Research Abstracts

[Abstract:0814] Addiction

Relationship of pathologic internet use with social phobia and depression among medical students

Aybike Telkok¹, Ugur Cakir², Umit Tural¹

¹Department of Psychiatry, Kocaeli University, Faculty of Medicine, Kocaeli-Turkey
²Department of Psychiatry, Abant Izzet Baysal University, Faculty of Medicine, Bolu-Turkey
e-mail address: aybiketelkok@hotmail.com

Objective: In this study, it has been aimed to investigate the prevalence of Pathologic Internet Use (PIA) and its relationship with social phobia and depression among medical students.

Methods: The sample of the study consists of 437 students attending medical faculty in the academic year 2013-2014. Participants were assessed with socio-demographic form, Young Internet Addiction Scale (YIAS), Beck Depression Inventory (BDI) and Liebowitz Social Phobia Scale (LSPS). Acquired data was analyzed by using chi-square test, Mann-Whitney U test, one-way ANOVA test, Kruskal Wallis test and Spearman's correlation analysis.

Results: None of all the participants was found to be a pathologic internet user; however, the risky internet use (RIU) ratio was found to be 5%. There was no significant difference between genders in terms of RIU. Internet usage time per day, Beck Depression Inventory scores and Liebowitz Social Anxiety Scale scores were significantly higher in the RIU group compared to the non-RIU. It has been found that students use the internet most commonly for following social media, listening to music/watching videos and chatting. Males use internet for online gaming more than females while females chat and prepare homework more. No significant correlation was found between YIAS scores and smoking, alcohol use or accommodation situation.

Conclusion: Problematic internet use is a common problem among college students. In our study PIA and risky internet use rates were found lower among students of a medical faculty. Risky internet use is related to symptoms of depression and social phobia. Variables related to internet addiction and comorbid psychiatric disorders must be identified in order to define, prevent and treat problematic internet use.

Keywords: depression, internet, students


[Abstract:0829] Addiction

Relationship between severity of dependence with loneliness and perceived social support in individuals with alcohol and substance use disorder

Yagmur Agman¹, Sumeyye Kurtulus Calli¹, Selma Hilal Avci², Selma Huner¹, Rabia Bilici¹, Serhat Citak¹

¹Erenkoy Mental Health Training and Research Hospital, Istanbul-Turkey
²Istanbul Medeniyet University, Goztepe Training and Research Hospital, Istanbul-Turkey
e-mail address: yagmur_sever@yahoo.com

Objective: Alcohol-and-substance use disorder (ASUD) in our age has become an important problem. Research shows that loneliness is a relevant important factor in the use of substances; using substances is an attempt to cope with loneliness; in both initial and continuation phase of dependence treatment for an individual with alcohol dependence problems, the support of family and social environment is significant and improves treatment compliance. In ASUD cases, the relationship between severity of dependence with loneliness and perception of social support is emphasized.

Method: In Erenkoy Psychiatric Hospital, Treatment and Training Center for Alcohol and Substance Dependence (AMATEM), patients admitted for inpatient treatment and diagnosed with ASUD according to DSM-5 criteria between 1 and 31 January 2015 and healthy volunteers have participated in the study. Participants were administered the ‘Sociodemographic Data Form’ prepared by the researchers and ‘Addiction Profile Index (BAPI), ‘UCLA Loneliness Scale’ and ‘Multidimensional Scale of Perceived Social Support (MSPSS)’

Results: As preliminary data of the study, 27 ASUD patients and 14 healthy volunteers participated. All of the participants were male. The mean age of the participants was 28.70±11.39. The average BAPI score was 12.46±2.46. BAPI is determined and corresponds to the range of medium dependence severity. Of the patients, 14 (52%) were diagnosed with mild severity, 5 (18.5%) with moderate and 8 (29.5%) with high severity of dependence. Regarding UCLA loneliness scale cut-off score (56.64), 17% of participants had high general
level of loneliness score and 57% of these individuals are ASUD. 4 of the healthy individuals (28%) live alone, among ASUD ones only 2 (7%) live alone. Comparing MSPSS scores between healthy controls and ASUD patients, among subscale scores, a significant difference was demonstrated between friends (p<0.01) and private other (p<0.05) subscale scores with total MSPSS scores (p<0.05); there was no significant difference on the MSPSS family subscale and on the groups of UCLA loneliness scale (p>0.05). According to the BAPI scores, especially in patients with moderate and high severity of dependence, a positive correlation is found between MSPSS family subscale with the UCLA loneliness scale (r=0.64, p<0.05).

**Conclusion:** ASUD patients feel lonelier than people in the healthy group. An interesting finding of the study is that while the high and moderate severity dependent patients have a greater tendency to loneliness, family support perception is also at high levels. The results show the importance of family support in ASUD as well as the importance of increasing community awareness and social support in dependence as a disease.

**Keywords:** severity of dependence, loneliness, perceived support

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