with a mean of 12,76 year of heroin use. The mean duration of Subutex® use was 4,86 years. Three quarters of consultants do not have any history of detoxification cure. The mean dosage of subutex® was 4,3 mg per day. The coocurrent use of alcohol, canabis, benzodiazepines and psychotropes was found. Only 20 patients were tested for the HIV and the HVB and C, among them 50% were HVC positive and 20% were HIV and HVC positive.

Conclusion: The injection drug users are exposed to severe infectious complications and the illicity of thoses uses marginallize them and retard their potential demand for detoxication cure.
Background: High prevalence of comorbid schizophrenia-addiction is currently a hot-topic of many published studies. Determinants of this association are not completely elucidated. Epidemiological studies in the general population and in populations with schizophrenia showed a high degree of overlap between schizophrenia and addictive disorders. The clinical pattern of drug schizophrenia in Fez remains unclear.

Objective: The aim of this paper was to assess the prevalence of comorbidity of different substances of abuse and schizophrenia, determine the epidemiological and clinical characteristics of schizophrenic patients with comorbid addictive features, and investigate a possible relationship between the severity of psychotic disorder and substance consumption.

Methods: We performed a cross-sectional study over a period of one year from July 2013 to July 2014 to assess the severity of substance abuse in 444 hospitalized patients. Schizophrenic patients were diagnosed according to DSM-IV-TR using the schizophrenia criteria. For each patient, demographic, clinical data and assessment of the schizophrenia severity were achieved using Positive and Negative Syndrome Scale (PANSS), Clinical Global Impression scale (CGI) and EGF. In addition, urine toxicology was performed to screen for cannabis, cocaine, heroin, amphetamine, benzodiazepine and barbiturate use. The Mini International Neuropsychiatric Interview was used to assess self-report of substances use.

Results: The use prevalence and dependence of substances among schizophrenic patients were 76% for tobacco, 66.5% for cannabis, 19.5% for alcohol, and 1.2% for cocaine. Patients with at least one substance dependence had an average age of 33.5 years (SD =9.213) with male predominance. The substances dependence was correlated to low socioeconomic status and education level. The paranoid type was the schizophrenia predominant clinical form, and most patients (73.7%) presented positive subtype.

Conclusion: Tobacco and cannabis are the most frequently used substances by schizophrenic patients. The predominance of positive symptoms is predictor of cannabis use and schizophrenia.
POSTER 2-3

CHARACTERISTICS OF HIGH DEPENDENT SMOKERS ATTENDING THE TOBACCO CESSION CENTER OF MONASTIR (TUNISIA)
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Background: Heavy nicotine dependence may be associated with various psychological and emotion regulation disorders including anger, anxiety, and depression. These disorders may reinforce continuous tobacco use and increase risk for relapse.

Objectives: This study aimed at exploring the characteristics of high dependent smokers compared with low dependent ones among patients attending a Tunisian tobacco cessation center.

Methods: We conducted a cross-sectional study among smokers attending the tobacco cessation center of Monastir in 2014 (n=150). A detailed smoking and health history was obtained via self-administered questionnaires during the pre-quit visit. We assessed level of nicotine dependence using the Fagerström Test of Nicotine Dependence (FTND), anxiety and depression using the Hospital Anxiety and Depression Scale (HAD), anger and anger expression using the State-Trait anger Expression Inventory (STAXI), withdrawal symptoms using the Minnesota Nicotine Withdrawal Scale (MNWS) and stress using the Perceived Stress Scale (PSS). We also measured the expired air carbon monoxide (CO).

Results: Eighty three participants had a FTND ≥7. High dependent smokers were more likely to report smoking automatically (p<10^{-4}) and peer smoking (p<0.029). They reported more caffeine intake (p<0.001) and less meals consumption (p<0.049) than low dependent smokers. Higher levels of tobacco dependence was associated with higher scores in craving (p<0.01), trait anger (p<10^{-4}), anger-out expression style (p<10^{-4}), stress (p<0.009), and anxiety and depression (p<0.015). It was also associated with increased daily number of cigarettes (p<10^{-4}) and expired CO levels (p<0.013). Perceived risk of developing tobacco-related diseases was the quitting motivation mainly reported by high dependent smokers (p<0.036). The nicotine replacement therapy dose was greater among this group of smokers (p<10^{-4}).

Conclusion: Our results demonstrate that heavy tobacco dependence is associated with high levels of perceived stress, craving, anger experience, and outward anger expression style. The extent to which these symptoms caused by nicotine dependence or themselves increased risk for tobacco dependence requires future research.
POSTER 2-4
SOCIO DEMOGRAPHIC CHARACTERISTICS AND RISK FACTORS OF SMOKING AMONG ADOLESCENTS IN SCHOOL
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Clinical Neurosciences Laboratory, Faculty of Medicine of Fez, Morocco

Background: Smoking has been described as pediatric epidemics since the majority of adult smokers started smoking in their teenager stage. Therefore investigating factors associated with youth smoking is very important.

Objective: Our goal was to evaluate the prevalence of smoking and the sociodemographic characteristics involved in smoking among school adolescents.

Methods: A cross sectional study was achieved in Fez city schools in collaboration with the University of Minnesota Medical School (USA). All participants filled out a questionnaire and completed the Hooked on Nicotine Checklist (HONC) and parent questionnaires.

Results: A total of 374 adolescents between 11 and 18 years-old were recruited. Few of the students (7.2%) reported smoking tobacco during their life, 2.4% over the last 12 months, and 1.8% over the last 30 days. The average age of first tobacco consumption was 13.32 years-old (SD =3.604), and the average number of cigarettes smoked per day was 4.75 cigarettes (SD =3,862). Other tobacco products used included water-pipe (4.9%), sniffing tobacco (5.4%), and sublingual tobacco (1.1%). Fifty percent of the adolescents had at least one tobacco smoker in their surroundings. Twelve percent of male participants smoked versus 3% of females (p=0.0003). The average age of smokers was 17 years-old (SD = 1.908) compared to 15 (SD =1.667) for non-smokers (p = 0.0005). Thirty-six percent of teenagers who reported family instability were smokers (p <0.05). Parents of adolescent smokers were older than non-smokers (p <0.05), the family income of smokers was lower (p <0.05), and finally families of smokers had more children (p < 0.05).

Conclusion: These results would allow for appropriate interventions for smoking prevention among adolescent smokers, particularly in schools. Future research should elucidate determinants of smoking in this population.
Background: The problematic use of alcohol is a major public health problem worldwide. The magnitude of the phenomenon is now well quantified by the amount of available epidemiological data. The risk increase of later dependence for early consumption justifies the prevention efforts and the priority given to the study of consumption patterns in this population.

Objective: The aim of our study is to identify particularities of the consumption of alcohol among young patients who were hospitalized at CNTRPA (National Center for Treatment, Prevention and Research in Addictions at Ar-Razi hospital).

Method: This is a retrospective survey, on record, made at the CNTRPA in the Psychiatric Hospital AR-RAZI, for a period of 3 ½ years from January 2011 to June 2014. Inclusion criteria: All the CNTRPA inpatients who present and presented an alcohol use disorder according to the DSM5. Available medical records and workable clinical informations. Exclusion criteria: Patients with non-problematic alcohol use. Medical records not available or unusable clinical information.

Results: The average age was 18, 9 [± 1.4], 67.7% were male, 35.5% had a family history of addiction. 100% of patients had other addictive behaviors, 35,5% with a personality disorder, 29% with a mood disorder, 12,9% with schizophrenia spectrum disorder and 3,2% with an anxiety disorder.

Conclusion: Epidemiological studies have shown that the earlier is the use of alcohol, the higher is the risk of subsequent dependency. Several risk factors are involved in this early consumption. Therefore, prevention campaigns and early detection of the use of psychoactive substances are highly important.
POSTER 2-6
ALCOHOL USE DISORDER AND PSYCHIATRIC COMORBIDITIES
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Background: Alcohol consumption is the third leading cause of morbidity and mortality in the world. 1% of gross domestic product in countries with high and middle income is spent on alcohol, much of which is represented by the cost of health care. Various epidemiological surveys show a strong correlation between alcoholism and psychiatric disorders. Thus, the NCS (National Comorbidity Survey) found that over a lifetime, another psychiatric disorder is associated in nearly half the cases.

Objective: Our study aims is to identify the major psychiatric comorbidities within the CNTRPA (National Center for Treatment, Prevention and Research in Addictions) inpatients hospitalized for problematic alcohol use.

Method: This is a retrospective survey, on record, made at the CNTRPA in the Psychiatric Hospital AR-RAZI of Sale, for a period of 3½ years from January 2011 to June 2014. Inclusion criteria: All the CNTRPA inpatients who presents and presented a problematic use of alcohol according to the DSM5. Available medical records and workable clinical informations. Exclusion criteria: Patients with non-problematic alcohol use; Medical records not available or unusable clinical information.

Results: The average age at onset of the consummation was 18,3 [± 4,6], 95.6% of patients had other addictive behaviors, 44.8% with a mood disorder, 22.6% with a personality disorder, 10.7% with an anxiety disorder and 8.3% with schizophrenia spectrum disorder.

Conclusion: The relationship between problematic use of alcohol and psychiatric disorders is common. These psychiatric comorbidities must be detected and systematically distinguished from induced psychiatric disorders for a better therapeutic management.
Background: Medically unexplained somatic complaints are among the most common clinical presentations in primary care in developing countries and they are considerable burden for patients and health care system.

Objectives: The aim of this study was to determine the prevalence of somatisation in comparison to psychologisation among a sample of Qatari patients who were visiting primary health care (PHC) centres and to investigate the clinical and socio-demographic characteristics of somatisers (STs) and psychologisers (PGs).

Method: The survey was conducted among PHC Qatari patients during the period from January to July 2007. About 2,320 patients were approached, of whom 1,689 agreed to participate and responded to the questionnaire. Among the studied Qatari patients, 404 patients were identified for clinical interview. The first stage of the study was conducted with the help of general practitioners, using the 12-item General Health Questionnaire. The second stage was carried out by a consultant using the Clinical Interview Schedule. A specific operational criterion was used to identify STs and PGs.

Results: The prevalence rate of STs among the total studied sample was 12.4%, while the PGs were 11.5%. Among the identified psychiatric cases, the proportion of STs (52%) was higher than PGs (48%). Most of the diagnostic categories were more prevalent among PGs. The dissatisfaction at work and stressful life events within 12 months before the onset of the presenting symptoms were the three postulated determinants which were significantly more among STs than PGs.

Conclusion: The prevalence of somatised mental disorder was little higher than the psychologised mental disorder. The prevalence of somatisation and psychologisation is comparable with other reported studies from the Middle-East and Western countries. Dissatisfaction at work and stressful life events were significantly higher among STs than PGs.
Background: Work related stress among nurses is a pattern of reactions occurring when they are presented with work demands not matched to their knowledge, skills or abilities, and challenges their ability to cope resulting in burnout, high turnover and poor patient care. Hence, this study would add a body of knowledge about the magnitude and associated factors of stress among nurses working in public hospitals of Addis Ababa, Ethiopia.

Objective: The objective of this study was to assess prevalence and associated factors of work related stress among nurses working in public hospitals of Addis Ababa, Ethiopia.

Methods: An institution-based cross sectional study was conducted in public hospitals of Addis Ababa in 2012. A total of 343 nurses were included in the study. Ethical clearance was obtained from Institutional Review Board of the University of Gonder and Amanuel Mental Specialized Hospital. Informed consent was obtained ensuring privacy and confidentiality throughout the data collection process. Data were collected by pre-tested and self-administered questionnaires using nursing stress scale. Data were coded, entered and analysed using EPI INFO 3.51 and SPSS version 20 software packages. Univariate, bivariate and multivariate analyses were done.

Results: A total of 320 nurses were participated, yielding a response rate of 93%. Mean age was 31 years ± 8.9 years. One hundred twenty one (37.8%) of nurses were stressed. Significant associations were found between nurses’ stress and gender (AOR=2.47, 95%CI (1.28, 4.77)), work shift (AOR=5.719, 95%CI (2.54, 12.9)) and illness (AOR=3.09, 95%CI (1.21, 7.89)). There were also significant associations between stress and marital status and work site/unit of the nurses.

Conclusion: Prevalence of work related stress was high. About one in four nurses working in public hospitals were stressed in their work places. For nurses to perform their jobs safely and proficiently, all stake holders should design stress reduction and management programs.
HELP-SEEKING BEHAVIOUR AND ASSOCIATED FACTORS FOR COMMON MENTAL DISORDERS AMONG JIMMA UNIVERSITY UNDERGRADUATE STUDENTS, JIMMA, SOUTHWEST ETHIOPIA

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Background: Most mental disorders have their peak period of incidence during young adulthood; however, young people are among those least likely to consult healthcare professionals during the time of emotional crisis.

Objective: This study aims at assessing help-seeking behavior and associated factors with seeking help for common mental disorders among Jimma University regular undergraduate students.

Method: University based cross-sectional study design with multi stage sampling technique was employed. Help sources were assessed using the Actual Help Seeking Questionnaire and mental health status was assessed using the 10-item Kessler psychological distress scale at cut-off limits of 6/7. A total of 760 students were involved in the study from November 8-28, 2012. Data was analyzed with SPSS version 20. Binary logistic regression analysis was used for both bivariate and multivariate analysis. Strength of association of the variables was described using odds ratio of 95% confidence level.

Result: From the total respondents, 58.4% (n=444) students were found to have current common mental disorders (CMD) while 7.9% (n=60) of the students reported idea of harming themselves. Of those with current CMDs, 78.4% (n=348) of the students had sought help for their problems. From those students who sought help 83.8% (n=896) sought help from one or more of the informal help sources. Parents, partners, intimate friends and religious leaders were the most frequently visited source of help. Overall level of satisfaction in life (OR=0.38; 95% Confidence Interval (CI) = (0.16, 0.86)), personal belief about the cause of mental illness (OR=4.73; 95% CI= (1.11, 20.19)) and having previous history of seeking help (OR= 0.16; 95% CI= (0.08, 0.34)) were found to have significant association with seeking any form of help.

Conclusion: This research showed that CMDs among students were high and majority of this student’s prefers the alternative source of helps than the biomedical treatment.
POSTER 2-10

COMMON MENTAL DISORDERS AND ASSOCIATED FACTORS AMONG HIV
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Background: the presence of HIV/AIDS increases the risk of development of mental disorders and the presence mental illness affects disease progression. The resulting co morbidity complicates help-seeking, diagnosis, quality of care provided, treatment and its outcomes, and adherence. Despite the fact that developing countries carry huge burden of both HIV/AIDS and mental illness, few data about the co-occurrence and factors associated is available in local setting.

Objective of this study was to assess the prevalence of CMD and factors associated among PLHA at Debre Markos referral Hospital in 2013/2014.

Method: An institution-based cross sectional study was conducted. A total of 412 patients selected by systematic sampling were interviewed with the Amharic version of the SRQ. Ethical clearance was obtained from Institutional Review Board of Debre Markos University. Informed consent was obtained from participants to ensuring privacy and confidentiality throughout the data collection process. The collected data were coded, entered and analyzed using EPI data and SPSS version 16 software packages. The association between variables was analyzed using logistic regression.

Result: A total of 412 PLHA were participated, yielding a response rate of 95.1%. Mean age was 37.9 years ± 10.05 years. Prevalence of common mental disorder was 24.3%. Significant associations were found between CMD and past psychiatric illness, ART regimen, marital status, HIV/AIDS disclosure and perceived stigma.

Conclusion: there was a significant burden of CMD among HIV-infected individuals in this setting. It is important to strengthen the link between HIV care and treatment services and psychiatric service. Hospital administrators should give better attention to inpatient mental health service including substance abuse treatment. Clinicians should always assess HIV-infected subjects for depression, anxiety and other common mental disorders to ensure early detection and treatment.
POSTER 2-11
SOCIAL ANXIETY DISORDER AND CANNABIS MISUSE
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Background: Cannabis is the most common illicit drug used in Morocco. The social anxiety disorder is an anxiety disorder characterized by fear of social situations that can cause a failure in daily life. People who suffer from this disorder are unable to work or perform the duties of everyday. Mostly, the likelihood of these people to use cannabis to reduce inhibitions and social tensions is much more important than in the general population.

Objectives: of this study were to assess the prevalence of social anxiety disorder in outpatient who suffers from a problematic use of cannabis.

Methods: The sample of this prospective study consisted of outpatients from the national prevention and treatment center addiction research. We used a questionnaire to specify social demographic characteristics of participants and social anxiety disorder based on DSM5 criteria’s.

Results: Our preliminary results indicated that the majority of participants (82.5%) with cannabis misuse reported that social anxiety disorder onset prior to cannabis use.

Conclusion: These results suggest that cannabis misuse is associated with a social anxiety disorder.

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Background: The 2001 global youth tobacco survey known as "GYTS" in which Morocco has participated, aimed at determining the prevalence of smoking among students aged from 13 to 15, and sought the implementation of control actions against smoking.

Objectives: The aim of this work was to describe the evolution of smoking prevalence in the north center of Morocco so as to assess the impact of actions against smoking.

Methods: A cross-sectional study was conducted from April 2012 to November 2013 in public secondary schools of two regions in the north center of Morocco. An anonymous self-administered questionnaire was used to assess tobacco use among a representative sample of students, selected by stratified cluster random sampling.

Results: A total of 1076 students aged between 13 to 15 years participated in this survey (52.8% boys). The results showed that the overall prevalence of current smoking was 7.2% (95%-CI: 5.7% - 8.9%) versus 4.2% obtained in “GYTS”. In fact, the prevalence of smoking among boys has increased from 3.9% in 2001 to 12.1% in 2013, and among girls from 1% to 1.6%. Indeed, the prevalence of hookah use has increased from 13.9% to 51.7%. Regarding the role of schools in educating young people about the dangers of tobacco in 2001, 34.5% of students were advised against the dangers of smoking compared to 47.6% in 2013.

Conclusions: The results of this study have showed an increase in the prevalence of smoking among middle school students, especially boys. As a matter of fact, it has become necessary for Morocco to revise the national tobacco control strategy to make it more effective by reinforcing cooperation between schools and parents in educating young people about the dangers of cigarettes and hookah smoking, while establishing smoking cessation sessions, and tobacco consultations in health centers.
POSTER 2-13

DUAL DIAGNOSIS TREATMENT
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Background: The increasing prevalence of comorbid psychiatric disorders and addiction has been shown by several large international studies. The management of these patients with a dual diagnosis presents some difficulties when it is established in reality because it involves an approach to both psychiatric and addictologique, which requires collaboration between two of these areas historically cleaved. Interest: This work presents the difficulties encountered in the management of comorbid patients suggesting ways to improve it.

Methods: From a literature review based on international data.

Results: The prevalence of abuse or substance dependence is high: 22.3%. The addiction started early in mental illness and profoundly alter its expression and the report of the patient care system. The management knows major problems such frequency of polydrug, exacerbation and severity of symptoms of mental illness, and the frequency of relapses.

Conclusion: Although it is desirable that structures receiving comorbid patients promote integrated care, it is not always possible and it is then necessary to move towards parallel processing which, to be effective, good articulation between psychiatry and addictology.
POSTER 2-14
ADDICTION TO CAFFEINE AND NICOTINE AMONG MEDICAL STUDENTS
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Introduction: The use of addictive substances among students, especially medical students and its potential psychiatric impacts on this young population is a major issue in terms of public health. Several studies have shown a higher rate of substance abuse among physicians compared to the general population.

Background: The purpose of this study is to investigate the prevalence of use and dependence on caffeine and nicotine among medical students.

Methods: This is a cross-sectional descriptive survey conducted over a sample of 100 medical students at Mohammed V Souissi University. It was based on an anonymous questionnaire assessing socio-demographic data. Nicotine dependence was assessed with the Fagerstrom Test. Caffeine dependence was assessed according to DSM IV criteria.

Results: The Prevalence of coffee consumption is 63% and the prevalence of smoking is 14%. 22% show coffee dependence, while 6% were dependent on tobacco, of which 2% having a low dependence, 3% having an average dependence and 1% having a strong dependence.58% of coffee consumers and 54% of caffeine dependent people are female. 98.85% of tobacco users are male and 100% of those dependent on nicotine are men.. 59.09% of coffee dependent students are living with their family, 22.72% live alone and 18.18% with their friends. 50% of tobacco dependent students live alone and 50% live with their families.

Conclusion: Medical students are a population at risk of dependence given the stress of medical studies and the easy access to substances. This dependence impacts on the quality of life at all levels, be it personal, social, or health.
POSTER 2-15

DEPENDENCE ON ZOLPIDEM: ABOUT TEN CASES
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Introduction: Zolpidem is an imidazopyridine with sedative and hypnotic properties. Although it was quickly and widely prescribed since it was put on the market in 1987, to the best of our knowledge, only few cases of zolpidem dependence have been reported. We report in this study, ten cases of zolpidem dependence who were hospitalized in psychiatric university hospital Ar-razi, Salé.

Objective: Assess the psychiatric profile of patients addicted to zolpidem in order to identify risk factors and to establish preventive measures.

Methods: A retrospective descriptive study conducted at the National Processing Center, Prevention and Research in Addictions (CNPRTA) Psychiatric University Hospital Ar-razi, Salé with patients who were hospitalized in the center and who have an addiction to zolpidem. The study was conducted during the period from January 1, 2013 to November 1, 2013. Statistical tool: SPSS Version 20.

Results: The mean age is 42.1 years. The sex ratio is 7 men / 3 women. 30% of cases exhibit polyaddiction including alcohol, cannabis and opiate analgesics. The maximum dose is reached about 1000 mg per day. The desired effect is predominantly anxiolytic in 80% of cases. However 20% of cases reported paradoxically psychostimulant effect. Anxiety and reboundis are the most described signs with a percentage of 90%. Anxiety disorders are the most common psychiatric comorbidity (60%).

Conclusion: The few cases described above allow us to deduce that zolpidem addiction is low if its high prescription rate is taken in consideration. Furthermore, there is a high but not quantified frequency of anxiety disorders. Prescribing to predisposed subjects needs to be discussed and monitored.
Backgrounds: Because religion is one way social groups control the behavior of their members, and most social groups recognize that excessive alcohol consumption leads to behavior that is not in the group's best interest. Almost all groups see drunkenness as a sin. Although there is a fair sized literature documenting the relationship of religiousness and spirituality with alcohol use.

Objectives: In this study, we tried to evaluate how religious beliefs and practices may play an important role in prevention of alcohol use and problems.

Methods: Participants were outpatients who completed a questionnaire on their levels of alcohol use, problems with alcohol use, reasons for drinking, perceptions of control over drinking, impulsivity, venturesomeness, irrational beliefs, neuroticism, and expectations of alcohol effects, depression, social norms, religious affiliation and religious importance and religious attendance.

Results: Our preliminary analyses of variance revealed that patient with no religious affiliation reported significantly higher levels of drinking frequency and quantity, getting drunk, celebratory reasons for drinking and perceived drinking norms than those of religious affiliation, while no significant differences across groups were found for alcohol use problems.

Conclusion: Our research suggests that there is a clear inverse relationship between various measures of religion (attitudes, beliefs, affiliations, behaviors) and alcohol use.