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Clinical implications of codependency as a model of health disorders associated with stress, in wives of men with alcohol dependence

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Introduction The potential adverse consequences, personal distress, shame and guilt presented by patients who suffer from codependency require a more in-depth understanding of the phenomenology of this disorder.

Objective To determine targets of psychotherapy work with the codependency wives of men with alcohol dependence (AD).

Aim To determine the features of clinical manifestations of codependency as a model of health disorders associated with stress.

Methods Integrated clinical-psychopathological and psychodiagnostic research, using anxiety and depression scales M. Hamilton, scale of psychosocial stress L. Reeder and methods for determining stress and social adaptation of Holmes and Rahe.

Results One hundred and sixty wives of men with AD, depending on the type of AD (TF Babor's classification), were divided into two groups: group A, 80 patients with AD type A and 80 their wives, and group B, 80 men with AD by type B TF Babor, and 80 wives. Comparison group consisted of 50 married women whose husbands are not suffering from AD.

All the wives of men with AD distortions emotional state of the prevalence of pathological manifestations of depression and anxiety clinically delineated levels and high levels of psychosocial stress and low stress, unlike women men without alcohol problems. It was found that the more severe psychopathological manifestations occurring in the wives of men with a family history, burdened alcohol and drug abuse (group B).

Conclusions Available data suggest that a single mechanism of family experiences a stressful situation, we were put in the basis for developing a comprehensive treatment measures and psychotherapeutic support codependent wives patients with AD.

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The Internet addiction and the correlation with the socio-economic crisis in students of University of applied sciences of Thessaly (TEI of Thessaly)

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Introduction Use of the Internet lately has significantly been increased worldwide. The time users spend browsing the Internet is constantly increased resulting to serious consequences incurred in personal, professional and social life.

Aim The purpose was to explore whether the economic crisis is affecting the use and addiction to Internet, whether the economic crisis is a risk factor in the appearance of addiction to the Internet

and if the occupation and the existence of extra-curricular activities act as barriers to the development of addiction to the Internet on students.

Methods A questionnaire was prepared based on the diagnostic tool IAT (Internet Addiction Test). The survey was conducted in June of 2014 on 632 students.

Result It was found that 6.2% of the sample population has moderately addictive behavior and 0.5% has a serious addiction. Addiction levels to the Internet are affected by someone working while studying and his monthly income, by daily time spent by the student in activities besides school, by the time spent daily on the Internet and by the operations mostly used. Also found that the risk of developing Internet addiction is higher among students who said they had difficulty paying their bills and Internet subscription and to those who due to economic crisis would stop all their activities in order to obtain money.

Conclusions The economic crisis is a factor that affects on Internet addiction and occupation and activities may act as a deterrent to the emergence of the phenomenon.

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Internet-use related addiction: The state of the art of clinical research

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Introduction In 2013, the American Psychiatric Association included Internet Gaming Disorder in the appendix of the 5th edition of the DSM-5, suggesting more research is necessary for the condition to be officially accepted as mental disorder. Criticisms have emerged as to the viability, validity and reliability of the proposed condition, and researchers have pointed out that the subsuming of Internet addiction under the umbrella term of Internet Gaming Disorder (as is the case in the DSM-5) is highly problematic. **Objectives and aims** The objective of this talk is to provide a comprehensive and inclusive analysis of clinical research of Internet-use related addictions from a holistic perspective, given the ambiguity of previous research in the field.

Methods A systematic literature review was conducted using the database Web of Science, and a total of 44 empirical and clinically relevant studies were identified.

Results Results indicated that the published clinical research studies can be categorized into four areas, including (i) treatment seeker characteristics, (ii) psychopharmacotherapy, (iii), psychological therapy, and (iv) combined treatment, each of which will be discussed.

Conclusions At the present day, both diagnosis and research of Internet-use disorders appears rather broad. Furthermore, there appears a need for developing a gold standard of clinical assessment. This will support the establishment of efficacious and effective treatments which need to be tailored to the individual help seekers' needs.

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