

## SCIENTIFIC ABSTRACTS

### A Large Cohort Study of the Mashhad Residents' Beliefs about the Effects of Alcohol on Common Health Problems

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**Background:** Religious beliefs, access to alcohol and country rules clearly have impact on people's attitudes towards alcohol consumption. In this large study, sociological perspectives of people have been assessed about the effects of alcohol on some of common health problems.

**Methods:** In this survey, 143 real estate owners in city of Mashhad were randomly selected and asked to give our questionnaire to every person who comes to their office. In the questionnaire people's idea about the effects of alcohol on 10 medical and psychological issues including diabetes, hypertension, concentration, thinking, memory, sexual function, cerebrovascular diseases, food digestion, obesity and hyperlipidemia was investigated. The answers were determined according to Likert scale from strongly agree to strongly disagree.

**Results:** In total, 8768 subjects that most of them were men (89%) were studied. Mean (SD, Min-Max) age was 38 (9, 24-65). Among the users, 2% used alcohol in the past week, followed by 22% in the last month, 43% in the last year and 33% in more than 1 year ago. 50% were using handmade alcohols, 10% were using brand products and the rest both. It was found that people on average believe that alcohol use has negative impact on thinking (mean (SD) score of Likert = 1.3 (0.5)), memory (1.6 (0.6)), blood pressure (1.6 (0.5)) and obesity (1.8 (0.7)). On the other hand, they believed that alcohol use has positive impact on sexuality (2.6 (1.0)) and food digestion (2.6 (0.9)). Men believed more positively about alcohol impact on digestion ( $P < 0.001$ ), thinking ( $P < 0.001$ ), obesity ( $P < 0.001$ ), sexuality ( $P = 0.007$ ) and diabetes ( $P = 0.022$ ) than women, and had less positive attitude with regards to blood pressure ( $P = 0.026$ ) and attention ( $P < 0.001$ ).

**Conclusion:** People should be educated about negative impacts of alcohol use on health. The preventive measures should be focused on special subpopulations such as men.

**Keywords:** Alcohols; Attitude; Health; Medical Sociology

### Alcohol and Cognition; From Neurotoxicity Prevention to Cognitive Rehabilitation

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Alcohol provokes different molecular pathways contributing to a clinically significant neurotoxicity in different brain areas. Affected cognition in alcoholics can influence both daily life functioning and alcohol craving management abilities. Preventing alcohol-induced neurotoxicity with different neuroprotective pharmacological interventions is receiving strong scientific backgrounds from published evidences done on animal models. But the question is how we can translate these evidences into clinical applications for active alcohol users. Cognitive rehabilitation with targeted and graded exercises has provided clinicians with new hopes for helping affected clients to retain their functions for a normal healthy life. Moreover, rehabilitation protocols for patients who have serious cognitive impairments due to chronic alcohol use disorder, current available interventional packages and future horizons for further studies in Iran should be addressed.

**Keywords:** Alcohols; Alcohol-Induced Disorders Cognition; Neurotoxicity Syndromes