P56.02

Randomized controlled trial of internet-based treatment of insomnia

G. Andersson*, L. Strom, R. Pettersson. *Uppsala University, Department of Psychology, Sweden*

This study investigated the effectiveness of an Internet-based intervention for people with insomnia. Participants who met the criteria for insomnia (N=109) were randomly assigned to either a cognitive behavioral self-help treatment or to a waiting-list control condition. Participants self-monitored their sleep for two weeks prior to the five week treatment program, and then registered for another 2-week period. Treatment consisted of sleep restriction, stimulus control strategies and cognitive restructuring. The drop-out rate was 24%. Results showed statistically significant improvements on total sleep time, total wake time and sleep efficiency. A subsample provided follow-up data for 9 months following treatment showing that the results were maintained. These results suggest that Internet-based self-help can serve as an important treatment option in the management of insomnia.

P57. Transcranial magnetic stimulation (TMS)

P57.01

Combining 1-Hz and 10-Hz rTMS in the treatment of depressives

A. Conca[1]*, W. Peschina[2], A. Hausmann[3], P. Koenig[1]. [1]*Regional hospital of Rankweil, Department of Psychiatry I;* [2]*Regional Hospital of Feldkirch, Department of Nuclear Medicine;* [3]*University Clinic of Innsbruck, Department of Psychiatry, Austria*

Objective: The aim of this pilot study was to investigate the augmentation properties of rTMS combining low and high frequencies.

Method: 36 depressed medicated in-patients were recruited and assigned to 3 different treatment modalities (each n=12). In group 1 we used the stimulus intensity of 110% of the motor threshold (MT) and the frequency of 10 Hz over the left dorsolatero prefrontal cortex (DLPC), over the right DLPC 110% MT and 1 Hz. In group 2 only the left DLPC was stimulated at 110% of MT and 10 Hz alternating with 110% MT at 1 Hz. In group 3 the standard stimulation over the left DLPC was performed.

Results: None of the treatment modalities was superior but different side effects were observed.

Conclusion: These preliminary findings suggest that rTMS at varying frequencies and stimulation placements exhibits different psychoactive properties of clinical relevance.

P57.02

Dynamics of vegetative regulation in transcranial magnetic stimulation of depressed patients

T.S. Melnikova, S. Mosolov, E. Tsoukarzi, S. Kapiletti. *Moscow Research Institute of Psychiatry, Russia*

Objectives: Transcranial magnetic stimulation (TMS) has recently been suggested to be effective for the treatment of depressive disorders. The investigation has established a relationship between the effect of therapy and vegetative regulation.

Methods: 20 patients according to ICD-10 criteria of major depressive episode were observed. All patients were examined with heart rate variability (HRV) ECG before and after treatment. The ECG parameters of spectrogram: VLF (Very Low Frequency), LF (Low Frequency), HF (High Frequency) reflect the influence of para- and sympathetic regulation on cardiac rhythm. Stimulation occurred over the right dorsolateral prefrontal cortex. The subjects received everyday 20 ms 1 Hz stimulation 1,6TL intensity from 8 cm diameter coil over 30 minutes (10 sessions per treatment phase).

Results: At the end of the study all patients had no essential changes in ECG data. There was some increasing of sympathetic and reducing of parasympathetic activity after TMS course. Under the influence of TMS spectrogram parameters were especially changeable in respondents.

Conclusions: The results of the study did not reveal toxic effects of impulse magnetic stimulation on vegetative characteristics. These results suggest that some baseline ECG-indexes can be used as predictors of response to TMS therapy.

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P58. Transcultural psychiatry

P58.01

Accessibility of drug treatment institutions for migrants in Germany

A. Heinz*, S. Krieg, C. Hunner, S. Penka. *Department of Addictive Behaviour and Addiction Medicine, Central Institute of Mental Health Mannheim, Germany*

Objectives: While drug and alcohol problems are pronounced in immigrant populations, their utilization rate of treatment facilities is low. We examined the legal and cultural factors that reduce accessibility of drug treatment, units for immigrants in Germany.

Methods: Structured qualitative interviews were conducted with 35 Turkish opiate-dependent patients and health care professional and explanatory models of addiction were examined among 144 German and Turkish youths with free listings and pile sorts. Furthermore, we conducted a literature search on the topic.

Results: Main reasons for the reduced utilization of drug treatment facilities were language barriers, previous experience with discrimination and fear of losing the legal right to stay in the country. Unlike German youth, Turkish subjects defined alcohol and nicotine as dangerous drugs and rejected terms such as "physical dependence" or "reduced control of drug intake" as inadequate to describe addictive behaviours. Only German subjects ranked anorexia and bulimia among the addictive disorders.

Conclusion: Problems of language and legal status and differences in the classification and description of addictive behaviour restrict migrants' access to the German drug treatment system.

P58.02

Psychiatric services to traumatized populations

M. Kastrup. *Rigshopitalet, Department of Psychiatry, Copenhagen, Denmark*

With increasing number of refugees or traumatized immigrants/internally displaced persons, presenting themselves for care the need to analyse available services becomes more urgent.

There has been a focus on specialized comprehensive rehabilitative services for such populations. Alternative possibilities

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