

SCIENTIFIC ABSTRACTS

Principles of Psychotherapies for Alcohol Addiction

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Alcoholic beverages are assumed to be the most popular drinks which are being consumed after water. Though for people who drink alcohol in excessive amounts longer time would be taken to become dependent in comparison with other drugs. Alcohol causes more severe medical and social harm as well as many fatal accidents for its users. Non-medical interventions are still on the top of the list of evidence-based practices for alcohol excessive drinkers and dependents. Building motivations, enabling behavioral changes and modifying the social context are the elements of effective treatments. Then interventions like brief intervention, social skills training, motivational enhancement therapy, community reinforcement approaches, 12-step facilitation, behavioral contracting (for instance contingency management), cognitive – behavioral interventions are the most scientifically-based approaches used as treatments. Other novel and promising approaches for alcohol and drug dependence are third wave behavior therapies especially Acceptance and Commitment Therapy. It promotes an environment to support sobriety and puts a plan into action for the client to "start living" and finally sobriety as an indirect outcome of intervention.

Keywords: Alcoholism; Cognitive Therapy; Psychotherapy

Alcohol Policy Development: A Case of I. R. of Iran

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The harmful use of alcohol causes an estimated 2.5 million deaths every year, of which a significant proportion occur in the young. Alcohol use is the third leading risk factor for poor health globally. In response to harmful use of alcohol, World Health Organization developed a global strategy to reduce the harmful use of alcohol endorsed by the Sixty-third World Health Assembly in 2010. Parallel with international initiatives, and in response to epidemiological data on alcohol use disorders in the country and incidence of few cases of methanol intoxication mass epidemics, Iran Ministry of Health has formulated national policies on alcohol prevention, tackle, treatment and rehabilitation of alcohol use which were ratified in high rank national councils.

Following strategic objectives were proposed in national policy document: (a) 25% decrease in alcohol burden until the end of the plan in 2017 (b) To clearly define and institutionalize the role and responsibilities of governmental and civil society organizations in stabilization and reduction of burden of alcohol use disorders (c) To increase public awareness in different age groups about etiological factors, risks and consequences of alcohol use (d) To increase utilization of treatment, harm reduction and rehabilitation services in urban and rural areas (e) To prevent/tackle use of alcoholic beverages and (f) To decrease availability and increase the costs of alcohol related crimes.

A public health approach to address alcohol problem has been successfully adopted by Islamic Republic of Iran. To decrease sensitivity associated with alcohol use disorders from one hand and insufficiency of resources to develop new standalone programs on the other hand, Iranian Ministry of Health policy is to integrate alcohol programs within currently available network of drug treatment and health facilities. It is critical for responsible governmental and non-governmental organizations to implement the program in a culturally sensitive manner and to show the feasibility, acceptability and effectiveness of the programs during implementation phase.

Keywords: Alcohol-Induced Disorders; Alcoholism; Iran; Health Policy; Prevention