Abstract

Aim: To evaluate the long-term outcome of male patients who had completed their first detoxification/rehabilitation programme in a specialized public sector facility in Saudi Arabia.

Design: A case-series determination of the re-hospitalized 10-year relapse rate in a random sample of the first seven-year admissions (1986-1993) followed by a case-control comparison between the relapsing versus the non-relapsing subgroups.

Setting: The 210-bedded Dammam Amal Hospital is exclusively devoted for the treatment of male substance-abusers. The management programme consists of a one-month detoxification/rehabilitation protocol followed by a variable period of aftercare group and support therapy using Twelve-Step Facilitation.

Participants: A sample of 504 male subjects randomly drawn from the first 3,877 consecutive new admissions.

Findings: The overall relapse rate was 59.7 percent. Ninety percent of relapses occurred within the first 42 months of discharge. The mean interval between discharge and relapse was 17 months, the median – 8 months and the mode – 2 months. The number of rehospitalizations per patient over ten years ranged from 1 to 18, the mean being 3.4 relapses. Logistic regression identified nine variables conjointly predicting relapse with a sensitivity of 78 percent, specificity of 66, and overall accuracy rate of 73 percent. These were: heroin dependence, nearby residence, criminal record, unemployment, divorce, longer duration of abuse, family history of addiction, severe psychosocial stressors and being a student.

Conclusions: Three fifths of treated substance abusers relapsed despite their completing the provided detoxification/rehabilitation programme. More extended and intensified programmes might be needed for subjects at predictably higher risk for relapse.

- Long term Outcome of Treated Addiction in Saudi Arabia: Predictors of Relapse in 10-year Follow-up / Sheikh Idris A. Rahim, Mahdi Saeed Abumadini, Mohamed Salah Khalil, Tareq Musa

- Dissociative Experience in Psychiatric Out-Patients Who Have Possession Belief / Mohammed A. Al Sughayir

- Depression in Elderly Patients Attending Primary Health Care Clinics in Baghdad City / Numan S. Ali, Amir A. Hussein

- Obesity in patients taking antipsychotic drugs in Southwestern Saudi Arabia / MEM Khalid and F.H. Al-Hashem, MBBS

- Tryptophan and sexual disinhibition / Taleb Al-Abdulmohsen

- Premenstrual syndrome: dissecting its psychological connections through five cases / Naseem A. Qureshi

- The Use of Selective Serotonin Inhibitors (SSRIs) in kleptomania treatment / Cicek Hocaoglu, Gokhan Kandemir

- The motives of attempted suicide and the diagnosis of psychiatric disorders of persons who attempted suicide / Oysma Khair, Omer Al-Mdefer
gender nor education had effect on belief in possession.

Conclusion: The results support previous findings suggesting a link between possession belief and dissociative phenomena among psychiatric patients.

Key words: possession, dissociation, Saudi Arabia.

Results: 208 elderly patients (115 females and 93 males) with age range from 60-90 years were studied. The mean age ± standard deviation was 75.7 ± 7.8 years. Among the cases, the presence of dissociative symptoms was significantly associated with high values of DES score. Neither gender nor education had effect on belief in possession.

Method: Case-control design with consecutive recruitment using semistructured interview of psychiatric out-patients at King Abdulaziz University Hospital, Riyadh. The subjects who believe in possession were compared to controls (46) compared to controls (43). All subjects completed the Dissociative Experience Scale (DES), Arabic version. Results: Cases showed significantly higher DES score than controls. Among the cases, the presence of dissociative symptoms was significantly associated with high values of DES score. Neither

Key Words: treated addiction, relapse rate, predictors of relapse, addiction in Saudi Arabia, source of funding: none.
index, using the key words "Tryptophan" and "sexual". We reviewed 6 articles featuring 15 cases. Where available, we noted and tabulated certain parameters for cases of sexuality increased or decreased by Tryptophan.

Results: We found 13 cases where sexuality had been increased by Tryptophan. The dose was 5gm/day or above in 9 cases, and 3 gm/day in 4 cases. We found 2 cases where sexuality had been decreased by Tryptophan. In both cases the dose was 3 gm/day.

Conclusion: Tryptophan can alter sexuality in both directions through changing serotonin availability in the brain. The direction of the effect appears to be dependent on the dose but also is affected by serotonin state prior to treatment. Tryptophan increases serotonin availability in the brain, an effect which might be reversed in higher doses. The proper dose for treatment of sexual disinhibition seems to be 2000 mg/day. This phenomenon can theoretically apply on any presumed serotonin deficiency state including depression and anxiety, as well as sexual disinhibition.

Key words: Tryptophan, serotonin, sexual disinhibition.

Method: We undertook a literature review through the PubMed database. We utilized the key words "Tryptophan" and "sexual". We reviewed 13 cases where sexuality had been increased by Tryptophan. The dose was 3 gm/day. In both cases the dose was 3 gm/day. We found 2 cases where sexuality had been decreased by Tryptophan. The dose was 5gm/day or above in 9 cases, and 3 gm/day in 4 cases. We found 2 cases where sexuality had been decreased by Tryptophan. In both cases the dose was 3 gm/day.

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deviation was 65.5 ± 6.6 and the prevalence of depression was 38.9%.

Statistical analysis showed that age, gender, economic, marital and physical statuses were significantly associated with depression.

Conclusion: The study shows that more than one third of the primary health care elderly patients had significant depression. None of them were previously identified by the primary health care physicians, which may have been due to lack of psychiatric training.

Key words: Depression, old age, prevalence, primary health care.

Tareq Al-Habeeb / Naseem A. Qureshi, Journals Review

- Premenstrual syndrome: dissecting its psychological connections through five cases / Naseem A. Qureshi, Tareq Al-Habeeb

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Abstract: The purpose was to unravel attempted suicide's motives, psychiatric disorders of persons who attempted suicide and admitted at King Fahd National Guard in Riyadh, and the difference between men and women, and suicides and non-suicides.

Cases and methods: The sample consisted of 365 attempted suicide-persons, who were admitted from 1.1.1984 till 31.12.2003. Medical files were studied and categorized according to ICD-9. Every case had its own form. "Chi-square" was used as a statistical significant test. Results: Women were 275 (75.3%) and men were 90 (24.7%). Saudis were 320 (88%) and non-Saudis were 45 (12%). The most common motive in women was familial or marital problems (FMP) (74%), followed by psychiatric disorders (PD) (12.9%). Whereas, in men, PD came first (37.3%) and FMP came second (32.8%). Occupational problems were shown as a motive in 43.4% of non-Saudis and only in 2.5% of Saudis. It was statistically proven that PD were diagnosed in men (88.9%) more than in women (77.1%). However, there was no statistically significant differences between Saudis and non-Sauds. The most common PD in men and women were mood disorders (62.4% in women and 47% in men). It was noticed that PD and addiction-associated problems were more in men PD than women.

Conclusion: 365 persons who attempted suicide were studied. FMP and PD were the main motives. Most persons suffered from some PD especially mood disorder.

Key words: Suicide attempt, male & female, suicide's motives, psychiatric disorder.
Journals Review

Summary:

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