

ABSTRACTS OF THE 8th ANNUAL CONGRESS OF IRANIAN PSYCHIATRIC ASSOCIATION

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1- Potassium Serum Level in Psychotic Patients Admitted to two Hospitals in Tehran

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Objective: Psychosis is a psychiatric disorder in which reality testing and interpersonal relationships in several important functional areas are impaired. Some biochemical disturbances occur during psychotic Period. In this way, once Serum Pptassium level changes may impact on cardiovascular system in psychotic patients and threaten them, we conducted the study to evaluate this topic.

Method: A prospective non-Randomised pre/post test study (Quasi-experimental) was conducted on 103 prepared samples obtained from 103 patients hospitalized in Imam Hossein and Taleghani Hospital during 2005-2006 in Tehran. All subjects were initially interviewed in the first day then considering inclusion / exclusion criteria, blood samples were drawn and Brief psychiatric Rating scales (BPRS) were completed by the researcher. A same process was repeated in the day before release. Data were analysed through Spearman-multiple regression, Paired test, chi-square and Kolmogrov-Smirnov tests.

Results: BPRS were Significantly different in the first and last days of hospitalization ($P < 0.019$) Serum Potassium levels of the first and last days were meaningfully different ($P < 0.05$) there was a negative correlation between the severity of psychosis in the first day and serum potassium level.

Conclusions: Psychosis disregarding other underlying factors may lead to the development of Hypokalaemia independently.

2- The Effect Of Concurrent Administration Of Typical Or Atypical Antipsychotic Drugs And Lithium On Lithium Ratio In Acute Manic Patients

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The lithium concentration in the plasma is assumed to give some indication as to the concentration of this ion in different organ cells especially in central nervous system. While the practical value of intracellular lithium measurement is controversial however, erythrocytes have proved to be useful for studying lithium concentration and its transport across the membrane. There are some reports suggesting that neuroleptic drugs are able to affect the erythrocyte lithium concentration (ELCs), although these studies have yielded inconsistent results. In the present study the effect of risperidone and olanzapine as atypical antipsychotic and haloperidol as standard typical antipsychotic on lithium ratio in 46 acute manic patients was studied. ELCs were measured using atomic absorption spectrophotometer. Clinical response was evaluated by using Young mania rating scale (YMRS). No significant difference was found between LRs and dose or type of antipsychotics. Also there were no significant differences between LRs and clinical response or remission. So the concurrent use of an atypical antipsychotics and lithium may not significantly alter the lithium transport in the erythrocyte and presumably in the nerve cells.

3- A Comparative Study on Blood- Borne Infection Among New and Old Injecting Drug Users (Idus) in Tehran

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Objective: The high prevalence of HIV and hepatitis B and C among injecting drug users (IDUs) in Iran has long been evidenced. Hence, harm reduction has become a predominant drug policy in Iran. According to the large number of IDUs in Iran which is estimated around 200,000, identification of the "most at risk groups" remains a priority. This study explores the effect of length of being IDU on blood-borne infections.

Methods: A sample of 904 IDUs was recruited in Tehran from treatment facilities and from drug users' hang-outs in public areas in equal proportions. ELISA testing for HBs-Ag, HBe-Ab, HCV-Ab and HIV were done. Positive HIV test were rechecked by Western blot. The results were analyzed based on categorizing IDUs as "new injector or old injector". The operational

definition for "new injector" included occurrence of first injection within 2 years prior to the study. A fourth of the sample thus fell into "new injector" category. Seropositive results were analyzed according to this factor.

Results: From the total of 904 IDUs enrolled into the Study, 226 (25.3%) reported to have a positive history of injection of 2 years or less prior to the interview. The prevalence of positive HIV testing among new injectors (4%) was significantly lower ($P=0.000$) than in old injectors (13.2%). Similarly, the prevalence for having been exposed to hepatitis C virus showed significant difference ($P=0.000$) between new injectors (18.4%) and other IDUs (40%). However, no significant difference was detected for prevalence of having been exposed to hepatitis B virus (47.7% vs. 51.7%).

Conclusion: This study revealed that prevention of drug habit from becoming IDU and control of high-risk injection behaviors or rapid return to non-IDU habit could result in lower prevalence of HIV/ AIDS and hepatitis C infections. However, hepatitis B infection in Iran seems to be correlated to other factors not covered in this study.

4- Bibliometric Analysis of the Research on Mood Disorders in Iran

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Objective: The Studies on the burden of disease in Iran revealed that psychiatric disorders ranked the second among all medical illnesses. Depressive disorders were shown to be the first morbid illness among women. The limitation in the resources legitimizes prompt scientometric review of past studies on the field. This may prevent unnecessary replications, clarifies the available national literature and defines the future prospects. To define a prospective view of the studies on mood disorders in Iran, we performed a bibliometric study on the related literature.

Method: All the papers from Iran which were published in the national and international scientific journals were assessed. Two Iranian databases; Iranmedex and Iranpsych, and two International databases Medline and Embase were searched. All the articles were assessed by three psychiatrists with good inter-rater reliability.

Results: In total, 973 articles could achieve the inclusion criteria. The subject of articles was depressive disorder (78.4%), bipolar disorder (7.8%) and suicide (10.2%). The increasing trend in the publication on mood disorders in Iran is found. Although there has been an upsurge in the publications on mood disorders in recent two decades in Iran, much of the studies have targeted depressive disorders. When

this trend analyzed into the research disciplines, the growth in the publications is understood to owe much too epidemiological (53.8%) studies. Methodology of researches was descriptive (32.8%), descriptive/analytic (39.5%) and analytic (28%). Analyzes of data revealed that the insignificant increase in published research on bipolar disorders has only started since 2000. Interestingly enough, the rate of publications in the international journals has shown a sharp increase since 2000.

Conclusion: This study shows that the proportion of the researches conducted on mood disorders are significant and it also shows a positive trend in recent years. Nevertheless, according to the prevalence of mood disorders, the whole scientific output is insignificant.

5- Personality Disorders, Tolerance or Intervention?

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Until nowadays, the treatment of patients with personality disorders was largely directed by clinical experience. However, in the past decade a series of important clinical trials, both of pharmacotherapy and psychotherapy, have been done. Personality disorders are chronic, but often improve with time. In fact, the prognosis for many personality disorders (PDs) is better than for most serious Axis I disorders. Since it difficult to determine whether improvement is naturalistic or the result of any specific intervention, randomized controlled trials (RCTs) are crucial. The treatment of patients with PDs is more hopeful than it was in the past. However, we have become overly dependent on pharmacological treatments, neglecting psychotherapies even when they are evidence-based. Yet there is much stronger evidence for the effectiveness of psychotherapy in PDs than for any pharmacological intervention. The main reasons psychological therapies are not more widely used is their cost and the length of time they need to be used. But different types of therapy can be effective, and some recent evidence suggests that we may be able to provide these treatments in a briefer and more practical way.

Future research needs to answer some questions. Since PDs are usually chronic, treatment research should move beyond short-term studies to examine long-term effects, and treatment effects need to be shown to be superior to naturalistic remission. Second, the effective factors common to all psychotherapies need to be more specifically identified. Third, we need to develop entirely new groups of drugs that specifically target the traits that underlie PDs.

6- Two Cases of Infanticide During a Single Period of Post-Partum Psychosis