

GENERALIZED ANXIETY DISORDER AND ALCOHOL DEPENDANCY

Tanja Grahovac Juretić, Tomislav Lesica, Marina Letica-Crepulja,
Marina Protuder & Ika Rončević-Gržeta

University Hospital Center Rijeka, Psychiatric Clinic, Rijeka, Croatia

The case study presents a 48 year old patient that has been in continuous psychiatric treatment due to anxiety related symptoms and subsequent alcohol addiction for several years.

Clinical presentation is dominated by a combined anxiety syndrome: panic attacks, elevated generalized anxiety, anticipatory anxiety, and abundance of somatizations. Due to excessive worrying and tension, social and work functioning is preserved only through avoidance of specific situations which in turn requires intensified effort. The patient controls the overwhelming anxiety with overuse of alcohol and has developed an alcohol dependence syndrome hence feeling significant guilt and shame.

The patient has been hospitalized several times and treated with different combinations of psychopharmacotherapy and was included in outpatient hospital treatment for addiction disorders. At the moment, the patient is abstinent of alcohol for two months and is regular in his medication, socio-therapy and alcoholics' meetings.

Generalized anxiety disorder has high rate of psychiatric comorbidity, mostly psychoactive substance use, and is therefore diagnostically and therapeutically challenging.

GENERALIZIRANI ANKSIOZNI POREMEĆAJ I OVISNOST O ALKOHOLU

U ovom radu prikazati ćemo 48-godišnjeg bolesnika koji je unatrag niz godina u kontinuiranom psihijatrijskom tretmanu radi smetnji iz anksioznog kruga uz posljedični razvoj ovisnosti o alkoholu.

Kliničkom slikom dominira kombinirani anksiozni sindrom, uz panične napade, pojačanu tjeskobu generaliziranog tipa, anticipirajuću anksioznost te obilje somatizacija. Radi pretjerane brige i napetosti socijalno i radno funkcioniranje uspijeva održavati uz izbjegavanje određenih situacija, a što mu iziskuje pojačani napor. Preplavljujuću anksioznost bolesnik kupira prekomjernim pijenjem alkoholnih pića i razvojem alkoholnog ovisničkog poremećaja, radi čega potom osjeća izrazitu krivnju i sram.

Bolesnik je u više navrata bio bolnički liječen uz različite kombinacije psihofarmakoterapije, te je bio uključen u Dnevno-bolnički program za liječenje bolesti ovisnosti. Aktualno apstinira od alkohola unatrag dva mjeseca, redovit je medikaciji, u socioterapijskoj grupi te u KLA.

Generalizirani anksiozni poremećaj ima visoku stopu psihijatrijskih komorbiditeta, najčešće ovisničke poremećaje, što predstavlja dodatni terapijski i dijagnostički izazov.

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MENTAL HEALTH PROTECTION OF YOUNG PEOPLE - EFFECTIVE PREVENTION OF ADDICTION

Karmen Jureško

*Department for mental health protection, prevention and outpatient treatment of addiction diseases,
Public health institute of the Primorsko-goranska County, Rijeka, Croatia*

Mental health is part of general health - there is no health without mental health.

Since the basis for good mental health is largely formed in the first years of life, mental health promotion for children and young people is an investment in the future.

Education begins in the family by creating a safe and stimulating environment. Children should be raised for the confident and responsible behavior through which they preserve and improve their own physical but also mental health. We must love them, set clear boundaries and discipline them with love. If something (or all) of this lack we have dysfunctional families that are regularly recognized in the background of each addict. Taking addictive substances (legal or illegal) is now considered to be the most common and the most influential cause of both physical and mental health impairment and people's behavior disorders.

Numerous preventing programs for young people are directed towards promoting health and personal development, the development of life skills and acceptable models of behavior as well as to early detection and help in the prevention of risk factors for mental health.