

**ΕΡΕΥΝΗΤΙΚΟ ΠΑΝΕΠΙΣΤΗΜΙΑΚΟ ΙΝΣΤΙΤΟΥΤΟ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ  
ΝΕΥΡΟΕΠΙΣΤΗΜΩΝ ΚΑΙ ΙΑΤΡΙΚΗΣ ΑΚΡΙΒΕΙΑΣ «ΚΩΣΤΗΣ ΣΤΕΦΑΝΗΣ»  
Διευθυντής: Ε.Σ. Πατσούρης**



**Επιμέλεια Έκδοσης: Πετρούλα Πρασά**

**Εθνικό Κέντρο Τεκμηρίωσης και Πληροφόρησης για τα Ναρκωτικά (ΕΚΤΕΠΝ)**



**ΕΤΟΣ ΣΥΛΛΟΓΗΣ: 2017**

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## Πρόλογος Επιστ. Υπεύθυνης του ΕΚΤΕΠΝ

Φέτος το **Συμπλήρωμα στην Ελληνική Βιβλιογραφία για τα Ναρκωτικά και το Αλκοόλ** κλείνει 20 χρόνια έκδοσης. Για μια εικοσαετία όλο το ερευνητικό και συγγραφικό έργο των Ελλήνων επιστημόνων που σχετίζεται με τα ναρκωτικά και το αλκοόλ αποτυπώνεται ενδελεχώς. Στα 20 χρόνια υπολογίζεται ότι παρουσιάστηκαν περισσότερες από 3.000 δημοσιεύσεις από τις οποίες το 95% περίπου ανήκουν σε Έλληνες επιστήμονες.

Στόχοι της προσπάθειας αυτής υπήρξε ανέκαθεν η ενημέρωση των επαγγελματιών του χώρου, και η συνδρομή στο συγγραφικό και ερευνητικό τους έργο, η διευκόλυνση των φοιτητών στις σχετικές με τα ναρκωτικά εργασίες τους και η προβολή του ελληνικού επιστημονικού έργου με θέμα τα ναρκωτικά και το αλκοόλ.

Στους στόχους αυτούς συμβάλλει και η βιβλιοθήκη του ΕΠΙΨΥ, η οποία είναι ανοικτή στο κοινό και εμφανίζει αυξανόμενη επισκεψιμότητα.

Το **Συμπλήρωμα στην Ελληνική Βιβλιογραφία για τα Ναρκωτικά και το Αλκοόλ** περιλαμβάνει 64 δημοσιεύσεις και παρουσιάσεις σε συνέδρια, 56 από αυτές ξενόγλωσσες και 8 ελληνικές. Ο αριθμός είναι αυξημένος σε σχέση με το 2015.

Η **κυρία Πετρούλα Πρασά**, που είναι Υπεύθυνη του Τομέα Τεκμηρίωσης και Εκδόσεων και έχει την ευθύνη για τη λειτουργία της βιβλιοθήκης του ΕΠΙΨΥ, συλλέγει τις δημοσιεύσεις, τις ταξινομεί και επιμελείται την έκδοση αυτή κάθε χρόνο. Η κυρία Πρασά είναι επίσης Υπεύθυνη Διοικητικού Συντονισμού στο ΕΚΤΕΠΝ, έργο που, μεταξύ άλλων, έχει και απαιτήσεις επικοινωνιακών δεξιοτήτων. Ο επαγγελματισμός και η οργανωτικότητά της την βοηθούν να φέρει άριστα σε πέρας τα πολλά καθήκοντά της και ταυτόχρονα να είναι πολύ αγαπητή σε όλους! Είναι χαρά μου να έχω και φέτος την ευκαιρία να την ευχαριστήσω και να την συγχαρώ και ελπίζω να έχω την ίδια ευκαιρία για πολλά χρόνια ακόμα.

Η Ελληνική Βιβλιογραφία για τα Ναρκωτικά και το Αλκοόλ 2017, μπορεί να μεταφορτωθεί από τον δικτυακό τόπο του ΕΠΙΨΥ ([www.epipsi.gr](http://www.epipsi.gr)) και είναι διαθέσιμη σε CD.

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## Εισαγωγή

Ακόμα μια **Ελληνική Βιβλιογραφία για τα Ναρκωτικά και το Αλκοόλ** εκδίδεται από το Εθνικό Κέντρο Τεκμηρίωσης και Πληροφόρησης για τα Ναρκωτικά για το έτος 2018, με στόχο να αναδείξει το έργο των Ελλήνων επιστημόνων γύρω από πρόβλημα της χρήσης ναρκωτικών ουσιών και οινόπνευματων.

Στην έκδοση αυτή θα βρείτε 64 ελληνικές και ξενόγλωσσες επιστημονικές εργασίες που αφορούν στη χρήση ναρκωτικών ουσιών και οινόπνευματων, οι οποίες έχουν δημοσιευτεί σε ελληνικά ή διεθνή επιστημονικά περιοδικά από Έλληνες επιστήμονες. Θα βρείτε επίσης, τίτλους βιβλίων, αποσπάσματα κεφαλαίων σε βιβλία, πρακτικά συνεδρίων, καθώς και ανακοινώσεις σε συνέδρια που συλλέξαμε για το έτος 2017. Στις περισσότερες επιστημονικές εργασίες παρατίθενται οι διαθέσιμες προς εμάς περιλήψεις.

Η πρώτη Ενότητα της Βιβλιογραφίας περιλαμβάνει την ελληνική και ξενόγλωσση βιβλιογραφία για το αλκοόλ και η δεύτερη την ελληνική και ξενόγλωσση βιβλιογραφία για τα ναρκωτικά, χωρισμένη σε θεματικές υποενότητες.

Θερμές ευχαριστίες σε όλους τους συνεργάτες του δικτύου μας για τη συνεισφορά τους στο επιστημονικό μας έργο και φυσικά στο Υπουργείο Υγείας για την αμέριστη στήριξή του.

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**Έκδοση 2018:** ΕΠΙΨΥ (2018) *Ετήσια Έκθεση του ΕΚΤΕΠΝ για την Κατάσταση του Προβλήματος των Ναρκωτικών και των Οινοπνευματωδών στην Ελλάδα 2017*. Εθνικό Κέντρο Τεκμηρίωσης και Πληροφόρησης για τα Ναρκωτικά.

Το ΕΚΤΕΠΝ καταθέτει στο Ευρωπαϊκό Κέντρο Παρακολούθησης Ναρκωτικών και Τοξικομανίας (EMCDDA), σε ετήσια βάση (σύμφωνα με τις συμβατικές υποχρεώσεις του προς αυτό), ηλεκτρονικά θεματικά φυλλάδια στην αγγλική γλώσσα για την Κατάσταση του Προβλήματος των Ναρκωτικών στην Ελλάδα.



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**Ενότητα Δεύτερη: ΝΑΡΚΩΤΙΚΑ**

## Ενότητα Πρώτη

### ΑΛΚΟΟΛ



## Ξενόγλωσση Βιβλιογραφία

1. Anagnostopoulos, D., Giannakopoulos, G., et al. (2017). "The synergy of the refugee crisis and the financial crisis in Greece: Impact on mental health." Int J Soc Psychiatry. **63**(4): 352-358.

**Background:** The current global financial crisis that started in 2008 resulted in a significant decline in global trade, slowing/reversing economic growth worldwide, and a dramatic increase in public sector debt. At the same time, the global migrant/refugee crisis has reached extreme rates, with millions of people being forced to abandon their homes and communities because of war, political violence or related threats. There is a broad consensus about the deleterious consequences of these crises on psychological well-being, depression, anxiety disorders, insomnia, alcohol abuse and suicidal behavior. Although the separate consequences of economic recession and immigration are extensively discussed in previous research, we know very little about the processes through which the intersection of economic crisis and migrant crisis contributes to the vulnerabilities of natives and migrants during these crises. Of particular concern is the status of children, adolescents and their families, who constitute one of the most vulnerable groups in society. **Aim:** To discuss the contexts that economic and migrant crises shape and suggest possible effects of this intersection on mental health risks, especially among children, adolescents and their families, through reflecting on the recent experience in Greece. **Method:** Review of the literature and critical analysis of the effects of the confluent crises. **Conclusion:** The interactive effects of these two crises need further exploration. Novel and diverse models of psychological understanding need to be developed in order to manage the effects of the confluent crises. The role of mental health professionals is crucial in this respect, offering culturally flexible, accommodating and empathetic approaches, allowing healing and acceptance in the face of adversity.

2. Bamia, C., Orfanos, P., et al. (2017). "Self-rated health and all-cause and cause-specific mortality of older adults: Individual data meta-analysis of prospective cohort studies in the CHANCES Consortium." Maturitas **103**: 37-44.

**Objectives:** To evaluate, among the elderly, the association of self-rated health (SRH) with mortality, and to identify determinants of self-rating health as "at-least-good". **Study Design:** Individual data on SRH and important covariates were obtained for 424,791 European and United States residents, ≥60 years at recruitment (1982-2008), in eight prospective studies in the Consortium on Health and Ageing: Network of Cohorts in Europe and the United States (CHANCES). In each study, adjusted mortality ratios (hazard ratios, HRs) in relation to SRH were calculated and subsequently combined with random-effect meta-analyses. **Main Outcome Measures:** All-cause, cardiovascular and cancer mortality. **RESULTS:** Within the median 12.5 years of follow-up, 93,014 (22%) deaths occurred. SRH "fair" or "poor" vs. "at-least-good" was associated with increased mortality: HRs

1.46 (95% CI 1.23-1.74) and 2.31 (1.79-2.99), respectively. These associations were evident: for cardiovascular and, to a lesser extent, cancer mortality, and within-study, within-subgroup analyses. Accounting for lifestyle, sociodemographic, somatometric factors and, subsequently, for medical history explained only a modest amount of the unadjusted associations. Factors favourably associated with SRH were: sex (males), age (younger-old), education (high), marital status (married/cohabiting), physical activity (active), body mass index (non-obese), alcohol consumption (low to moderate) and previous morbidity (absence). **Conclusion:** SRH provides a quick and simple tool for assessing health and identifying groups of elders at risk of early mortality that may be useful also in clinical settings. Modifying determinants of favourably rating health, e.g. by increasing physical activity and/or by eliminating obesity, may be important for older adults to "feel healthy" and "be healthy".

3. Bromberg, J., Spirito, A., et al. (2017). "Methodology and Demographics of a Brief Adolescent Alcohol Screen Validation Study." Pediatr Emerg Care.

**Objective:** The aim of this study was to determine the psychometric properties of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) 2-question alcohol screen within 16 Pediatric Emergency Care Applied Research Network pediatric emergency departments. This article describes the study methodology, sample characteristics, and baseline outcomes of the NIAAA 2-question screen. **Methods:** Participants included 12- to 17-year-olds treated in one of the participating pediatric emergency departments across the United States. After enrollment, a criterion assessment battery including the NIAAA 2-question screen and other measures of alcohol, drug use, and risk behavior was self-administered by participants on a tablet computer. Two subsamples were derived from the sample. The first subsample was readministered the NIAAA 2-question screen 1 week after their initial visit to assess test-retest reliability. The second subsample is being reassessed at 12 and 24 months to examine predictive validity of the NIAAA 2-question screen. **Results:** There were 4834 participants enrolled into the study who completed baseline assessments. Participants were equally distributed across sex and age. Forty-six percent of the participants identified as white, and 26% identified as black. Approximately one quarter identified as Hispanic. Using the NIAAA 2-question screen algorithm, approximately 8% were classified as low risk, 12% were classified as moderate risk, and 4% were classified as highest risk. Alcohol use was less likely to be reported by black participants, non-Hispanic participants, and those younger than 16 years. **Discussion:** This study successfully recruited a large, demographically diverse sample to establish rates of the NIAAA screen risk categories across age, sex, ethnicity, and race within pediatric emergency departments.



4. Flouri, E. and Ioakeimidi, S. (2017). "Maternal depressive symptoms in childhood and risky behaviours in early adolescence." Eur Child Adolesc Psychiatry.

Longitudinal patterns of maternal depressive symptoms have yet to be linked to risky behaviours, such as substance use or violence, in early adolescence, when such behaviours may be particularly detrimental. This study was carried out to do this. Using data from the UK's Millennium Cohort Study, it modelled the effect of trajectories of maternal depressive symptoms at child ages 3, 5, 7 and 11 years on antisocial behaviour and delinquency at age 11 years (N = 12,494). It also explored their role in predicting moral judgement and attitudes to alcohol at age 11, important predictors of delinquent or antisocial behaviour and alcohol use, respectively. Latent class analysis showed four longitudinal types of maternal depressive symptoms (chronically high, consistently low, moderate-accelerating and moderate-decelerating). Maternal symptom typology predicted antisocial behaviour in males and attitudes to alcohol in females, even after adjusting for youth's age and pubertal status and after correcting for confounding. Specifically, compared to males growing up with never-depressed mothers, those exposed to chronically high or accelerating maternal depressive symptoms were more likely to report engaging in loud and rowdy behaviour, alcohol use and bullying. Females exposed to chronically high maternal depressive symptoms were more likely than those growing up with never-depressed mothers to support the view that alcohol use is harmless. While causal conclusions cannot be drawn, these findings suggest that preventing or treating maternal depressive symptoms in childhood may be a useful approach to reducing future externalising and health-risk behaviours in offspring.

5. Gatidou, G., Kinyua, J., et al. (2017). "Drugs of abuse and alcohol consumption among different groups of population on the Greek Island of Lesbos through sewage-based epidemiology." Sci Total Environ. : 633-640.

The occurrence of 22 drugs of abuse, their metabolites, and the alcohol metabolite ethyl sulphate was investigated in raw sewage samples collected during the non-touristic season from three sewage treatment plants (STPs), which serve different sizes and types of population in the Greek island of Lesbos. Using the sewage-based epidemiology approach, the consumption of these substances was estimated. Five target analytes, cocaine (COC), benzoylecgonine (BE), 3,4-methylenedioxymethamphetamine (MDMA), 11-nor-9-carboxy-delta-9-tetrahydrocannabinol (THC-COOH) and ethyl sulphate (EtS) were detected at concentrations above their limit of quantification, whereas the rest eighteen target compounds were not detected. THC-COOH was detected in most of the samples with concentrations ranging between <20 and 90ngL(-1), followed by EtS (range <1700-12,243ngL(-1)). COC, BE, and MDMA were present only in the STP that serves Mytilene (the main city of the island), at mean concentrations of 3.9ngL(-1) for COC (95% CI: 1.7-6.1), 9.4ngL(-1) for BE (95% CI: -1.6-23) and 3.2ngL(-1) for MDMA (95% CI: 1.2-5.1). Back-calculations to an amount of used substance indicated more intense use of drugs among city population than rural and University population with average values of 9.5 and 1.2mgday(-1) per 1000 inhabitants for COC (95% CI: -

1.43-20.4) and MDMA (95% CI: 0.52-1.85), respectively, and 2.8gday<sup>(-1)</sup> per 1000 inhabitants for tetrahydrocannabinol (THC) (95% CI: 2.4-3.1), the active ingredient of cannabis. Alcohol consumption was observed to be higher in the city population (5.4mL pure alcohol per day per inhabitant) than in the rural population (3.4mL pure alcohol per day per inhabitant), but the difference was not statistically significant. Consumption of THC differed significantly among the three STPs.

6. Georgakouli, K., Manthou, E., et al. (2017). "Exercise training reduces alcohol consumption but does not affect HPA-axis activity in heavy drinkers." Physiol Behav. **179**: 276-283.

**Background:** It has been suggested that physical exercise could have potential beneficial effects in substance abusers, which are based on both physiological and psychological theories. Although a few studies have examined the effect of exercise on alcohol intake and fitness in individuals with alcohol use disorders (AUDs), there is a gap in the literature concerning the physiological and biochemical mechanisms that could be affected by physical exercise in this population. **Purpose:** The purpose of the present study was to examine physiological and biochemical responses to exercise after an 8-week supervised exercise training (ET) intervention in heavy drinkers. The investigation was mainly focused on the relationship among exercise, opioids, the hypothalamic-pituitary-adrenal axis (HPA) activity and heavy alcohol drinking. **Methods:** Eleven (Age: 30.3±3.5yrs; Body Mass Index: 28.4±0.86kg/m<sup>2</sup>) male heavy drinkers volunteered to participated in an 8-week supervised intervention of moderate intensity exercise (50-60% of Heart Rate Reserve). All participants were exhibiting low physical activity and used to drink heavily. Before intervention, the participants were asked to record their daily alcohol intake without changing their physical activity levels for 4weeks (control condition). During the 8-week supervised ET intervention, participants were recording their daily alcohol intake and were motivated to increase gradually the duration and frequency of ET. Blood samples were collected prior to and after 4weeks of the control condition, the day before the beginning of the ET intervention, and at the end of the 4th and 8th week of ET intervention. Blood samples were analyzed for β-E, epinephrine, norepinephrine, adrenocorticotropin, cortisol, gamma-glutamyl transferase (γ-GT), aspartate transaminase and alanine transaminase. Physiological and alcohol-related indices were also examined. **Results:** The 8-week supervised ET intervention resulted in reduced alcohol consumption, reduced γ-GT levels, and fitness improvement in heavy drinker. ET intervention did not significantly change the hormonal responses. **Conclusion:** The results indicate that physical exercise could act as a healthy habit that can help individuals with AUDs reduce alcohol intake and improve health status; however, this is not related with changes in hormones associated with the HPA-axis.

7. Gilpin, N., Karanikas, C., et al. (2017). "Adolescent Binge Drinking Leads to Changes in Alcohol Drinking, Anxiety, and Amygdalar Corticotropin Releasing Factor Cells in Adulthood in Male Rats." PLoS One. 7(2).

Heavy episodic drinking early in adolescence is associated with increased risk of addiction and other stress-related disorders later in life. This suggests that adolescent alcohol abuse is an early marker of innate vulnerability and/or binge exposure impacts the developing brain to increase vulnerability to these disorders in adulthood. Animal models are ideal for clarifying the relationship between adolescent and adult alcohol abuse, but we show that methods of involuntary alcohol exposure are not effective. We describe an operant model that uses multiple bouts of intermittent access to sweetened alcohol to elicit voluntary binge alcohol drinking early in adolescence (postnatal days 28–42) in genetically heterogeneous male Wistar rats. We next examined the effects of adolescent binge drinking on alcohol drinking and anxiety-like behavior in dependent and non-dependent adult rats, and counted corticotropin-releasing factor (CRF) cell in the lateral portion of the central amygdala (CeA), a region that contributes to regulation of anxiety- and alcohol-related behaviors. Adolescent binge drinking did not alter alcohol drinking under baseline drinking conditions in adulthood. However, alcohol-dependent and non-dependent adult rats with a history of adolescent alcohol binge drinking did exhibit increased alcohol drinking when access to alcohol was intermittent. Adult rats that binged alcohol during adolescence exhibited increased exploration on the open arms of the elevated plus maze (possibly indicating either decreased anxiety or increased impulsivity), an effect that was reversed by a history of alcohol dependence during adulthood. Finally, CRF cell counts were reduced in the lateral CeA of rats with adolescent alcohol binge history, suggesting semi-permanent changes in the limbic stress peptide system with this treatment. These data suggest that voluntary binge drinking during early adolescence produces long-lasting neural and behavioral effects with implications for anxiety and alcohol use disorders.

8. Kritsotakis, G., Konstantinidis, T., et al. (2017). "The relationship between smoking and convivial, intimate and negative coping alcohol consumption in young adults." J Clin Nurs.

**Aims and Objectives:** To explore the gender-specific associations of smoking with Convivial, Negative Coping, and Intimate drinking contexts in young adults. **Background:** Alcohol and cigarettes co-use is common and to be more effective in prevention activities, we need to understand the drinking contexts that facilitate their co-occurrence. Design: Descriptive cross-sectional survey in the context of the LATO study (Lifestyle & Attitudes in a Student Population) in Greece. **Methods:** Of the 1138 students that provided full data during November-December 2012, those who have smoked  $\geq 1$  cigarette/last month were defined as smokers. Based on the 'Drinking Context Scale' (DCS-9), we created low, moderate and high probabilities of drinking in each context and in total. Multivariate logistic regression analyses were performed. **Results:** Participants reported higher probabilities to drink, in descending order, in the convivial (31.5%), negative coping (10.4%) and intimate (5.4%) contexts. Adjusted odds ratios for smoking were significantly higher for

individuals who reported a moderate (OR=2.15, 95%CI 1.51-3.05) to high (OR=3.64, 95%CI 2.59-5.11) probability of drinking in any context. Moreover, female participants with high probabilities for drinking in Convivial and Negative Coping contexts had higher odds ratios of engaging in smoking (convivial OR=1.87, 95%CI=1.23-2.85; coping OR=2.66, 95%CI=1.39-5.10) whereas this association was noticed only for convivial settings in male participants (OR=2.88, 95%CI=1.91-4.319). For women only, drinking in Intimate contexts was protective against smoking (OR=0.32, 95%CI=0.10-0.98). **Conclusions:** Smoking is differentially related to drinking context based on gender. Prevention interventions targeting smoking and alcohol co-use in late adolescence may be more effective if employing a context and gender-specific approach. This article is protected by copyright. All rights reserved.

9. Manthou, E., Georgakouli, K., et al. (2017). "Role of exercise in the treatment of alcohol use disorders." Biomed Rep. **4**(5): 535-545.

Excessive alcohol use can cause harmful effects on the human body, which are associated with serious health problems, and it can also lead to the development of alcohol use disorders (AUDs). There is certain evidence that physical exercise positively affects excessive alcohol use and the associated problems by leading to reduced alcohol intake. A literature search was conducted using the databases PubMed, Medline and Web of Science. The search terms used as keywords were: Addiction, abuse, alcohol use disorders, exercise training,  $\beta$ -endorphin, opioids, brain, ethanol and alcohol. The current study presents the studies that reported on the use of exercise in the treatment of AUDs between 1970 and 2015. The potential psychological and physiological mechanisms that contribute to the action of exercise were also reviewed, highlighting the role of  $\beta$ -endorphin and the hypothalamic-pituitary-adrenal axis in AUDs and the possible association among physical activity, the endogenous opioid system and the desire for alcohol. Only 11 studies were identified that refer to the effect of exercise on alcohol consumption and/or the associated outcomes. Six of those studies concluded that exercise may have a positive impact towards alcohol consumption, abstinence rates or the urge to drink. One of those studies also indicated that a bout of exercise affects the endogenous opioids, which may be associated with the urge to drink. Another 3 studies indicated that responses to acute exercise in individuals with AUDs are different compared to those in healthy ones. Generally, despite limited research data and often contradictory results, there is certain early promising evidence for the role of exercise as an adjunctive tool in the treatment of AUDs. Physiological and biochemical parameters that would confirm that exercise is safe for individuals with AUDs should be examined in future studies.

10. Martelli, C., Petillion, A., et al. (2017). "Neuropsychological Impairment in Detoxified Alcohol-Dependent Subjects with Preserved Psychosocial Functioning." Front Psychiatry. **8**: 193.

**Background:** Chronic alcoholism and its related cognitive impairments are associated with increased social, relational, and professional deficits which have a variable overall impact on social integration. These impairments are known to have varying severities and have rarely been studied among healthy alcohol-dependent subjects with preserved psychosocial functioning. Thus, the objective of this study is to describe neuropsychological performance in this particular population. **Method:** Twenty-nine socially adjusted alcohol-dependent men, hospitalized for a first or second withdrawal and abstinent for 3 weeks minimum, were compared to 29 healthy non-alcoholic controls. All subjects underwent clinical and psychiatric examination, neuropsychological tests of memory (M), working memory (WM), and executive functions (EF). Comparisons were performed using Student's t-tests or Mann-Whitney U tests. **Results:** No group differences were found on the Self-Reported Social Adjustment Scale (SAS-SR) or in the Mini-Mental State Examination. Compared to controls, patients had greater episodic, spatial, and WM deficits as well as slightly altered executive functions. In contrast, their executive functions (spontaneous flexibility, criteria generation, rule maintenance, and inhibitory control) were relatively preserved. **Conclusion:** Our sample of socially and professionally integrated alcoholic patients shows fewer cognitive deficits than described in previous studies. Our results suggest that early on, alcohol-dependent subjects develop compensatory adaptation processes to preserve social function and adaptation. Minor cognitive impairments should be screened early in the disease to integrate cognitive interventions into the health-care plan to thus eventually prevent further socio-professional marginalization.

11. Mason, M., Zaharakis, N., et al. (2017). "A longitudinal study predicting adolescent tobacco, alcohol, and cannabis use by behavioral characteristics of close friends." Psychol Addict Behav. **31**(6): 712-720.

Few studies have examined in detail how specific behaviors of close friends put adolescents at risk for specific types of substance use. Using a prospective, longitudinal design, we examined how well the substance use of 248 young urban adolescents was predicted by perceptions of their 3 closest friends' problematic behaviors: (1) using substances, (2) offering substances, and (3) engaging with friends in risky behavior (substance use, illegal behavior, violent behavior, or high-risk sexual behavior). Longitudinal multivariate repeated measures models were tested to predict tobacco, alcohol, and cannabis use and perceived closeness was tested as a moderator of the effects of perceptions of problematic peer behavior. Perceptions of peer substance use were significantly associated with tobacco use, and closeness moderated the influence of peer substance use and offers to use substances on tobacco use. Perceptions of problematic peer behaviors were not significantly associated with alcohol use and closeness was not significant as a moderator. Perceptions of peer substance use was significantly associated with cannabis use, and closeness moderated the influence of perceptions of peer risk behaviors, peer substance use, and offers to use substances on cannabis use.



Results implicate the importance of understanding problematic peer behavior within the context of close, adolescent friendships. Adolescents with close friends who were substance users, who made offers to use substances, and who engaged in risky behaviors were more likely to use tobacco and cannabis. Perceptions of young adolescents' close friends' behaviors influenced their substance use up to 2 years later.

12. Merianos, A. and Barry, A. (2017). "Examining the Impact of Alcohol and Other Drug Education Exposure on Student Alcohol Consumption." J Drug Educ. in press.

This investigation examined the association between alcohol and other drug (AOD) prevention/education programs and drinking behaviors among students aged 12 to 17 years. We conducted a secondary analysis of the 2013 National Survey on Drug Use and Health ( N = 17,736). AOD prevention/education was assessed in three school settings: special class, regular class, and outside regular class. Outcome variables included past year alcohol use and current heavy episodic drinking. Associations were assessed via one-way analyses of variance and multiple regression models. There was a significant effect of program exposure on alcohol use (  $p < .001$ ) and heavy episodic drinking (  $p = .002$ ). Regression results found AOD prevention/education exposure (  $p = .004$ ) was significant, indicating that exposure decreased past year use. No difference was found based on heavy episodic drinking. Increasing exposure to AOD prevention/education programs is warranted and encouraged.

13. Misouridou, E. and Papadatou, D. (2017). "Challenges in Engaging Parents in the Drug and Alcohol Treatment: The Professionals' Perspective." Qual Health Res.

Addiction treatment centers often fail to involve families in treatment. The aim of the present study was to explore the challenges that Greek mental health professionals encounter in their work with parents of drug and alcohol abusers. A qualitative study design was adopted, and five focus group discussions were conducted with 27 drug and alcohol professionals. The thematic analysis of their accounts revealed the key difficulties that professionals encounter in their collaboration with parents that included parental lack of involvement or over-engagement in treatment, unrealistic expectations, ambivalence or opposition to change, ethical dilemmas, and alliance issues, as well as collaboration challenges among therapists. Findings highlight the challenges of a family approach in the treatment of addiction, and underscore the value of clinical supervision in addition to specialized training, to help professionals work on their anxiety, anger, guilt, prejudices, and deception, when engaging parents in the treatment of their addicted child.

14. Papadopoulou, S., Hassapidou, M., et al. (2017). "Relationships Between Alcohol Consumption, Smoking Status and Food Habits in Greek Adolescents. Vascular Implications for the Future." Curr Vasc Pharmacol. **15**(2): 167-173.

**Background:** Addictive behaviours in adolescents such as alcohol consumption and smoking are rapidly increasing worldwide. **Objective:** No previous study has examined smoking status and alcohol consumption in adolescents of Northern Greece in relation to their food habits. Therefore, we assessed the smoking status and alcohol consumption, as well the food habits, of this population. **Method:** Adolescents (495 boys and 508 girls) aged 15±1 years old and 15±2 years old respectively, completed questionnaires regarding smoking, alcohol and food habits. **Results:** Tobacco use and alcohol consumption were reported by 9.2% and 48.1% of them, respectively. Of those that drank alcohol, 13.9% were also smokers. Older adolescents were more likely to consume foods high in fat and sugar, low in vitamins and minerals as well as foods, considered by them to be less healthy and prepared in a less healthy way. Moreover, smoker adolescents were less likely to choose foods considered to be healthy and prepared in a healthy way, whereas they were more likely to choose foods high in fat content. **Conclusions:** Both smoking and alcohol consumption may affect cardiovascular risk and the vasculature. Poor lifestyle (and risk of vascular events) can start at an early age.

15. Petrakis, I. (2017). "The Importance of Identifying Characteristics Underlying the Vulnerability to Develop Alcohol Use Disorder." Am J Psychiatry. **174**(11): 1034-1035.
16. Ragia, G. and Manolopoulos, V. (2017). "Personalized Medicine of Alcohol Addiction: Pharmacogenomics and Beyond." Curr Pharm Biotechnol. **18**(3): 221-230.

Alcohol addiction or alcoholism is the most severe form of problem drinking. A variety of treatment methods for alcoholism are currently available that combine medications, behavioral treatment and peer support. The drugs that are currently approved by the U.S. Food and Drug Administration (FDA) for treatment of alcohol dependence are disulfiram, naltrexone and acamprosate. For many patients, however, these treatments are not effective. Evidence from a number of studies suggests that various factors, both psychosocial and economic, as well as genetic variation, are significant contributors to interindividual variation both of clinical presentation of alcohol problems and response to a given treatment. The aim of the present review is to summarize and discuss different aspects of personalized medicine of alcohol addiction. We focus on pharmacogenomics and beyond, to include the genetics and epigenetics of alcohol addiction as well as other psychosocial and even economic factors that may affect response to alcohol addiction pharmacotherapy. It is anticipated that, within the next 5-10 years, personalized medicine of alcohol addiction will be a reality and it will help reduce the burden of alcoholism from society and increase the well-being and productivity of individuals addicted to alcohol.

- 17.Saridi, M., Nanou, A., et al. (2017). "Smoking Habits among Greek University Students after the Financial Crisis." Asian Pac J Cancer Prev. **18**(5): 1329-1335.

**Background:** University students worldwide seem to have increased rates of smoking, alcohol abuse, binge drinking episodes and harmful consumption trends, raising a serious public health issue. The aim of the present study was to investigate university students' smoking habits and exposure to secondary smoke amid a financial crisis. **Methods:** The present descriptive, correlational analysis was conducted at the University of Peloponnese. **Results:** The average age of the sample (n=203) was 24.9 years ( $\pm 7.6$  years) with 36.0% of the participants (n=73) being postgraduate students. Some 51.2% (n=104) of the participants said they didn't smoke and 46.3% (n=94, p=0.003) reported no secondary smoke exposure during the past week at home. The majority of the remainder initiated smoking at age 16-17 (48.5%, n=48), and 64.6% (n=42) said the financial crisis did not lead them to change their smoking habits. **Conclusions:** The majority of students support smoking ban laws in enclosed public spaces, but also their replies highlighted poor implementation on behalf of the state and the authorities. The financial crisis did not appear to have affected student smoking habits.

- 18.Sluik, D., Jankovic, N., et al. (2017). "Alcoholic beverage preference and diabetes incidence across Europe: the Consortium on Health and Ageing Network of Cohorts in Europe and the United States (CHANCES) project." Eur J Clin Nutr. **71**(5): 659-668.

**Background/Objectives:** It is unknown if wine, beer and spirit intake lead to a similar association with diabetes. We studied the association between alcoholic beverage preference and type 2 diabetes incidence in persons who reported to consume alcohol. **Subjects/Methods:** Ten European cohort studies from the Consortium on Health and Ageing: Network of Cohorts in Europe and the United States were included, comprising participant data of 62 458 adults who reported alcohol consumption at baseline. Diabetes incidence was based on documented and/or self-reported diagnosis during follow-up. Preference was defined when  $\geq 70\%$  of total alcohol consumed was either beer, wine or spirits. Adjusted hazard ratios (HRs) were computed using Cox proportional hazard regression. Single-cohort HRs were pooled by random-effects meta-analysis. **Results:** Beer, wine or spirit preference was not related to diabetes risk compared with having no preference. The pooled HRs were HR 1.06 (95% confidence interval (CI) 0.93, 1.20) for beer, HR 0.99 (95% CI 0.88, 1.11) for wine, and HR 1.19 (95% CI 0.97, 1.46) for spirit preference. Absolute wine intake, adjusted for total alcohol, was associated with a lower diabetes risk: pooled HR per 6 g/day was 0.96 (95% CI 0.93, 0.99). A spirit preference was related to a higher diabetes risk in those with a higher body mass index, in men and women separately, but not after excluding persons with prevalent diseases. **Conclusions:** This large individual-level meta-analysis among persons who reported alcohol consumption revealed that the preference for beer, wine, and spirits was similarly associated with diabetes incidence compared with having no preference.



## Ελληνική Βιβλιογραφία

Κοκκέβη, Α., Φωτίου, Α., & Καναβού, Ε. (2017). "Πανελλήνια Έρευνα για την Κατανάλωση Οινοπνευματωδών και τη Συνδεόμενη Βλάβη στο Γενικό Πληθυσμό 2015 — Έκθεση Κύριων Ευρημάτων". Ερευνητικό Πανεπιστημιακό Ινστιτούτο Ψυχικής Υγιεινής.

**Πλαίσιο/Στόχοι:** Η μελέτη του επιπολασμού της κατανάλωσης αλκοόλ και της συνδεόμενης βλάβης στο γενικό πληθυσμό της χώρας. Μέθοδος. Συλλέχθηκαν το 2015 στοιχεία στο πλαίσιο της Πανελλήνιας έρευνας του ΕΠΙΨΥ για την κατανάλωση οινοπνευματωδών και τη συνδεόμενη βλάβη στο γενικό πληθυσμό, το Ελληνικό σκέλος της πρότυπης Πανευρωπαϊκής Έρευνας για το Αλκοόλ και τη Συνδεόμενη Βλάβη στον Πληθυσμό, RARHA-SEAS. Διενεργήθηκαν 1519 τηλεφωνικές συνεντεύξεις στο νοικοκυριό με πανελλήνιο αντιπροσωπευτικό δείγμα του γενικού πληθυσμού ηλικίας 18-64 ετών. Αποτελέσματα. Τους 12 τελευταίους μήνες: 8,0% δεν κατανάλωσαν αλκοόλ (γυναίκες και 50-64 ετών), 44,0% κατανάλωσαν αλκοόλ σε εβδομαδιαία βάση (άνδρες και υψηλότερο εισόδημα), 10,5% ήπιαν καθημερινά (άνδρες και 50-64 ετών), 38,7% έφεραν τον τελευταίο χρόνο στο νοικοκυριό τους αλκοόλ από ανεπίσημες πηγές (περιοχές εκτός Αθήνας και Θεσσαλονίκης), 21,8% ήπιαν υπερβολικά τουλάχιστον μία φορά τον τελευταίο χρόνο και 7,3% ήπιαν υπερβολικά κάθε μήνα του προηγούμενου χρόνου (άνδρες και 18-34 ετών), 20,1% μέθυσαν έστω και μία φορά τον τελευταίο χρόνο και 2,4% μέθυσαν κάθε μήνα του προηγούμενου χρόνου (άνδρες και 18-34 ετών), 2,8% ανέφεραν τον τελευταίο χρόνο  $\geq 2$  βιώματα-δείκτες παθολογικής χρήσης αλκοόλ, κυρίως ενοχές και αδυναμία ανάκλησης γεγονότων (άνδρες). Συγκριτικά με το μέσο όρο των χωρών RARHA-SEAS, σε υψηλότερο ποσοστό έχουν πρόσβαση και έχουν καταναλώσει αλκοόλ στην Ελλάδα, αλλά σε χαμηλότερο ποσοστό αναφέρουν υπερβολική χρήση ή έχουν προβλήματα από το αλκοόλ.

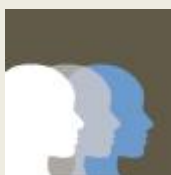
## Ενότητα Δεύτερη

### Ναρκωτικά

#### Θεματικές Υποενότητες



## 1. ΕΠΙΔΗΜΙΟΛΟΓΙΑ



### Ξενόγλωσση Βιβλιογραφία

1. Asimakopoulos, A., Kannan, P., et al. (2017). "Determination of 89 drugs and other micropollutants in unfiltered wastewater and freshwater by LC-MS/MS: an alternative sample preparation approach." Anal Bioanal Chem.

A liquid chromatography-triple quadrupole-tandem mass spectrometry (LC-qQq-MS/MS) method was developed for simultaneous determination of 89 legal neuropsychiatric pharmaceuticals and illicit drugs (both parent compounds and metabolites) and other micropollutants in unfiltered wastewater and freshwater. The target chemicals fall under the classes of amphetamine-type stimulants, cocaine compounds, opiates and opioids, benzodiazepines, lysergic compounds, antipsychotics, anesthetics, antiepileptics, antidepressants, sympathomimetics, cannabinoids, blood thinners, antihistamines,  $\beta$ -blockers, caffeine derivatives, nicotine derivatives, z-drugs, new designer drugs, and Alzheimer medications. The sample preparation procedure was designed for unfiltered wastewater and freshwater without the need to separate the particulate matter (if any) from the aqueous phase prior to extraction. Samples were pre-concentrated by rotary evaporation in the presence of a solvent. Method precision (absolute values; N = 6 replicate analyses at the fortification level of 50 ng, k = 6 days) for 87 out of 89 target analytes ranged from 2.8 to 34% (RSD %). The limits of detection ranged from 0.11 to 202 ng L<sup>-1</sup>, and the matrix effects ranged from +16 to -84%. A total of 10 samples, 8 wastewater, 1 drinking water, and 1 lake water, were collected from New York State, USA, and were analyzed for the target compounds to demonstrate the applicability of the developed method. This is the first study to report the analysis of multiple classes of pharmaceuticals, illicit drugs, and other micropollutants in unfiltered wastewater. Graphical abstract Analysis of 89 micropollutants in unfiltered wastewater by LC-MS/MS.

2. Detsis, M., Tsioutis, C., et al. (2017). "Factors Associated with HIV Testing and HIV Treatment Adherence: A Systematic Review." Curr Pharm Des. **23**(18): 2568-2578.

**Background:** The impact of the global economic crisis on HIV-related access and care remains unclear. The objective of this systematic review of the literature was to evaluate the association between socioeconomic factors and HIV diagnosis, and adherence to treatment, following the 2008 global

economic crisis. **Method:** A systematic search of PubMed and Scopus for studies published between January 2008 and October 2016 was conducted. Studies providing data on social, demographic, economic and cultural barriers associated with HIV diagnosis and treatment were included. **Results:** Of 33 studies included, 22 evaluated HIV testing and 11 evaluated treatment adherence. Medical history of a sexually transmitted disease, knowledge of HIV-related risks, and age, were significantly associated with HIV testing in most of the included studies. Absence of social support, and alcohol or substance use, were the most common factors associated with adherence. Financial factors were not as commonly found to be related to access to HIV diagnosis and HIV treatment adherence, compared to knowledge of HIV-related risks and social support. **Conclusion:** The identification of persons who are less likely to test for HIV, and to adhere to HIV treatment, may serve as a guide for public health interventions, especially in resource-limited areas.

3. Gatidou, G., Kinyua, J., et al. (2017). "Drugs of abuse and alcohol consumption among different groups of population on the Greek Island of Lesbos through sewage-based epidemiology." Sci Total Environ. : 633-640.

The occurrence of 22 drugs of abuse, their metabolites, and the alcohol metabolite ethyl sulphate was investigated in raw sewage samples collected during the non-touristic season from three sewage treatment plants (STPs), which serve different sizes and types of population in the Greek island of Lesbos. Using the sewage-based epidemiology approach, the consumption of these substances was estimated. Five target analytes, cocaine (COC), benzoylecgonine (BE), 3,4- methylenedioxymethamphetamine (MDMA), 11-nor-9-carboxy-delta-9-tetrahydrocannabinol (THC-COOH) and ethyl sulphate (EtS) were detected at concentrations above their limit of quantification, whereas the rest eighteen target compounds were not detected. THC-COOH was detected in most of the samples with concentrations ranging between <20 and 90ngL(-1), followed by EtS (range <1700-12,243ngL(-1)). COC, BE, and MDMA were present only in the STP that serves Mytilene (the main city of the island), at mean concentrations of 3.9ngL(-1) for COC (95% CI: 1.7-6.1), 9.4ngL(-1) for BE (95% CI: -1.6-23) and 3.2ngL(-1) for MDMA (95% CI: 1.2-5.1). Back-calculations to an amount of used substance indicated more intense use of drugs among city population than rural and University population with average values of 9.5 and 1.2mgday(-1) per 1000 inhabitants for COC (95% CI: -1.43-20.4) and MDMA (95% CI: 0.52-1.85), respectively, and 2.8gday(-1) per 1000 inhabitants for tetrahydrocannabinol (THC) (95% CI: 2.4-3.1), the active ingredient of cannabis. Alcohol consumption was observed to be higher in the city population (5.4mL pure alcohol per day per inhabitant) than in the rural population (3.4mL pure alcohol per day per inhabitant), but the difference was not statistically significant. Consumption of THC differed significantly among the three STPs.

4. Gountas, I., Sypsa, V., et al. (2017). "Treatment and primary prevention in people who inject drugs for chronic hepatitis C infection: is elimination possible in a high-prevalence setting?" Addiction **112**(7): 1290-1299.

**Aims:** To project the impact of scaling-up oral anti-viral therapy and harm reduction on chronic hepatitis C (CHC) prevalence and incidence among people who inject drugs (PWID) in Greece, to estimate the relationship between required treatment levels and expansion of harm reduction programmes to achieve specific targets and to examine whether hepatitis C virus (HCV) elimination among PWID is possible in this high-prevalence setting. **Design:** A dynamic discrete time, stochastic individual-based model was developed to simulate HCV transmission among PWID incorporating the effect of HCV treatment and harm reduction strategies, and allowing for re-infection following treatment. **Setting/Participants:** The population of 8300 PWID in Athens Metropolitan area. **Measurements:** Reduction in HCV prevalence and incidence in 2030 compared with 2016. **Findings:** Moderate expansion of HCV treatment (treating 4-8% of PWID/year), with a simultaneous increase of 2%/year in harm reduction coverage (from 44 to 72% coverage over 15 years), was projected to reduce CHC prevalence among PWID in Athens by 46.2-94.8% in 2030, compared with 2016. CHC prevalence would reduce to below 10% within the next 4-5 years if annual HCV treatment numbers were increased up to 16-20% PWID/year. The effect of harm reduction on incidence was more pronounced under lower treatment rates. **Conclusions:** Based on theoretical model projections, scaled-up hepatitis C virus treatment and harm reduction interventions could achieve major reductions in hepatitis C virus incidence and prevalence among people who inject drugs in Athens, Greece by 2030. Chronic hepatitis C could be eliminated in the next 4-5 years by increasing treatment to more than 16% of people who inject drugs per year combined with moderate increases in harm reduction coverage.

5. Paraskevis, D., Kostaki, E., et al. (2017). "Molecular tracing of the geographical origin of HIV-1 infection and patterns of epidemic spread among migrants who inject drugs in Athens." Clin Infect Dis. **65**(12): 2078-2084.

**Background:** High numbers of HIV-1 infections among people who inject drugs (PWID) have been diagnosed in Athens, Greece since 2011. We aimed to trace the geographic origin of HIV-1 infection for migrant who inject drugs and to investigate whether transmissions occur more frequently among migrants than among Greek nationals. **Methods:** Multiple cross-sectional studies were pooled to assemble all persons diagnosed with HIV-1 in Greece between 1/1/2011-31/10/2014. Phylogenetic analyses used maximum likelihood estimation. The hypothesis of ethnic compartmentalization was tested by reconstructing ancestral states of characters at the tips using the criterion of parsimony over a set of bootstrap trees. **Results:** Of 2,274 persons, 38.4% were PWID. Phylogenetic analyses showed the existence of four major PWID-specific local transmission networks (LTNs): CRF14\_BG (437, 58.6%), CRF35\_AD (139,

18.6%), subtype B (116, 15.6%), and subtype A (54, 7.2%). Of 184 non-Greek PWID, 78.3% had been infected within the PWID-LTNs. For 173 (94.3%), the origin of their infection was assumed to be in Greece (post-migration). For PWID infected within LTNs, transmissions for subtype A and CRF14\_BG occurred more frequently among migrants than would be expected by chance (phyloethnic study). **Conclusions:** Our analysis showed that the majority of infections among migrants occurred post-migration. The existence of significant transmission networking among migrants highlights that this population is a priority for HIV prevention. Since molecular analysis can estimate the probable country of HIV infection, it can help to inform the design of public health strategies.

6. Perry, N., Remmert, J., et al. (2017). "Learning to address multiple syndemics for people living with HIV through client perspectives on CBT." Psychother Res. : 1-11.

**Objective:** The mental health burden among people living with HIV/AIDS (PLWHA) is high and often involves multiple comorbid psychological and substance use-related psychosocial problems. These co-occurring problems, or syndemics, additively impair engagement in HIV disease management. Existing psychotherapies for mental health and HIV health have generally focused on a single psychosocial problem and little research exists to guide future psychotherapies that address multiple mental health issues. **Method:** To address this gap in understanding, we conducted qualitative interviews with multiply comorbid PLWHA (N=30) who completed cognitive-behavioural therapy (CBT) for depression and medication adherence. **Results:** Themes emerged regarding participants' perspectives on how overlapping substance use and mood disorders interacted to reduce the benefit of CBT. Substance use was a dominant theme compared to other syndemics, highlighting the need for integrated mental health and substance use interventions. Interviews also suggested modifications of which psychosocial concerns participants felt should be prioritized in treatment delivery. Finally, participants described content they would want in a psychotherapy intervention, including intimacy and sexual health. **Conclusions:** Future psychotherapeutic interventions for syndemic problems and HIV self-care will need to comprehensively address complex concerns, including issues salient to the overall well-being of PLWHA. This may improve client engagement and, ultimately, mental, and physical health outcomes.

7. Sypsa, V., Psychogiou, M., et al. (2017). "Rapid Decline in HIV Incidence Among Persons Who Inject Drugs During a Fast-Track Combination Prevention Program After an HIV Outbreak in Athens." J Infect Dis. **215**(10): 1496-1505.

**Background:** A "seek-test-treat" intervention (ARISTOTLE) was implemented in response to an outbreak of human immunodeficiency virus (HIV) infection among persons who inject drugs (PWID) in Athens. We assess trends in HIV



incidence, prevalence, risk behaviors and access to prevention/treatment. **Methods:** Methods included behavioral data collection, provision of injection equipment, HIV testing, linkage to opioid substitution treatment (OST) programs and HIV care during 5 rounds of respondent-driven sampling (2012-2013). HIV incidence was estimated from observed seroconversions. **Results:** Estimated coverage of the target population was 88% (71%-100%; 7113 questionnaires/blood samples from 3320 PWID). The prevalence of HIV infection was 16.5%. The incidence per 100 person-years decreased from 7.8 (95% confidence interval, 4.6-13.1) (2012) to 1.7 (0.55-5.31) (2013;  $P$  for trend = .001). Risk factors for seroconversion were frequency of injection, homelessness, and history of imprisonment. Injection at least once daily declined from 45.2% to 18.8% ( $P < .001$ ) and from 36.8% to 26.0% ( $P = .007$ ) for sharing syringes, and the proportion of undiagnosed HIV infection declined from 84.3% to 15.0% ( $P < .001$ ). Current OST increased from 12.2% to 27.7% ( $P < .001$ ), and 48.4% of unlinked seropositive participants were linked to HIV care through 2013. Repeat participants reported higher rates of adequate syringe coverage, linkage to HIV care and OST. **Conclusions:** Multiple evidence-based interventions delivered through rapid recruitment in a large proportion of the population of PWID are likely to have helped mitigate this HIV outbreak.

8. Wiessing, L., Ferri, M., et al. (2017). "Monitoring quality and coverage of harm reduction services for people who use drugs: a consensus study." Harm Reduct J. **14**(1): 19.

**Background and aims:** Despite advances in our knowledge of effective services for people who use drugs over the last decades globally, coverage remains poor in most countries, while quality is often unknown. This paper aims to discuss the historical development of successful epidemiological indicators and to present a framework for extending them with additional indicators of coverage and quality of harm reduction services, for monitoring and evaluation at international, national or subnational levels. The ultimate aim is to improve these services in order to reduce health and social problems among people who use drugs, such as human immunodeficiency virus (HIV) and hepatitis C virus (HCV) infection, crime and legal problems, overdose (death) and other morbidity and mortality. **Methods and Results:** The framework was developed collaboratively using consensus methods involving nominal group meetings, review of existing quality standards, repeated email commenting rounds and qualitative analysis of opinions/experiences from a broad range of professionals/experts, including members of civil society and organisations representing people who use drugs. Twelve priority candidate indicators are proposed for opioid agonist therapy (OAT), needle and syringe programmes (NSP) and generic cross-cutting aspects of harm reduction (and potentially other drug) services. Under the specific OAT indicators, priority indicators included 'coverage', 'waiting list time', 'dosage' and 'availability in prisons'. For the specific NSP indicators, the priority indicators included 'coverage', 'number of needles/syringes distributed/collected', 'provision of other drug

use paraphernalia' and 'availability in prisons'. Among the generic or cross-cutting indicators the priority indicators were 'infectious diseases counselling and care', 'take away naloxone', 'information on safe use/sex' and 'condoms'. We discuss conditions for the successful development of the suggested indicators and constraints (e.g. funding, ideology). We propose conducting a pilot study to test the feasibility and applicability of the proposed indicators before their scaling up and routine implementation, to evaluate their effectiveness in comparing service coverage and quality across countries. **Conclusions:** The establishment of an improved set of validated and internationally agreed upon best practice indicators for monitoring harm reduction service will provide a structural basis for public health and epidemiological studies and support evidence and human rights-based health policies, services and interventions.

9. Fotiou, A., Kanavou, E., Richardson, C., Clancy, L., Elekes, Z., Feijao, F., Molinaro, S., Veresies, K., Vorobjov, S., Matias, J., & Kokkevi, A. (2017). "Do misusers of medicinal psychotropic drugs form a distinctive group among the adolescent-student population in Europe? A latent class analysis". Oral presentation. Lisbon Addictions Conference, Lisbon 23-25 October 2017.

**Background and Aims:** Previous research has treated misuse of psychotropic medications as part of a polysubstance use framework of adolescent behaviour. However, little is known about whether there are distinct subgroups of misusers and how their profiles differ from other adolescents. The present study looks for subtypes of adolescents who exhibit similar substance use patterns and to assess their risk profiles. **Methods:** Analyses were based on 91,100 adolescents (mean age = 15.7; from 33 European countries / constituencies) who participated in the 2015 ESPAD survey and provided data on the variables measuring substance use and socio-demographic (e.g., non-intact family, low parental support, absence of rules), psychosocial (e.g., traumatic experience) and other lifestyle behaviours (e.g., problematic internet use, gambling). **Results:** Latent class analysis identified four (4) classes: non-users (75.9%), comprised of adolescents with a very low probability to report each of the seven substance use behaviours; typical substance users (16.4%) with a higher probability of only reporting daily smoking, frequent alcohol use and use of cannabis; meds-plus users (4.8%), with a high probability to report medical use and misuse use of tranquillisers / sedatives, and a probability to report use of painkillers and inhalants to get high, and cannabis; and polysubstance users (3.0%) with a high probability to report each of the seven substance use behaviours, including the misuse of psychotropic medications. Overall, the members of the class of meds-plus users had risks of several factors that were significantly lower than the risks of these factors in the class of polysubstance users (i.e., being male, living in a non-intact, experiencing low parental support and absence of rules, missing school, and gambling, all  $p < 0.001$ ), while their risks did not substantially differ from those of the classes of non- and typical substance users. The country-level overall prevalence of any illicit drug use had no significant effect on the possibility



to be a member in any one of the two groups around which the misusers of medicinal drugs were clustered. **Conclusions:** Adolescents who misuse psychotropic medications are not a homogeneous group. They cluster both with a high-risk group of polysubstance users and with a comparatively lower-risk group of adolescents who also use cannabis and inhalants. Work with these two groups may warrant different approaches.

## Ελληνική Βιβλιογραφία

1. Φωτίου, Α., Καναβού, Ε., κ.α. (2017). Εκτίμηση της επίπτωσης της HIV και της HCV λοίμωξης στη βάση των στοιχείων από τα άτομα που εισήλθαν στο πρόγραμμα υποκατάστασης στην Ελλάδα την περίοδο 2002-2016 και παράγοντες που συνδέονται με την ορομετατροπή. 5η Πανελλήνια Συνάντηση για AIDS & Ηπατίτιδες, Αθήνα, 14-16 Σεπτεμβρίου 2017., Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής.

Η εκτίμηση του ρυθμού εμφάνισης νέων περιπτώσεων HCV και HIV λοίμωξης (επίπτωσης) στον πληθυσμό των χρηστών ουσιών είναι σημαντική προκειμένου να αποτυπωθεί η επιδημιολογική κατάσταση και οι τάσεις διαχρονικά (δείκτης κινδύνου) και να αναδειχθούν οι ανάγκες για παρεμβάσεις πρόληψης της εμφάνισης νέων λοιμώξεων (δείκτης αναγκών). Για τους ίδιους λόγους, εξίσου σημαντική είναι επιπλέον η διερεύνηση των παραγόντων που συνδέονται με την ορομετατροπή. Στην Ελλάδα, ο επιπολασμός της HCV λοίμωξης (anti-HCV), βρίσκεται σταθερά σε υψηλά επίπεδα στον πληθυσμό των ενέσιμων χρηστών, ενώ υψηλός είναι και ο επιπολασμός της HIV λοίμωξης, ιδιαίτερα στην περιοχή της Αττικής όπου παρατηρήθηκε επιδημική έξαρση στις αρχές της δεκαετίας. Ωστόσο, περιορισμένος μόνον αριθμός μελετών έχουν προχωρήσει στην εκτίμηση της επίπτωσης της HCV και HIV λοίμωξης στον πληθυσμό των χρηστών ψυχοτρόπων ουσιών στην Ελλάδα, με τις πιο πρόσφατες εξ αυτών να αφορούν μόνον τους ενέσιμους χρήστες στην περιοχή της Αττικής.

2. Φωτίου, Α., Καναβού, Ε., κ.α. (2017). Οι μειώσεις στην κοινή χρήση συρίγγων την περίοδο 2008-2015 στην περιοχή της Αττικής, συνδέονται με αυξήσεις στην κάλυψη των προγραμμάτων διανομής συριγγών και υποκατάστασης - Πολυεπιπεδική ανάλυση με έμφαση στην ηλικία των ενέσιμων χρηστών. 5η Πανελλήνια Συνάντηση για AIDS & Ηπατίτιδες, Αθήνα, 14-16 Σεπτεμβρίου 2017., Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής.

Η κοινή χρήση συρίγγων αποτελεί την κύρια οδό μετάδοσης του ιού της ηπατίτιδας C και του HIV στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών, ιδιαίτερα στους νεαρούς χρήστες. Τα προγράμματα διανομής συριγγών και υποκατάστασης συμπεριλαμβάνονται μεταξύ των βέλτιστων πρακτικών στον περιορισμό της συμπεριφοράς αυτής και επομένως της μετάδοσης των λοιμωδών νοσημάτων στα δίκτυα των ενέσιμων χρηστών, ιδιαίτερα όταν παρέχονται

συνδυαστικά. Στην περιοχή της Αττικής, παρατηρήθηκε επιδημική έξαρση της HIV λοίμωξης στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών στις αρχές της δεκαετίας, ενώ ο επιπολασμός της HCV λοίμωξης βρίσκεται σταθερά σε υψηλά επίπεδα στον πληθυσμό αυτόν. Ως μέτρο για τον περιορισμό της επιδημίας, αυξήθηκε σημαντικά η κάλυψη των προγραμμάτων διανομής συρίγγων και της υποκατάστασης στην Αττική, την περίοδο 2012- 2014. Η συμμετοχή μεγάλου αριθμού ενεργών χρηστών σε ένα από τα προγράμματα αυτά -τον ΑΡΙΣΤΟΤΕΛΗ- συνδέθηκε με την μείωση της επίπτωσης της HIV λοίμωξης στον πληθυσμό αυτόν, ενδεικτικό του περιορισμού της υιοθέτησης συμπεριφορών υψηλού κινδύνου από τους συμμετέχοντες στο πρόγραμμα. Ωστόσο, παραμένει άγνωστο εάν γενικότερα για την περιοχή της Αττικής και κατά την περίοδο πριν και μετά την επιδημική έξαρση η πιθανότητα για την υιοθέτηση συμπεριφορών που θέτουν την υγεία των χρηστών σε μεγαλύτερο κίνδυνο, όπως η κοινή χρήση συρίγγων, συνδέεται με το εν γένει επίπεδο κάλυψης των προγραμμάτων διανομής συρίγγων και της υποκατάστασης.

## 2. ΘΕΡΑΠΕΙΑ



### Ξενόγλωσση Βιβλιογραφία

1. Misouridou, E. and Papadatou, D. (2017). "Challenges in Engaging Parents in the Drug and Alcohol Treatment: The Professionals' Perspective." Qual Health Res.

Addiction treatment centers often fail to involve families in treatment. The aim of the present study was to explore the challenges that Greek mental health professionals encounter in their work with parents of drug and alcohol abusers. A qualitative study design was adopted, and five focus group discussions were conducted with 27 drug and alcohol professionals. The thematic analysis of their accounts revealed the key difficulties that professionals encounter in their collaboration with parents that included parental lack of involvement or over-engagement in treatment, unrealistic expectations, ambivalence or opposition to change, ethical dilemmas, and alliance issues, as well as collaboration challenges among therapists. Findings highlight the challenges of a family approach in the treatment of addiction, and underscore the value of clinical supervision in addition to specialized training, to help professionals work on their anxiety, anger, guilt, prejudices, and deception, when engaging parents in the treatment of their addicted child.

2. Missouridou, E. (2017). "Cultivating a Trauma Awareness Culture in the Addictions." Curr Drug Abuse Rev. **9**(2): 99-105.

**Background:** Research evidence points to the high prevalence of trauma exposure and post traumatic stress among addicted individuals, their families and the professionals responsible for their treatment. **Objective:** The purpose of this review is to enhance understanding of the continuing effects of trauma and its impact on the lives of people with addiction problems as well as on the professionals who strive to provide support and care for them. **Methods:** Review of twenty eight articles on traumatic experiences in individuals and families facing addiction problems as well as on traumatic stress in addiction professionals. Eligibility criteria were: publication in a peer-reviewed journal dating from 1990 to present; articles written in the English language; quantitative or qualitative design aiming to explore the lived experience of trauma and the recovery process from it. **Results:** It is argued that for service providers to be able to help patients restore purpose and meaning in the recovery process, it is important to be aware of the trauma dynamics implicated in the long history of the addiction problems. Professionals' difficulty to process their emotions may lead to disengagement or overinvolvement and the adoption of maladaptive roles. Strong and unexpected emotional reactions in the professional may be a clue to the presence of masked trauma. **Conclusion:** Ongoing training on trauma dynamics, self-care and clinical supervision may deepen professionals' understanding of the impact of trauma on their work culture and protect them from the risk of secondary traumatic stress.

3. Nikolaou, K., Kapoukranidou, D., et al. (2017). "Severity of Withdrawal Symptoms, Plasma Oxytocin Levels, and Treatment Outcome in Heroin Users Undergoing Acute Withdrawal." J Psychoactive Drugs **49**(3): 233-241.

Pre-clinical studies show that, following chronic opioid exposure, oxytocin neurons exhibit over-excitation upon withdrawal, causing an increase in oxytocin brain and plasma levels. Relevant clinical data on humans are scarce. This study investigates the opioid withdrawal stress effect on oxytocin plasma levels in humans. We evaluated 57 male chronic heroin users in a residential detoxification program. We determined plasma oxytocin levels by ELISA and measured the stress effects of withdrawal using the COWS scale for opioid withdrawal, the VAS scale for craving, and the Hamilton scales for anxiety and depression on the second day of admission. Out of the 57 patients enrolled in the study, 27 completed the 21-day program, while the remaining 30 dropped out prior to completion. Plasma oxytocin levels were significantly higher in those individuals who dropped out than in those who completed the program. Participants who dropped out at some stage scored higher in the COWS, VAS-Craving, and Hamilton-anxiety scales, indicating a higher stress and explaining the higher oxytocin levels. In addition, plasma oxytocin levels correlated positively with the scores achieved in the COWS and Hamilton-anxiety scales. Higher withdrawal stress levels are associated with higher plasma oxytocin levels and early treatment discharge.

4. Souliotis, K., Agapidaki, E., et al. (2017). "Access to treatment for Hepatitis C among injection drug users: results from the cross-sectional HOPE IV study." Int J Equity Health. **16**(1): 101.

**Background:** Evidence suggests that Greece is among the European countries with increased trend in HCV prevalence among injecting drug users (IDUs) from 2008 to 2014. Nonetheless, the access of IDUs to treatment for Hepatitis C Virus (HCV) is very limited while the risk of co-infection and transmission remains high. In an effort to better understand the inhibitors to HCV treatment, the present study aimed to investigate the main barriers to access in a sample of IDUs. **Methods:** The cross-sectional study was carried out between July and September 2015 using a 23-items questionnaire. Participants were recruited from urban primary services, mobile health vans, community health services, day-care centers as well as during street work, located in Athens, Greece. Inclusion criteria were age above 18 years, understanding and speaking Greek sufficiently, HCV diagnosis, intravenous drug use. Data collection was carried out by health professionals of Praksis, a non-governmental organization. For the comparisons of proportions chi-square and Fisher's exact tests were used. **Results:** The study sample consisted of 101 HCV patients, 68% male. More than 80% of study participants experienced barriers in accessing their doctor and medication during the past 12 months. The most common obstacles in accessing a doctor were "delay in making the appointment and "difficulties in going to the doctor due to health condition or lack of means of transport". Access to physician or medication was not differed according to gender, but significant differences were found according to economic status and health insurance coverage. 56.1% of participants reported loss or treatment delay due to barriers to treatment. The majority of participants had deteriorated financial status, health status, access to health services and medication, higher financial burden for health services, worse mental health and lower adherence to medical instructions in 2015 compared to 2009. **Conclusions:** The findings from the present study revealed that the vast majority of IDUs experience significant barriers in seeking HCV care in Greece, thus highlighting the need for immediate action in this particular area due to the high risk of co-infection and transmission.

5. Tsounis, A., Niakas, D., et al. (2017). "Social capital and job satisfaction among substance abuse treatment employees." Subst Abuse Treat Prev Policy. **12** (1): 8.

**Background:** Job satisfaction is an important predictor for management and clinical ratios. Although it is accepted that is affected by many aspects, the influence of social capital remains to be determined. The main purpose of the article is to examine the relationship between job satisfaction and individual social capital for employees offering services in the treatment of addiction. **Methods:** A cross-sectional study was conducted on 239 employees from 14 therapeutic programs at KETEA (Therapy Center for Dependent Individuals in Greece) (KETHEA). A revised Greek Version of the Social Capital Questionnaire (SCQ-G) for the individual social

capital measurement, and of the Job Satisfaction Survey (JSS) for the job satisfaction measurement, were used. **Results:** Individual Social Capital ranged in medium levels. We observed a significant positive association between social capital and its' different aspects and gender, age, place of residence and working experience. Men, older employees, those who lived in smaller places, and those working more years, reached higher levels of individual social capital. Concerning overall job satisfaction most of the participants were ambivalent (61.5%), while 21.8% were satisfied and 16.7% were dissatisfied. Concerning its separate aspects, 77% were least satisfied with pay, 69.9% were least satisfied with advancement opportunities, 60.3% were least satisfied with fringe benefits, 85.8% were most satisfied with the nature of their work, 80.8% with their relationship with colleagues, and 77.8% were satisfied with supervision. Total Job Satisfaction was positively associated with place of residence and monthly salary. A significant positive correlation between social capital and job satisfaction was also observed. **Conclusions:** Early evidence suggests that social capital is associated with job satisfaction of employees providing services in the treatment of substance abuse. Further research, regarding social capital on job satisfaction, is suggested. We need to design and implement individual and organizational interventions for the empowerment of Social Capital.

6. Vourakis, C. (2017). "Nursing Roles and Substance Use Disorders." J Addict Nurs. **3**: 107-108.

## Ελληνική Βιβλιογραφία

1. Γεωργοπούλου, Ε. (2017). "Ποίηση, Μουσική και Τεχνολογία ως εργαλεία ενεργοποίησης του κριτικού στοχασμού των εκπαιδευομένων υπό θεραπεία εξαρτημένων ατόμων: Μελέτη περίπτωσης στο εναλλακτικό σχολείο του ΚΕΘΕΑ "ΕΞΟΔΟΣ"." Εξαρτήσεις **1**(28): 34-52.

Η παρούσα εργασία συνιστά μια μελέτη περίπτωσης που πραγματεύεται τον τρόπο με τον οποίο ο κριτικός στοχασμός πρώην χρηστών ουσιών ενεργοποιείται με εργαλεία την τέχνη και την τεχνολογία. Ειδικότερα, παρουσιάζει τον τρόπο με τον οποίο η μουσική και οι Τ.Π.Ε. (Η/Υ και Διαδίκτυο), αποτελούν εργαλεία προσέγγισης και κατανόησης της ποίησης, με στόχο αφενός την ανάπτυξη νοητικών δεξιοτήτων και αφετέρου την καλλιέργεια της πρωτοβουλίας και της κριτικής σκέψης για την ανάκτηση του ελέγχου της ζωής. Τα αποτελέσματα της έρευνας, όπως συνελέγησαν από τα ερωτηματολόγια και την ομαδική συνέντευξη καταδεικνύουν ότι η εκπαιδευτική εμπειρία ήταν ιδιαίτερα θετική για τον μετασχηματισμό των αντιλήψεων των εκπαιδευομένων σε ένα θεραπευτικό πλαίσιο ενώ προτείνεται η διεύρυνση της αξιοποίησης της μεθόδου και με άλλους πληθυσμούς για πιο ασφαλή συμπεράσματα.

2. Δρόσου, Γ. (2017). "Διερεύνηση της γέννησης παιδιού ως παράγοντα διακοπής της χρήσης σε μητέρες χρήστριες." Εξαρτήσεις 1(28): 74-91.

Ο σκοπός της παρούσας ανασκοπικής μελέτης είναι να διερευνήσει μια σειρά παραμέτρων που συνδέονται με την κύηση και τη γέννηση παιδιού από τοξικοεξαρτημένη μητέρα. Πιο συγκεκριμένα, εάν η μητρότητα από μόνη της είναι ικανή να εξαλείψει την κατάχρηση ουσιών και να οδηγήσει στον απεγκλωβισμό από τον κόσμο της τοξικοεξάρτησης, καθώς επίσης και ποια είναι η άμεση πορεία των παιδιών που γεννιούνται από μητέρες τοξικοεξαρτώμενες. Η έρευνα αποτελεί μια ανασκοπική διερευνητική μελέτη των χαρακτηριστικών των τοξικοεξαρτημένων γυναικών-μητέρων και των συμπεριφορών τους σε σχέση με τη χρήση αμέσως μετά τη γέννηση του παιδιού τους. Αφορά είκοσι δύο (22) εγκυμονούσες τοξικοεξαρτημένες γυναίκες και εν συνεχεία μητέρες που τα παιδιά τους (στο σύνολο είκοσι τέσσερα), εμφάνισαν νεογνικό στερητικό σύνδρομο και εξαιτίας αυτού χρειάστηκαν νοσηλεία σε εξειδικευμένο ιατρικό τμήμα, συγκεκριμένα στην Α' Μονάδα Εντατικής Νοσηλείας Νεογνών του Γ.Ν.Θ. ΙΠΠΟΚΡΑΤΕΙΟ και παρέμβαση της κοινωνικής υπηρεσίας, το χρονικό διάστημα από 01-01-2009 έως 31-12-2016. Η συλλογή πληροφοριών και δεδομένων έγινε μέσα από το ήδη υπάρχον ιατρικό και κοινωνικό ιστορικό καταγραφής στο φάκελο των παιδιών και των μητέρων τους κατά τη διάρκεια της νοσηλείας τους. Στην τοξικοεξαρτημένη μητέρα, η ανάγκη της για χρήση συχνά φαίνεται να είναι μεγαλύτερη από το σύνολο των αναγκών του εμβρύου που κυοφορεί και εν συνεχεία του παιδιού που τίκτει. Συνοδεύεται από τον μύθο της κακιάς μητέρας και ταυτίζεται με την ιδιότητα της μητρικής ανικανότητάς του να δίνεις σε ένα παιδί αυτό που το ίδιο έχει ανάγκη, τόσο σε επίπεδο συναισθηματικής επάρκειας όσο και σε επίπεδο υλικών αναγκών. Η παρούσα έρευνα δεν αποσκοπεί στην καθιέρωση αιτιολογικής - αντικειμενικής σχέσης ανάμεσα στην μητρότητα και στην τοξικοεξάρτηση, αλλά μια προσπάθεια να καταδείξει πως ένα σημαντικό συμβάν ζωής στη ζωή μια γυναίκας χρήστριας υποκειμενοποιείται, διαμορφώνει και συμβάλλει σε ένα σχέδιο δράσης σε σχέση με τις συμπεριφορές χρήσης.



### 3. ΜΕΛΕΤΕΣ – ΠΑΡΑΓΟΝΤΕΣ ΧΡΗΣΗΣ



#### Ξενόγλωσση Βιβλιογραφία

1. Anagnostopoulos, D., Lazaratou, H., et al. (2017). "Adolescent gambling in greater Athens area: A cross-sectional study." Soc Psychiatry Psychiatr Epidemiol. **in press.**

**Purpose:** Problem gambling in adolescents has recently emerged as a pressing public health concern. In this context and in light of the pervasive financial crisis in Greece, the present study aimed to explore adolescents' gambling involvement in Athens region to estimate the prevalence of its problematic form and to identify its risk/protective factors. **Methods:** A total of 2141 students were recruited from a representative sample of 51 schools located in greater Athens area. The presence of problem gambling was assessed through the use of the DSM-IV-MR-J questionnaire. Data were collected in the form of a self-reported questionnaire during one school hour. **Results:** Results indicate that 1-year prevalence of high severity problem gambling was found to be 5.6%. Regarding the risk factors for problem gambling; male gender, parental engagement with gambling activities, living without the parents, low grades at school, foreign nationality and the referent absence of availability of food in the household, increased the risk of suffering from the disorder. **Conclusion:** Gambling behavior among adolescents constitutes a problem in Greece and highlights the need for designing and implementing appropriate preventive interventions, especially amid the ongoing financial crisis.

2. Asimakopoulos, A., Kannan, P., et al. (2017). "Determination of 89 drugs and other micropollutants in unfiltered wastewater and freshwater by LC-MS/MS: an alternative sample preparation approach." Anal Bioanal Chem.

A liquid chromatography-triple quadrupole-tandem mass spectrometry (LC-qQq-MS/MS) method was developed for simultaneous determination of 89 legal neuropsychiatric pharmaceuticals and illicit drugs (both parent compounds and metabolites) and other micropollutants in unfiltered wastewater and freshwater. The target chemicals fall under the classes of amphetamine-type stimulants, cocaine compounds, opiates and opioids, benzodiazepines, lysergic compounds, antipsychotics, anesthetics, antiepileptics, antidepressants, sympathomimetics, cannabinoids, blood thinners, antihistamines,  $\beta$ -blockers, caffeine derivatives, nicotine derivatives, z-drugs, new designer drugs, and Alzheimer medications. The sample preparation procedure was designed for unfiltered wastewater and freshwater without the need to separate the particulate matter (if any) from the

aqueous phase prior to extraction. Samples were pre-concentrated by rotary evaporation in the presence of a solvent. Method precision (absolute values; N = 6 replicate analyses at the fortification level of 50 ng, k = 6 days) for 87 out of 89 target analytes ranged from 2.8 to 34% (RSD %). The limits of detection ranged from 0.11 to 202 ng L<sup>-1</sup>, and the matrix effects ranged from +16 to -84%. A total of 10 samples, 8 wastewater, 1 drinking water, and 1 lake water, were collected from New York State, USA, and were analyzed for the target compounds to demonstrate the applicability of the developed method. This is the first study to report the analysis of multiple classes of pharmaceuticals, illicit drugs, and other micropollutants in unfiltered wastewater. Graphical abstract Analysis of 89 micropollutants in unfiltered wastewater by LC-MS/MS.

3. Bonsall, D., Kokkinou, M., et al. (2017). "Single cocaine exposure does not alter striatal presynaptic dopamine function in mice: an [18 F]-FDOPA PET study." J Neurochem.

Cocaine is a recreational drug of abuse that binds to the dopamine transporter (DAT), preventing reuptake of dopamine into presynaptic terminals. The increased presence of synaptic dopamine results in stimulation of both pre- and postsynaptic dopamine receptors, considered an important mechanism by which cocaine elicits its reinforcing properties. However, the effects of acute cocaine administration on presynaptic dopamine function remain unclear. Non-invasive imaging techniques such as positron emission tomography (PET) have revealed impaired presynaptic dopamine function in chronic cocaine users. Similar impairments have been seen in animal studies, with microdialysis experiments indicating decreased basal dopamine release. Here we use  $\mu$ -PET imaging techniques in mice to measure dopamine synthesis capacity and determine the effect of acute cocaine administration on presynaptic dopamine function. We show that a dose of 20mg/kg cocaine is sufficient to elicit hyperlocomotor activity, peaking 15-20 min post treatment ( $p < 0.001$ ). However, dopamine synthesis capacity in the striatum was not significantly altered by acute cocaine treatment (KiCer : 0.0097 min<sup>-1</sup> vs. 0.0112 min<sup>-1</sup> in vehicle controls,  $p > 0.05$ ). Furthermore, expression levels of two key enzymes related to dopamine synthesis, tyrosine hydroxylase and aromatic L-amino acid decarboxylase, within the striatum of scanned mice were not significantly affected by acute cocaine pre-treatment ( $p > 0.05$ ). Our findings suggest that while the regulation of dopamine synthesis and release in the striatum have been shown to change with chronic cocaine use, leading to a reduced basal tone, these adaptations to presynaptic dopaminergic neurons are not initiated following a single exposure to the drug.

4. Giannou, F., Nikolopoulos, G.K., et al. (2017). "Knowledge, Normative Beliefs and Attitudes Related to Recent HIV Infection among People who Inject Drugs in Athens, Greece." Curr HIV Res. **15**(6): 386-395.

**Background:** Despite great improvements in prevention over the last years, much has to be done to reduce new human immunodeficiency virus (HIV) infections. Substantial evidence shows that the six-month period of recent HIV infection



contributes disproportionately to HIV transmission. Objective: This study aims to investigate knowledge, normative beliefs, and attitudes of people who inject drugs (PWID) regarding recent HIV infection. **Methods:** People who inject drugs in Athens, Greece were recruited in the fifth round of a respondent- driven sampling program (ARISTOTLE). The participants were tested for HIV and answered a structured questionnaire, which also included items on knowledge, normative beliefs, and attitudes regarding recent infection to address needs of the social network-based Transmission Reduction Intervention Project. The multivariable analyses included logistic regression models, which produced odds ratios (OR) and 95% confidence intervals (CI). **Results:** In total, 1,407 people (mean age:  $36.3 \pm 7.9$  years old; males: 81.9%) took part in the fifth round of ARISTOTLE. Of these, 61.5% knew that HIV-infected people who are not on treatment are more likely to transmit HIV during the first six months of their infection and 58.4% reported that people in their network would react positively towards a recently HIV-infected person. People who inject drugs who were knowledgeable of recent HIV infection were more likely to disagree with statements such as that one should avoid all contact with a person recently infected by HIV (adjusted OR: 1.510, 95% CI: 1.090, 2.091) or more likely to agree with statements such as that an HIV+ person is much less likely to transmit HIV when h/she is on combination antiretroviral treatment (adjusted OR: 2.083, 95% CI: 1.231, 3.523). **Conclusion:** A considerable proportion of PWID in Athens, Greece, were aware of the high HIV transmission risk of recent HIV infection, although improvement is needed for some population segments. People who inject drugs who were knowledgeable of the role of recent HIV infection were more likely to have normative beliefs and attitudes that favor behaviors that could help rather than harm or stigmatize people who have recently been infected with HIV. Interventions that are based on the role of recent HIV infection in HIV transmission could be important to HIV prevention.

5. Gountas, I., Sydsa, V., et al. (2017). "Treatment and primary prevention in people who inject drugs for chronic hepatitis C infection: is elimination possible in a high-prevalence setting?" Addiction **112**(7): 1290-1299.

**Aims:** To project the impact of scaling-up oral anti-viral therapy and harm reduction on chronic hepatitis C (CHC) prevalence and incidence among people who inject drugs (PWID) in Greece, to estimate the relationship between required treatment levels and expansion of harm reduction programmes to achieve specific targets and to examine whether hepatitis C virus (HCV) elimination among PWID is possible in this high-prevalence setting. **Design:** A dynamic discrete time, stochastic individual-based model was developed to simulate HCV transmission among PWID incorporating the effect of HCV treatment and harm reduction strategies, and allowing for re-infection following treatment. Setting/Participants: The population of 8300 PWID in Athens Metropolitan area. **Measurements:** Reduction in HCV prevalence and incidence in 2030 compared with 2016. Findings: Moderate expansion of HCV treatment (treating 4-8% of PWID/year), with a simultaneous increase of 2%/year in harm reduction coverage (from 44 to 72% coverage over 15 years), was projected to reduce CHC prevalence among PWID in Athens by 46.2-94.8% in 2030, compared with 2016. CHC prevalence would reduce to below 10% within the next 4-5 years if annual HCV treatment numbers were increased up to

16-20% PWID/year. The effect of harm reduction on incidence was more pronounced under lower treatment rates. **Conclusions:** Based on theoretical model projections, scaled-up hepatitis C virus treatment and harm reduction interventions could achieve major reductions in hepatitis C virus incidence and prevalence among people who inject drugs in Athens, Greece by 2030. Chronic hepatitis C could be eliminated in the next 4-5 years by increasing treatment to more than 16% of people who inject drugs per year combined with moderate increases in harm reduction coverage.

6. Kritsotakis, G., Papanikolaou, N., et al. (2017). "Associations of Bullying and Cyberbullying With Substance Use and Sexual Risk Taking in Young Adults." J Nurs Scholarsh. **49**(4): 360-370.

**Purpose:** This study aims at identifying the sex-stratified associations of involvement in traditional bullying during middle and high school years and in cyberbullying during college years with multiple health risk behaviors in undergraduate students. **Design:** This cross-sectional analysis draws on the data of the second wave of the LATO study (Lifestyle & Attitudes in a Student Population) in Greece. **Methods:** During November and December 2013, 812 second-year undergraduate students (mean age = 19.3 years; girls = 66.1%) provided data on substance use (smoking, alcohol abuse or drunkenness, illegal drug use including marijuana, hashish, and cannabis) and sexual risk taking (paying for sex and not using condoms) and completed the Cyberbullying and its Effects and the Retrospective Bullying Questionnaires. Logistic regression models performed were adjusted for potential confounders. **Findings:** Both male and female late adolescents who were victims of bullying during middle and high school were less likely to use condoms during college years when compared to uninvolved students. Among males, being a bully or victim at school doubled the odds for past month drunkenness and tripled the odds of paying for sex. Greater likelihood to pay for sex was also evident in bullying victims. Cyberbully or cybervictim male students were more likely to report smoking. In female bullying victims, alcohol abuse associations were somewhat conflicting, with decreased lifetime but increased past month likelihood for drunkenness. **Conclusions:** Engagement in bullying and cyberbullying is associated with the manifestation of gender-specific health risk behaviors for the different involvement groups in college students. **Clinical Relevance:** Involvement in bullying and cyberbullying is a major public health concern due to the associations with multiple health risk behaviors. Nurses and healthcare professionals should adopt multifaceted prevention interventions tailored according to bullying status and gender that extend through all educational levels.

7. Mason, M., Zaharakis, N., et al. (2017). "A longitudinal study predicting adolescent tobacco, alcohol, and cannabis use by behavioral characteristics of close friends." Psychol Addict Behav. **31**(6): 712-720.

Few studies have examined in detail how specific behaviors of close friends put adolescents at risk for specific types of substance use. Using a prospective, longitudinal design, we examined how well the substance use of 248 young urban

adolescents was predicted by perceptions of their 3 closest friends' problematic behaviors: (1) using substances, (2) offering substances, and (3) engaging with friends in risky behavior (substance use, illegal behavior, violent behavior, or high-risk sexual behavior). Longitudinal multivariate repeated measures models were tested to predict tobacco, alcohol, and cannabis use and perceived closeness was tested as a moderator of the effects of perceptions of problematic peer behavior. Perceptions of peer substance use were significantly associated with tobacco use, and closeness moderated the influence of peer substance use and offers to use substances on tobacco use. Perceptions of problematic peer behaviors were not significantly associated with alcohol use and closeness was not significant as a moderator. Perceptions of peer substance use was significantly associated with cannabis use, and closeness moderated the influence of perceptions of peer risk behaviors, peer substance use, and offers to use substances on cannabis use. Results implicate the importance of understanding problematic peer behavior within the context of close, adolescent friendships. Adolescents with close friends who were substance users, who made offers to use substances, and who engaged in risky behaviors were more likely to use tobacco and cannabis. Perceptions of young adolescents' close friends' behaviors influenced their substance use up to 2 years later.

8. Misouridou, E. and Papadatou, D. (2017). "Challenges in Engaging Parents in the Drug and Alcohol Treatment: The Professionals' Perspective." Qual Health Res.

Addiction treatment centers often fail to involve families in treatment. The aim of the present study was to explore the challenges that Greek mental health professionals encounter in their work with parents of drug and alcohol abusers. A qualitative study design was adopted, and five focus group discussions were conducted with 27 drug and alcohol professionals. The thematic analysis of their accounts revealed the key difficulties that professionals encounter in their collaboration with parents that included parental lack of involvement or over-engagement in treatment, unrealistic expectations, ambivalence or opposition to change, ethical dilemmas, and alliance issues, as well as collaboration challenges among therapists. Findings highlight the challenges of a family approach in the treatment of addiction, and underscore the value of clinical supervision in addition to specialized training, to help professionals work on their anxiety, anger, guilt, prejudices, and deception, when engaging parents in the treatment of their addicted child.

9. Nestoros, J., Vakonaki, E., et al. (2017). "Long lasting effects of chronic heavy cannabis abuse." Am J Addict. **26**(4): 335-342.

**Background and Objectives:** The purpose of this study was to evaluate the extent of short-term memory impairment and schizophrenia-like symptoms in heavy and systematic cannabis users and the association between the severity of abuse and the longevity of its persistent symptoms after refraining from such use. **Methods:** A complete psychiatric examination and a psychometric evaluation were performed in 48 solely cannabis users. Additionally, head hair samples were analyzed and the

detected cannabinoids levels were correlated with the psychometric findings. **Results:** A total of 33.3% (n = 16) of the total examined cannabis users were currently imprisoned. The years of abuse ranged from 1 to 35 years and the median daily dose was 5.84.4 gr and 4.84.0 gr for prisoners (n = 16) and non prisoners (n = 32), respectively. A total of 39.6% of the users experienced hallucinations (mostly auditory), 54.2% experienced delusions (mostly ideas of reference and persecution), 85.4% had organic brain dysfunction in a test addressing visual-motor functioning and visual perception skills, and all users (100%) were found to have organic brain dysfunction in a test of visual memory immediate recall. The cannabinoid metabolite levels in the hair samples were consistent with the reported history of substance abuse and total grams of consumption for the participants below 35 years old ( $p < .001$ ). Statistically elevated cannabinoids levels were observed in users with auditory hallucinations compared to users without any hallucinations ( $p = .019$ ). **Conclusions:** The existence of hallucinations, delusions, and organic brain dysfunction in heavy cannabis users seems to be associated with cannabinoid levels in hair. The continuation of persistent symptoms 3 months after the discontinuation of cannabis abuse, was a remarkable finding. **Scientific Significance:** We provide evidence that chronic and heavy cannabis abuse results in long-lasting brain dysfunction in all users and in long-lasting schizophrenia-like psychotic symptoms in more than half of all users. These findings suggest a reevaluation of the current classification of cannabis as a "soft narcotic" which erroneously, therefore, is typically considered harmless.

10. Nikolaou, K., Kapoukranidou, D., et al. (2017). "Severity of Withdrawal Symptoms, Plasma Oxytocin Levels, and Treatment Outcome in Heroin Users Undergoing Acute Withdrawal." J Psychoactive Drugs **49**(3): 233-241.

Pre-clinical studies show that, following chronic opioid exposure, oxytocin neurons exhibit over-excitation upon withdrawal, causing an increase in oxytocin brain and plasma levels. Relevant clinical data on humans are scarce. This study investigates the opioid withdrawal stress effect on oxytocin plasma levels in humans. We evaluated 57 male chronic heroin users in a residential detoxification program. We determined plasma oxytocin levels by ELISA and measured the stress effects of withdrawal using the COWS scale for opioid withdrawal, the VAS scale for craving, and the Hamilton scales for anxiety and depression on the second day of admission. Out of the 57 patients enrolled in the study, 27 completed the 21-day program, while the remaining 30 dropped out prior to completion. Plasma oxytocin levels were significantly higher in those individuals who dropped out than in those who completed the program. Participants who dropped out at some stage scored higher in the COWS, VAS-Craving, and Hamilton-anxiety scales, indicating a higher stress and explaining the higher oxytocin levels. In addition, plasma oxytocin levels correlated positively with the scores achieved in the COWS and Hamilton-anxiety scales. Higher withdrawal stress levels are associated with higher plasma oxytocin levels and early treatment discharge.

11. Pan, P., Sato, J., et al. (2017). "Ventral Striatum Functional Connectivity as a Predictor of Adolescent Depressive Disorder in a Longitudinal Community-Based Sample." Am J Psychiatry. **in press**.

**Objective:** Previous studies have implicated aberrant reward processing in the pathogenesis of adolescent depression. However, no study has used functional connectivity within a distributed reward network, assessed using resting-state functional MRI (fMRI), to predict the onset of depression in adolescents. This study used reward network-based functional connectivity at baseline to predict depressive disorder at follow-up in a community sample of adolescents. **Method:** A total of 637 children 6-12 years old underwent resting-state fMRI. Discovery and replication analyses tested intrinsic functional connectivity (iFC) among nodes of a putative reward network. Logistic regression tested whether striatal node strength, a measure of reward-related iFC, predicted onset of a depressive disorder at 3-year follow-up. Further analyses investigated the specificity of this prediction. **Results:** Increased left ventral striatum node strength predicted increased risk for future depressive disorder (odds ratio=1.54, 95% CI=1.09-2.18), even after excluding participants who had depressive disorders at baseline (odds ratio=1.52, 95% CI=1.05-2.20). Among 11 reward-network nodes, only the left ventral striatum significantly predicted depression. Striatal node strength did not predict other common adolescent psychopathology, such as anxiety, attention deficit hyperactivity disorder, and substance use. **Conclusions:** Aberrant ventral striatum functional connectivity specifically predicts future risk for depressive disorder. This finding further emphasizes the need to understand how brain reward networks contribute to youth depression.

12. Pandria, N., Kovatsi, L., et al. (2017). "Resting-state abnormalities in heroin-dependent individuals." Neuroscience. **16**: 4522.

Drug addiction is a major health problem worldwide. Recent neuroimaging studies have shed light into the underlying mechanisms of drug addiction as well as its consequences to the human brain. The most vulnerable, to heroin addiction, brain regions have been reported to be specific prefrontal, parietal, occipital, and temporal regions, as well as, some subcortical regions. The brain regions involved are usually linked with reward, motivation/drive, memory/learning, inhibition as well as emotional control and seem to form circuits that interact with each other. So, along with neuroimaging studies, recent advances in resting-state dynamics might allow further assessments upon the multilayer complexity of addiction. In the current manuscript, we comprehensively review and discuss existing resting-state neuroimaging findings classified into three overlapping and interconnected groups: functional connectivity alterations, structural deficits and abnormal topological properties. Moreover, behavioral traits of heroin-addicted individuals as well as the limitations of the currently available studies are also reviewed. Finally, in need of a contemporary therapy a multimodal therapeutic approach is suggested using classical treatment practices along with current neurotechnologies, such as neurofeedback and goal-oriented video-games.



13. Papazisis, G., Tsakiridis, I., et al. (2017). "Nonmedical Use of Prescription Medications Among Medical Students in Greece: Prevalence of and Motivation for Use." Subst Use Misuse. **4**: 1-9.

**Background:** Non-medical use of prescription medications has risen to unprecedented levels over the past decade worldwide; however, studies assessing misuse across medical students are sparse. **Objectives:** The purpose of this study was to 1) estimate the lifetime and the past-year prevalence of non-medical use of prescription medications among medical students in Greece 2) identify the motivation for use. **Methods:** 591 medical students completed an anonymous, self-administered, web-based survey assessing lifetime and past-year prevalence of non-medical use of four classes of prescription drugs (opioid painkillers, tranquilizers, sleeping and stimulant medications). According to the motivation to use the responders were classified into three subtypes (self-treatment, recreational, and mixed). **Results:** The prevalence of lifetime use was 10.7% for at least one of the four prescription drug classes and 9% of the respondents reported lifetime misuse of multiple categories of prescription drugs. The past-year prevalence was approximately 7.7% for at least one of the four prescription drug classes, while the majority misused the drugs "1-2 times per year". Senior students used tranquilizers more than junior students. Self-treatment and mixed subtypes of tranquilizers misuse was more prevalent among women than men while the self-treatment subtype was the most prevalent subtype in all the four drug classes. **Conclusions:** This is the first study investigating non-medical use of prescription medications among Greek medical students and indicates a high prevalence of misuse of some categories of prescription drugs, mostly for self-treatment purposes.

14. Paraschakis, A., Michopoulos, I., et al. (2017). "Suicides by drowning in Greece: Findings from a 10-year sample (2006-2015)." Med Leg J.

We studied a sample of suicide victims from Greece's main port of Piraeus area (population: approx. 700,000 individuals) and investigated all suicides for the 10-year period 2006-2015, collecting data from the victims' forensic records at the Piraeus Department of Forensic Medicine. Sixty-nine (15.9%) out of 435 suicides were due to drowning, 51 (73.9%) males and 18 (26.1%) females. Drowning was the third most common suicide method with most in the sea (92.8%), fewer in wells (7.2%). Median age: males 52.2 years (standard deviation (SD): 20.3, range: 27-89) and females 58.8 years (SD: 15.2, range: 32-84). Psychiatric medications: antidepressants (6 cases, 8.9%), benzodiazepines (6 cases, 8.9%) and antipsychotics (1 case, 1.5%). Other substances: alcohol (14 cases, 20.9%), cocaine (1 case, 1.5%) and opioids (1 case, 1.5%). No seasonal effect was observed for suicides by drowning. Greece, being a country with an embracing coastline, could provide a field of study for suicide by drowning.

- 15.Paraskevis, D., Kostaki, E., et al. (2017). "Molecular tracing of the geographical origin of HIV-1 infection and patterns of epidemic spread among migrants who inject drugs in Athens." Clin Infect Dis. **65**(12): 2078-2084.

**Background:** High numbers of HIV-1 infections among people who inject drugs (PWID) have been diagnosed in Athens, Greece since 2011. We aimed to trace the geographic origin of HIV-1 infection for migrant who inject drugs and to investigate whether transmissions occur more frequently among migrants than among Greek nationals. **Methods:** Multiple cross-sectional studies were pooled to assemble all persons diagnosed with HIV-1 in Greece between 1/1/2011-31/10/2014. Phylogenetic analyses used maximum likelihood estimation. The hypothesis of ethnic compartmentalization was tested by reconstructing ancestral states of characters at the tips using the criterion of parsimony over a set of bootstrap trees. **Results:** Of 2,274 persons, 38.4% were PWID. Phylogenetic analyses showed the existence of four major PWID-specific local transmission networks (LTNs): CRF14\_BG (437, 58.6%), CRF35\_AD (139, 18.6%), subtype B (116, 15.6%), and subtype A (54, 7.2%). Of 184 non-Greek PWID, 78.3% had been infected within the PWID-LTNs. For 173 (94.3%), the origin of their infection was assumed to be in Greece (post-migration). For PWID infected within LTNs, transmissions for subtype A and CRF14\_BG occurred more frequently among migrants than would be expected by chance (phyloethnic study). **Conclusions:** Our analysis showed that the majority of infections among migrants occurred post-migration. The existence of significant transmission networking among migrants highlights that this population is a priority for HIV prevention. Since molecular analysis can estimate the probable country of HIV infection, it can help to inform the design of public health strategies.

- 16.Pitsilis, G., Spyridakos, E., et al. (2017). "Adolescent Female Cannabinoid Exposure Diminishes the Reward-Facilitating Effects of  $\Delta$ 9-Tetrahydrocannabinol and d-Amphetamine in the Adult Male Offspring." Front Pharmacol. **25**(8): 225.

Marijuana is currently the most commonly abused illicit drug. According to recent studies, cannabinoid use occurring prior to pregnancy can impact brain plasticity and behavior in future generations. The purpose of the present study was to determine whether adolescent exposure of female rats to  $\Delta$ 9-tetrahydrocannabinol ( $\Delta$ 9-THC) induces transgenerational effects on the reward-facilitating effects of  $\Delta$ 9-THC and d-amphetamine in their adult male offspring. Female Sprague-Dawley rats received  $\Delta$ 9-THC (0.1 or 1 mg/kg, i.p.) or vehicle during postnatal days 28-50. As adults, females were mated with drug-naïve males. We then assessed potential alterations of the  $\Delta$ 9-THC's (0, 0.1, 0.5, and 1 mg/kg, i.p.) and d-amphetamine's (0, 0.1, 0.5, and 1 mg/kg, i.p.) reward-modifying effects using the curve-shift variant of the intracranial self-stimulation (ICSS) procedure in their adult male F1 offspring. The reward-facilitating effect of the 0.1 mg dose of  $\Delta$ 9-THC was abolished in the F1 offspring of females that were exposed to  $\Delta$ 9-THC (0.1 or 1 mg/kg), whereas the reward-attenuating effect of the 1 mg dose of  $\Delta$ 9-THC remained unaltered. The reward-facilitating effects of 0.5 and 1 mg of d-amphetamine were significantly decreased in the F1 offspring of females that were exposed to  $\Delta$ 9-THC (1 mg/kg and

0.1 or 1 mg, respectively). The present results reveal that female Δ9-THC exposure during adolescence can diminish the reward-facilitating effects of Δ9-THC and d-amphetamine in the adult male offspring. These transgenerational effects occur in the absence of in utero exposure. It is speculated that Δ9-THC exposure during female adolescence may affect neural mechanisms that are shaping reward-related behavioral responses in a subsequent generation, as indicated by the shifts in the reward-facilitating effects of commonly used and abused drugs.

- 17.Politis, S., Magklara, M., et al. (2017). "Epidemiology and comorbidity of obsessive-compulsive disorder in late adolescence: a cross-sectional study in senior high schools in Greece." Int J Psychiatry Clin Pract. **21**(3): 188-194.

**Objective:** The aim of this study was to examine the epidemiology, comorbidity and use of health services of obsessive-compulsive disorder (OCD) and subclinical obsessive-compulsive symptoms in late adolescence. **Methods:** A total of 2427 adolescents attending senior high schools in Greece were selected for a detailed psychiatric interview using the revised clinical interview schedule (CIS-R). Use of alcohol, nicotine and cannabis, and several socio-demographic and socio-economic variables were also assessed. **Results:** The prevalence of OCD was 1.39% (95% confidence interval [CI]: 1.05-1.84) while that of subclinical obsessive-compulsive symptoms was 2.77% (2.22-3.45). There was a female preponderance for subclinical symptoms. Financial difficulties of the family was the only socio-demographic variable that was significantly associated with OCD but not with subclinical symptoms. The pattern of comorbidity was similar for both conditions but milder in the subclinical form. About one in three reported use of general health services and one in ten use of psychiatric services. **Conclusions:** OCD and subclinical obsessive-compulsive symptoms were relatively common. Comorbidity with other psychiatric disorders and use of substances was considerable even in subclinical status, but use of specialised health services was small. Clinical and research implications are discussed.

- 18.Souliotis, K., Agapidaki, E., et al. (2017). "Access to treatment for Hepatitis C among injection drug users: results from the cross-sectional HOPE IV study." Int J Equity Health. **16**(1): 101.

**Background:** Evidence suggests that Greece is among the European countries with increased trend in HCV prevalence among injecting drug users (IDUs) from 2008 to 2014. Nonetheless, the access of IDUs to treatment for Hepatitis C Virus (HCV) is very limited while the risk of co-infection and transmission remains high. In an effort to better understand the inhibitors to HCV treatment, the present study aimed to investigate the main barriers to access in a sample of IDUs. **Methods:** The cross-sectional study was carried out between July and September 2015 using a 23-items questionnaire. Participants were recruited from urban primary services, mobile health vans, community health services, day-care centers as well as during street work, located in Athens, Greece. Inclusion criteria were age above 18 years, understanding and speaking Greek sufficiently, HCV diagnosis, intravenous drug use. Data collection was carried out by health professionals of Praksis, a non-



governmental organization. For the comparisons of proportions chi-square and Fisher's exact tests were used. **Results:** The study sample consisted of 101 HCV patients, 68% male. More than 80% of study participants experienced barriers in accessing their doctor and medication during the past 12 months. The most common obstacles in accessing a doctor were "delay in making the appointment and "difficulties in going to the doctor due to health condition or lack of means of transport". Access to physician or medication was not differed according to gender, but significant differences were found according to economic status and health insurance coverage. 56.1% of participants reported loss or treatment delay due to barriers to treatment. The majority of participants had deteriorated financial status, health status, access to health services and medication, higher financial burden for health services, worse mental health and lower adherence to medical instructions in 2015 compared to 2009. **Conclusions:** The findings from the present study revealed that the vast majority of IDUs experience significant barriers in seeking HCV care in Greece, thus highlighting the need for immediate action in this particular area due to the high risk of co-infection and transmission.

19. Stergiopoulos, V., Gozdzik, A., et al. (2017). "The effect of brief case management on emergency department use of frequent users in mental health: Findings of a randomized controlled trial." PLoS One. **12**(8).

Frequent users of hospital emergency departments (EDs) are a medically and socially vulnerable population. The Coordinated Access to Care from Hospital EDs (CATCH-ED) study examined the effectiveness of a brief case management intervention in reducing ED use and improving health outcomes among frequent ED users with mental health or addiction challenges in a large urban centre. Adults ( $\geq 18$  years of age) who had five or more ED visits in the past 12-months, with at least one visit for mental health or addictions problems were randomized to either brief case management (N = 83) or usual care (N = 83) and followed for 12 months. The primary outcome of effectiveness was the frequency of ED visits during 12 months after study enrolment. Secondary outcomes included days in hospital, mental health and addiction symptom severity and health-related quality of life, measured by the SF-12. Compared to usual care, CATCH-ED participants saw a 14% reduction in frequency of ED visits during the 12-month post-randomization period [rate ratio (RR) = 0.86, 95% CI 0.64-1.15], however, this finding did not reach statistical significance. There were also no statistically significant differences between the groups at 12 months in the number of days spent in hospital (RR = 1.16, 95% CI 0.59-2.29), physical (1.50, 95% CI -2.15-5.15) or mental (-3.97, 95% CI -8.13-0.19) component scores of the SF-12, severity of psychiatric symptoms (-0.41, 95% CI -2.30-1.49), alcohol (0.053 95% -0.017-0.12) or drug (-0.0027, 95% CI -0.0028-0.023) use. Compared to usual care, a brief case management intervention did not result in significantly reduced ED use or improved health outcomes among frequent ED users with mental health or addictions challenges in a large urban centre in Canada. Future studies need to evaluate the availability and accessibility of community-based resources for individuals with frequent ED use.

- 20.Sypsa, V., Psychogiou, M., et al. (2017). "Rapid Decline in HIV Incidence Among Persons Who Inject Drugs During a Fast-Track Combination Prevention Program After an HIV Outbreak in Athens." J Infect Dis. **215**(10): 1496-1505.

**Background:** A "seek-test-treat" intervention (ARISTOTLE) was implemented in response to an outbreak of human immunodeficiency virus (HIV) infection among persons who inject drugs (PWID) in Athens. We assess trends in HIV incidence, prevalence, risk behaviors and access to prevention/treatment. **Methods:** Methods included behavioral data collection, provision of injection equipment, HIV testing, linkage to opioid substitution treatment (OST) programs and HIV care during 5 rounds of respondent-driven sampling (2012-2013). HIV incidence was estimated from observed seroconversions. **Results:** Estimated coverage of the target population was 88% (71%-100%; 7113 questionnaires/blood samples from 3320 PWID). The prevalence of HIV infection was 16.5%. The incidence per 100 person-years decreased from 7.8 (95% confidence interval, 4.6-13.1) (2012) to 1.7 (0.55-5.31) (2013; P for trend = .001). Risk factors for seroconversion were frequency of injection, homelessness, and history of imprisonment. Injection at least once daily declined from 45.2% to 18.8% (P < .001) and from 36.8% to 26.0% (P = .007) for sharing syringes, and the proportion of undiagnosed HIV infection declined from 84.3% to 15.0% (P < .001). Current OST increased from 12.2% to 27.7% (P < .001), and 48.4% of unlinked seropositive participants were linked to HIV care through 2013. Repeat participants reported higher rates of adequate syringe coverage, linkage to HIV care and OST. **Conclusions:** Multiple evidence-based interventions delivered through rapid recruitment in a large proportion of the population of PWID are likely to have helped mitigate this HIV outbreak.

- 21.Tsiolka, E., Bergiannaki, I.D., et al. (2017). "Dysfunctional internet behaviour symptoms in association with personality traits." Psychiatriki **28**(3): 211-218.

Internet addiction is a matter of great interest for researchers, taking into consideration Internet's rapid spread and its ever growing use in children, adolescents and adults. It has been associated with multiple psychological symptoms and social difficulties, therefore raising even greater concerns for its adverse consequences. The present study that consists part of a broader research, aims to investigate the association between excessive Internet use and personality traits in an adult population. Specifically, the research examined the relation between dysfunctional internet behaviour and personality traits as neuroticism and extraversion, the two personality dimensions that have arisen as the most important ones in all relevant research. Our main hypotheses are that dysfunctional internet behaviour would be positively associated with neuroticism but negatively linked to extraversion. The 1211 participants aged over 18 years, completed the IAT (Internet Addiction Test) by Kimberly Young and the Eysenck Personality Questionnaire (EPQ) and some other questionnaires detecting psychopathology. Additionally, part of the administered questionnaires concerned socio-demographic characteristics of the participant subjects: specifically sex, age, marital status, education (educational years), place of residence -urban, semi-urban and rural-, whether they suffer from somatic or mental health disorder and if they take medication for any of the above categories. All the questionnaires have been

electronically completed by each participant. Results showed that 7.7% showed dysfunctional internet behaviour that concerns both medium and severe degree of dependence by the use of Internet, as measured by the use of IAT. The univariate logistic regression analysis revealed that the individuals exhibiting symptoms of dysfunctional internet behaviour were more likely to suffer from a chronic mental health disorder, to use psychotropic medication and to score higher on neuroticism. In contrast, they were less likely to have children and be extraverted. Multiple logistic regression analysis confirmed that neuroticism and extraversion were independently associated with dysfunctional internet behaviour. Individuals with high scores on neuroticism were more likely to meet the criteria for dysfunctional internet behaviour, while high scores on extraversion were associated with a lower probability of dysfunctional internet behaviour. Identification of personality traits that could be connected to some sort of "addictive personality" -particularly neuroticism and Introversion- might help researchers to identify and prevent internet addiction on the early stages and possibly could have a positive contribution to the therapeutic treatment of this addiction disorder.

22. Tsounis, A., Niakas, D., et al. (2017). "Social capital and job satisfaction among substance abuse treatment employees." Subst Abuse Treat Prev Policy. **12(1)**: 8.

**Background:** Job satisfaction is an important predictor for management and clinical ratios. Although it is accepted that is affected by many aspects, the influence of social capital remains to be determined. The main purpose of the article is to examine the relationship between job satisfaction and individual social capital for employees offering services in the treatment of addiction. **Methods:** A cross-sectional study was conducted on 239 employees from 14 therapeutic programs at KETEA (Therapy Center for Dependent Individuals in Greece) (KETHEA). A revised Greek Version of the Social Capital Questionnaire (SCQ-G) for the individual social capital measurement, and of the Job Satisfaction Survey (JSS) for the job satisfaction measurement, were used. **Results:** Individual Social Capital ranged in medium levels. We observed a significant positive association between social capital and its' different aspects and gender, age, place of residence and working experience. Men, older employees, those who lived in smaller places, and those working more years, reached higher levels of individual social capital. Concerning overall job satisfaction most of the participants were ambivalent (61.5%), while 21.8% were satisfied and 16.7% were dissatisfied. Concerning its separate aspects, 77% were least satisfied with pay, 69.9% were least satisfied with advancement opportunities, 60.3% were least satisfied with fringe benefits, 85.8% were most satisfied with the nature of their work, 80.8% with their relationship with colleagues, and 77.8% were satisfied with supervision. Total Job Satisfaction was positively associated with place of residence and monthly salary. A significant positive correlation between social capital and job satisfaction was also observed. **Conclusions:** Early evidence suggests that social capital is associated with job satisfaction of employees providing services in the treatment of substance abuse. Further research, regarding social capital on job satisfaction, is suggested. We need to design and implement individual and organizational interventions for the empowerment of Social Capital.

23. Wiessing, L., Ferri, M., et al. (2017). "Monitoring quality and coverage of harm reduction services for people who use drugs: a consensus study." Harm Reduct J. **14**(1): 19.

**Background and aims:** Despite advances in our knowledge of effective services for people who use drugs over the last decades globally, coverage remains poor in most countries, while quality is often unknown. This paper aims to discuss the historical development of successful epidemiological indicators and to present a framework for extending them with additional indicators of coverage and quality of harm reduction services, for monitoring and evaluation at international, national or subnational levels. The ultimate aim is to improve these services in order to reduce health and social problems among people who use drugs, such as human immunodeficiency virus (HIV) and hepatitis C virus (HCV) infection, crime and legal problems, overdose (death) and other morbidity and mortality. **Methods and Results:** The framework was developed collaboratively using consensus methods involving nominal group meetings, review of existing quality standards, repeated email commenting rounds and qualitative analysis of opinions/experiences from a broad range of professionals/experts, including members of civil society and organisations representing people who use drugs. Twelve priority candidate indicators are proposed for opioid agonist therapy (OAT), needle and syringe programmes (NSP) and generic cross-cutting aspects of harm reduction (and potentially other drug) services. Under the specific OAT indicators, priority indicators included 'coverage', 'waiting list time', 'dosage' and 'availability in prisons'. For the specific NSP indicators, the priority indicators included 'coverage', 'number of needles/syringes distributed/collected', 'provision of other drug use paraphernalia' and 'availability in prisons'. Among the generic or cross-cutting indicators the priority indicators were 'infectious diseases counselling and care', 'take away naloxone', 'information on safe use/sex' and 'condoms'. We discuss conditions for the successful development of the suggested indicators and constraints (e.g. funding, ideology). We propose conducting a pilot study to test the feasibility and applicability of the proposed indicators before their scaling up and routine implementation, to evaluate their effectiveness in comparing service coverage and quality across countries. **Conclusions:** The establishment of an improved set of validated and internationally agreed upon best practice indicators for monitoring harm reduction service will provide a structural basis for public health and epidemiological studies and support evidence and human rights-based health policies, services and interventions.

## Ελληνική Βιβλιογραφία

1. Δρόσου, Γ. (2017). "Διερεύνηση της γέννησης παιδιού ως παράγοντα διακοπής της χρήσης σε μητέρες χρήστριες." Εξαρτήσεις **1**(28): 74-91.

Ο σκοπός της παρούσας ανασκοπικής μελέτης είναι να διερευνήσει μια σειρά παραμέτρων που συνδέονται με την κύηση και τη γέννηση παιδιού από τοξικοεξαρτημένη μητέρα. Πιο συγκεκριμένα, εάν η μητρότητα από μόνη της είναι ικανή να εξαλείψει την κατάχρηση ουσιών και να οδηγήσει στον απεγκλωβισμό

από τον κόσμο της τοξικοεξάρτησης, καθώς επίσης και ποια είναι η άμεση πορεία των παιδιών που γεννιούνται από μητέρες τοξικοεξαρτώμενες. Η έρευνα αποτελεί μια ανασκοπική διερευνητική μελέτη των χαρακτηριστικών των τοξικοεξαρτημένων γυναικών-μητέρων και των συμπεριφορών τους σε σχέση με τη χρήση αμέσως μετά τη γέννηση του παιδιού τους. Αφορά είκοσι δύο (22) εγκυμονούσες τοξικοεξαρτημένες γυναίκες και εν συνεχεία μητέρες που τα παιδιά τους (στο σύνολο είκοσι τέσσερα), εμφάνισαν νεογνικό στερητικό σύνδρομο και εξαιτίας αυτού χρειάστηκαν νοσηλεία σε εξειδικευμένο ιατρικό τμήμα, συγκεκριμένα στην Α' Μονάδα Εντατικής Νοσηλείας Νεογνών του Γ.Ν.Θ. ΙΠΠΟΚΡΑΤΕΙΟ και παρέμβαση της κοινωνικής υπηρεσίας, το χρονικό διάστημα από 01-01-2009 έως 31-12-2016. Η συλλογή πληροφοριών και δεδομένων έγινε μέσα από το ήδη υπάρχον ιατρικό και κοινωνικό ιστορικό καταγραφής στο φάκελο των παιδιών και των μητέρων τους κατά τη διάρκεια της νοσηλείας τους. Στην τοξικοεξαρτημένη μητέρα, η ανάγκη της για χρήση συχνά φαίνεται να είναι μεγαλύτερη από το σύνολο των αναγκών του εμβρύου που κυοφορεί και εν συνεχεία του παιδιού που τίκτει. Συνοδεύεται από τον μύθο της κακιάς μητέρας και ταυτίζεται με την ιδιότητα της μητρικής ανικανότητάς του να δίνεις σε ένα παιδί αυτό που το ίδιο έχει ανάγκη, τόσο σε επίπεδο συναισθηματικής επάρκειας όσο και σε επίπεδο υλικών αναγκών. Η παρούσα έρευνα δεν αποσκοπεί στην καθέρωση αιτιολογικής - αντικειμενικής σχέσης ανάμεσα στην μητρότητα και στην τοξικοεξάρτηση, αλλά μια προσπάθεια να καταδείξει πως ένα σημαντικό συμβάν ζωής στη ζωή μια γυναίκας χρήστριας υποκειμενοποιείται, διαμορφώνει και συμβάλλει σε ένα σχέδιο δράσης σε σχέση με τις συμπεριφορές χρήσης.

2. Πουλουκτσή, Β. & Πουλόπουλος, Χ. (2017). "Τοιχογραφήματα, Χρήση Ουσιών και η Οπτική των δυνατών σημείων." Εξαρτήσεις 1(28): 12-32.

Η παρούσα έρευνα στοχεύει στη μελέτη του τρόπου με τον οποίο οι άτυποι κανόνες του δρόμου διαμορφώνουν τη συνένωση συνομηλίκων και την ενασχόληση με το τοιχογράφημα, ενώ επιχειρεί να ερευνήσει τα μηνύματα που θέλει να μεταφέρει στο περιβάλλον του ο δημιουργός μέσα από την εικόνα και την πρακτική του γραφήματος και να κατανοήσει πως αυτά συνδέονται με τον πειραματισμό και τη χρήση ουσιών. Για τη διεξαγωγή της μελέτης πραγματοποιήθηκαν 15 εις βάθος ατομικές συνεντεύξεις ενώ ο πληθυσμός του δείγματος αποτελείται από τέσσερις ομαδοποιημένες κατηγορίες πληθυσμού: πέντε (5) μέλη θεραπευτικού φορέα απεξάρτησης στην πόλη της Αθήνας και της Θεσσαλονίκης και έξι (6) ενεργούς δημιουργούς τοιχογραφημάτων με κοινή ιδιότητα την ενασχόλησή τους με την πρακτική των τοιχογραφημάτων από την περίοδο της εφηβείας. Επιπρόσθετα, προσεγγίστηκαν δύο (2) ενεργά μέλη της ομάδας Street Art Conservators, τα οποία δραστηριοποιούνται στον τομέα της συντήρησης έργων τέχνης του δρόμου και συμμετείχαν στην διεξαγωγή εκπαιδευτικών προγραμμάτων σε σχολεία της Δευτεροβάθμιας Εκπαίδευσης της Αθήνας, όπου εντάχθηκε και αξιοποιήθηκε δημιουργικά η σχεδίαση τοιχογραφημάτων. Διεξήχθη μια επιπλέον συνέντευξη με ιδρυτικό μέλος της ομάδας ST.A.CO., Καθηγήτρια του Τμήματος Συντήρησης Αρχαιοτήτων και Έργων Τέχνης, καθώς και με έναν θεραπευτή του ΚΕΘΕΑ-ΙΘΑΚΗ, ο οποίος αξιοποίησε τη γνώση του αναφορικά με τα τοιχογραφήματα στη θεραπευτική διαδικασία και τη δημιουργία θεραπευτικής σχέσης. Ως κεντρικά θέματα αναδεικνύονται πτυχές οι



οποίες συσχετίζουν το Grafiti με τη χρήση ουσιών στο πλαίσιο της εφηβικής ανάγκης για πειραματισμό με ουσίες και που συνδέουν την ανάγκη του "ανήκειν" σε μια ομάδα και τη συγκρότηση και ενίσχυση μιας κοινωνικής ταυτότητας εντός και εκτός αυτής. Σε σχέση με το αλκοόλ καταγράφεται πειραματισμός ή και περιστασιακή χρήση κάνναβης και αλκοόλ, κατά βάση μετά τη σχεδίαση. Στη δε πάλι ανάμεσα στη χρήση και στη σχεδίαση, στις περιπτώσεις που η πρώτη εξελίχθηκε και κυριάρχησε, η σχεδίαση διεκόπη. Αναδείχθηκαν ζητήματα που αφορούν στη συνοχή της ομάδας ως αποτέλεσμα των ισχυρών δεσμών και της ενδοεπικοινωνίας μεταξύ των μελών. Διαφάνηκε πως η σχεδίαση Grafitti λειτουργεί ως μέσο αυτοπραγμάτωσης και αναγνώρισης εντός της κλειστής κοινότητας των ατόμων που ασχολούνται με το grafiti. Τέλος, η φωνή των συμμετεχόντων, αποτέλεσε πηγή υποβολής προτάσεων για εφαρμογή δράσεων που μπορούν να ενταχθούν σε ένα θεραπευτικό πρόγραμμα απεξάρτησης, οι οποίες επικεντρώνονται στην ανάδειξη των δυνατοτήτων και των ταλέντων που ενυπάρχουν σε εφήβους και νεαρούς ενήλικες με στόχο την εκ νέου κινητοποίηση και επανένταξή τους. Αξιοποιώντας την προσέγγιση των δυνατών σημείων, φάνηκε ότι το Grafiti μπορεί να λειτουργήσει σε ομάδες εφήβων, ως μέσο έκφρασης και εργαλείο πρόληψης και κοινωνικής ένταξης.

3. Σμυρνάκη, Μ. (2017). "Γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς μαθητών δημοτικού σχολείου." Εξαρτήσεις 1(28): 54-72.

Η παρούσα ποιοτική έρευνα μελετά τις γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς μαθητών δημοτικού σχολείου, τους τρόπους που οι μαθητές τις βιώνουν και αντιδρούν σε αυτές, καθώς, επίσης, και την αποτελεσματικότητά τους κατά την αντίληψη των γονέων, των δασκάλων και των μαθητών. Πρόκειται για μελέτη περίπτωσης, η οποία πραγματοποιήθηκε στα τρία δημοτικά σχολεία μιας ημιαστικής περιοχής του Νομού Ηρακλείου Κρήτης. Για τη διεξαγωγή της έρευνας πραγματοποιήθηκαν 36 συνολικά ημιδομημένες συνεντεύξεις με μαθητές με εξωτερικευμένα προβλήματα συμπεριφοράς από τις Δ', Ε', και Στ' τάξεις, τους γονείς και τους δασκάλους τους. Η ανάλυση περιεχομένου των συνεντεύξεων ανέδειξε τα ακόλουθα κυρίαρχα ευρήματα: 1) επικρατούν οι αρνητικές γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς των μαθητών (π.χ. ανέβασμα του τόνου φωνής, τιμωρίες, φυσική/σωματική επιθετικότητα σύμφωνα με τις αναφορές των μαθητών, 2) οι αποτελεσματικές γονεϊκές και σχολικές πρακτικές συνδέονται, σύμφωνα με την αντίληψη των τριών πλευρών, με θετικούς κυρίως τρόπους προσέγγισης των μαθητών (π.χ. συζήτηση, ενθάρρυνση, χιούμορ), ενώ οι αναποτελεσματικές πρακτικές με αποκλειστικά αρνητικούς τρόπους προσέγγισής τους (π.χ. ανέβασμα τόνου φωνής, τιμωρία, επίπληξη). Τα αποτελέσματα της έρευνας τονίζουν την επίδραση των γονεϊκών και σχολικών πρακτικών διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς των μαθητών στην ενίσχυση ή στην αποδυνάμωσή τους. Πρόκειται για ευρήματα που μπορούν να αξιοποιηθούν στο σχεδιασμό και την εφαρμογή παρεμβάσεων για την προαγωγή της ψυχικής ανθεκτικότητας των μαθητών και την πρόληψη της εξέλιξης των εξωτερικευμένων προβλημάτων συμπεριφοράς τους στο πλαίσιο του δημοτικού σχολείου.



#### 4. ΜΟΛΥΣΜΑΤΙΚΕΣ ΚΑΙ ΑΛΛΕΣ ΑΣΘΕΝΕΙΕΣ



##### Ξενόγλωσση Βιβλιογραφία

1. Anagnostou, O., Fotiou, A., et al. (2018). "Factors associated with HCV test uptake in heroin users entering substitution treatment in Greece." HIV Med. **1**: 34-39.

**Objectives:** People who inject drugs (PWID) represent the main risk group for hepatitis C virus (HCV) infection in most middle and high-income countries. Testing PWID is considered as an important prevention measure. Identification of PWID characteristics associated with HCV testing may contribute to strategies targeting the containment of the HCV and HIV epidemics in Greece. **Methods:** Anonymous behavioural data from 2747 heroin users were collected upon entry in 38 opioid substitution treatment (OST) clinics in Greece during the period 2013-2015. HCV test uptake was the dependent variable while covariates included sociodemographic and addiction-related variables, mostly derived from the EMCDDA treatment demand indicator protocol. **Results:** Among 2299 cases with complete data on HCV testing, 83.5% reported any HCV testing uptake, with 61.2% reporting a recent test (< 12 months). In the multivariate analyses, any previous HCV testing uptake was associated with age  $\geq 25$  years, past drug treatment attempt, injecting or sniffing the primary substance, injection history  $\geq 5$  years, and syringe sharing earlier than the past 12 months. Past HCV test uptake was higher among those reporting full-time employment and 2-4 years injecting histories, and lower among residents of Athens. Recent testing was positively associated with female gender and polysubstance use. **Conclusion:** Any previous HCV testing uptake is high among PWID entering OST in Greece and is associated with older age, longer injecting histories and past drug-related treatment attempts. Efforts to prevent and mitigate the ongoing HCV test epidemic among PWID in Greece should combine treatment with scaling up of screening, targeting especially those younger than 25 years and at the beginning of their hazardous use.

2. Detsis, M., Tsioutis, C., et al. (2017). "Factors Associated with HIV Testing and HIV Treatment Adherence: A Systematic Review." Curr Pharm Des. **23**(18): 2568-2578.

**Background:** The impact of the global economic crisis on HIV-related access and care remains unclear. The objective of this systematic review of the literature was to evaluate the association between socioeconomic factors and HIV diagnosis, and adherence to treatment, following the 2008 global economic crisis. **Method:** A systematic search of PubMed and Scopus for studies published between January

2008 and October 2016 was conducted. Studies providing data on social, demographic, economic and cultural barriers associated with HIV diagnosis and treatment were included. **Results:** Of 33 studies included, 22 evaluated HIV testing and 11 evaluated treatment adherence. Medical history of a sexually transmitted disease, knowledge of HIV-related risks, and age, were significantly associated with HIV testing in most of the included studies. Absence of social support, and alcohol or substance use, were the most common factors associated with adherence. Financial factors were not as commonly found to be related to access to HIV diagnosis and HIV treatment adherence, compared to knowledge of HIV-related risks and social support. **Conclusion:** The identification of persons who are less likely to test for HIV, and to adhere to HIV treatment, may serve as a guide for public health interventions, especially in resource-limited areas.

3. Giannou, F., Nikolopoulos, G. K., et al. (2017). "Knowledge, Normative Beliefs and Attitudes Related to Recent HIV Infection among People who Inject Drugs in Athens, Greece." Curr HIV Res. **15**(6): 386-395.

**Background:** Despite great improvements in prevention over the last years, much has to be done to reduce new human immunodeficiency virus (HIV) infections. Substantial evidence shows that the six-month period of recent HIV infection contributes disproportionately to HIV transmission. Objective: This study aims to investigate knowledge, normative beliefs, and attitudes of people who inject drugs (PWID) regarding recent HIV infection. **Methods:** People who inject drugs in Athens, Greece were recruited in the fifth round of a respondent- driven sampling program (ARISTOTLE). The participants were tested for HIV and answered a structured questionnaire, which also included items on knowledge, normative beliefs, and attitudes regarding recent infection to address needs of the social network-based Transmission Reduction Intervention Project. The multivariable analyses included logistic regression models, which produced odds ratios (OR) and 95% confidence intervals (CI). **Results:** In total, 1,407 people (mean age:  $36.3 \pm 7.9$  years old; males: 81.9%) took part in the fifth round of ARISTOTLE. Of these, 61.5% knew that HIV-infected people who are not on treatment are more likely to transmit HIV during the first six months of their infection and 58.4% reported that people in their network would react positively towards a recently HIV-infected person. People who inject drugs who were knowledgeable of recent HIV infection were more likely to disagree with statements such as that one should avoid all contact with a person recently infected by HIV (adjusted OR: 1.510, 95% CI: 1.090, 2.091) or more likely to agree with statements such as that an HIV+ person is much less likely to transmit HIV when h/she is on combination antiretroviral treatment (adjusted OR: 2.083, 95% CI: 1.231, 3.523). **Conclusion:** A considerable proportion of PWID in Athens, Greece, were aware of the high HIV transmission risk of recent HIV infection, although improvement is needed for some population segments. People who inject drugs who were knowledgeable of the role of recent HIV infection were more likely to have normative beliefs and attitudes that favor behaviors that could help rather than harm or stigmatize people who have recently been infected with HIV. Interventions that are based on the role of recent HIV infection in HIV transmission could be important to HIV prevention.

4. Gountas, I., Sypsa, V., et al. (2017). "Treatment and primary prevention in people who inject drugs for chronic hepatitis C infection: is elimination possible in a high-prevalence setting?" Addiction **112**(7): 1290-1299.

**Aims:** To project the impact of scaling-up oral anti-viral therapy and harm reduction on chronic hepatitis C (CHC) prevalence and incidence among people who inject drugs (PWID) in Greece, to estimate the relationship between required treatment levels and expansion of harm reduction programmes to achieve specific targets and to examine whether hepatitis C virus (HCV) elimination among PWID is possible in this high-prevalence setting. **Design:** A dynamic discrete time, stochastic individual-based model was developed to simulate HCV transmission among PWID incorporating the effect of HCV treatment and harm reduction strategies, and allowing for re-infection following treatment. **Setting/Participants:** The population of 8300 PWID in Athens Metropolitan area. **Measurements:** Reduction in HCV prevalence and incidence in 2030 compared with 2016. **Findings:** Moderate expansion of HCV treatment (treating 4-8% of PWID/year), with a simultaneous increase of 2%/year in harm reduction coverage (from 44 to 72% coverage over 15 years), was projected to reduce CHC prevalence among PWID in Athens by 46.2-94.8% in 2030, compared with 2016. CHC prevalence would reduce to below 10% within the next 4-5 years if annual HCV treatment numbers were increased up to 16-20% PWID/year. The effect of harm reduction on incidence was more pronounced under lower treatment rates. **Conclusions:** Based on theoretical model projections, scaled-up hepatitis C virus treatment and harm reduction interventions could achieve major reductions in hepatitis C virus incidence and prevalence among people who inject drugs in Athens, Greece by 2030. Chronic hepatitis C could be eliminated in the next 4-5 years by increasing treatment to more than 16% of people who inject drugs per year combined with moderate increases in harm reduction coverage.

5. Kalemi, G., Gkioka, S., et al. (2017). "Stigma and self-esteem: A case of HIV-positive sex-workers." Psychiatriki. **28**(1): 67-74.

Stigma associated with sex work and HIV can be easily recognized in public reactions towards the members of discriminated groups. Nevertheless, there are only a few studies examining the impact of discrimination to the self-esteem of individuals who suffer the coexistence of multiple stigmatizing conditions. In our case, the unprecedented stigmatization of sex workers through the media as a menace of public health as well as criminals due to their seropositivity should be examined with respect and scientificity. The sample consisted of the 27 women found to be HIV positive. The small number of subject and the uniqueness of the situation made necessary the use of qualitative research method. Data were collected of through a semi-structured interview during which personal and medical history was taken and Rosenberg self-esteem scale was completed. Information for each domain of interest was systematically collected from multiple interview guide items. Interpretive Phenomenological Analysis was used to analyze data derived from qualitative interview (IPA). Four main categories emerged from the horizontal analysis of the interviews referring to the mechanism used by those women in order to cope with stigma and protect their self-esteem, a description of their felt

stigma and feelings about seropositivity, as well as the existence of self-destructive behaviors. The existence of a normal self-esteem on the majority of those women is well explained by the use of certain coping strategies in order to confront the enacted stigma, such as the avoidance of self-blame for their condition (HIV-positive), the disregard of public's discriminating comments and behaviors, the acknowledge of their competence in specific issues they have to deal with in their everyday life, in common with the existence of a strongly supportive network. Despite those women's felt stigma, structured by community's discriminating approach of their families and their feelings of helplessness and incompetence to protect their beloved, their self-esteem is not harmed and the frequency of selfdestructive behaviors remained stable, possibly as a result of those coping mechanisms developed early in their lives. The circle of stigmatization that emerged through the stories of those women is not an isolated social phenomenon related only to prostitution and drug use. This is the reason why educational programs, access to HIV care services and efforts towards de-stigmatization would benefit the society in multiple levels, and would ultimately strengthen the effort of combating the global AIDS epidemic.

6. Paraskevis, D., Kostaki, E., et al. (2017). "Molecular tracing of the geographical origin of HIV-1 infection and patterns of epidemic spread among migrants who inject drugs in Athens." Clin Infect Dis. **65**(12): 2078-2084.

**Background:** High numbers of HIV-1 infections among people who inject drugs (PWID) have been diagnosed in Athens, Greece since 2011. We aimed to trace the geographic origin of HIV-1 infection for migrant who inject drugs and to investigate whether transmissions occur more frequently among migrants than among Greek nationals. **Methods:** Multiple cross-sectional studies were pooled to assemble all persons diagnosed with HIV-1 in Greece between 1/1/2011-31/10/2014. Phylogenetic analyses used maximum likelihood estimation. The hypothesis of ethnic compartmentalization was tested by reconstructing ancestral states of characters at the tips using the criterion of parsimony over a set of bootstrap trees. **Results:** Of 2,274 persons, 38.4% were PWID. Phylogenetic analyses showed the existence of four major PWID-specific local transmission networks (LTNs): CRF14\_BG (437, 58.6%), CRF35\_AD (139, 18.6%), subtype B (116, 15.6%), and subtype A (54, 7.2%). Of 184 non-Greek PWID, 78.3% had been infected within the PWID-LTNs. For 173 (94.3%), the origin of their infection was assumed to be in Greece (post-migration). For PWID infected within LTNs, transmissions for subtype A and CRF14\_BG occurred more frequently among migrants than would be expected by chance (phyloethnic study). **Conclusions:** Our analysis showed that the majority of infections among migrants occurred post-migration. The existence of significant transmission networking among migrants highlights that this population is a priority for HIV prevention. Since molecular analysis can estimate the probable country of HIV infection, it can help to inform the design of public health strategies.

7. Souliotis, K., Agapidaki, E., et al. (2017). "Access to treatment for Hepatitis C among injection drug users: results from the cross-sectional HOPE IV study." Int J Equity Health. **16**(1): 101.

**Background:** Evidence suggests that Greece is among the European countries with increased trend in HCV prevalence among injecting drug users (IDUs) from 2008 to 2014. Nonetheless, the access of IDUs to treatment for Hepatitis C Virus (HCV) is very limited while the risk of co-infection and transmission remains high. In an effort to better understand the inhibitors to HCV treatment, the present study aimed to investigate the main barriers to access in a sample of IDUs. **Methods:** The cross-sectional study was carried out between July and September 2015 using a 23-items questionnaire. Participants were recruited from urban primary services, mobile health vans, community health services, day-care centers as well as during street work, located in Athens, Greece. Inclusion criteria were age above 18 years, understanding and speaking Greek sufficiently, HCV diagnosis, intravenous drug use. Data collection was carried out by health professionals of Praksis, a non-governmental organization. For the comparisons of proportions chi-square and Fisher's exact tests were used. **Results:** The study sample consisted of 101 HCV patients, 68% male. More than 80% of study participants experienced barriers in accessing their doctor and medication during the past 12 months. The most common obstacles in accessing a doctor were "delay in making the appointment and "difficulties in going to the doctor due to health condition or lack of means of transport". Access to physician or medication was not differed according to gender, but significant differences were found according to economic status and health insurance coverage. 56.1% of participants reported loss or treatment delay due to barriers to treatment. The majority of participants had deteriorated financial status, health status, access to health services and medication, higher financial burden for health services, worse mental health and lower adherence to medical instructions in 2015 compared to 2009. **Conclusions:** The findings from the present study revealed that the vast majority of IDUs experience significant barriers in seeking HCV care in Greece, thus highlighting the need for immediate action in this particular area due to the high risk of co-infection and transmission.

8. Sypsa, V., Psychogiou, M., et al. (2017). "Rapid Decline in HIV Incidence Among Persons Who Inject Drugs During a Fast-Track Combination Prevention Program After an HIV Outbreak in Athens." J Infect Dis. **215**(10): 1496-1505.

**Background:** A "seek-test-treat" intervention (ARISTOTLE) was implemented in response to an outbreak of human immunodeficiency virus (HIV) infection among persons who inject drugs (PWID) in Athens. We assess trends in HIV incidence, prevalence, risk behaviors and access to prevention/treatment. **Methods:** Methods included behavioral data collection, provision of injection equipment, HIV testing, linkage to opioid substitution treatment (OST) programs and HIV care during 5 rounds of respondent-driven sampling (2012-2013). HIV incidence was estimated from observed seroconversions. **Results:** Estimated coverage of the target population was 88% (71%-100%; 7113 questionnaires/blood samples from 3320 PWID). The prevalence of HIV infection was 16.5%. The incidence per 100 person-years decreased from 7.8 (95% confidence interval, 4.6-13.1) (2012) to 1.7 (0.55-



5.31) (2013; P for trend = .001). Risk factors for seroconversion were frequency of injection, homelessness, and history of imprisonment. Injection at least once daily declined from 45.2% to 18.8% ( $P < .001$ ) and from 36.8% to 26.0% ( $P = .007$ ) for sharing syringes, and the proportion of undiagnosed HIV infection declined from 84.3% to 15.0% ( $P < .001$ ). Current OST increased from 12.2% to 27.7% ( $P < .001$ ), and 48.4% of unlinked seropositive participants were linked to HIV care through 2013. Repeat participants reported higher rates of adequate syringe coverage, linkage to HIV care and OST. **Conclusions:** Multiple evidence-based interventions delivered through rapid recruitment in a large proportion of the population of PWID are likely to have helped mitigate this HIV outbreak.

9. Wiessing, L., Kalamara, E., Giraudon, I., Montanari, L., Uuskula, A., Dolan, K., Kamarulzaman, A., EMCDDA DRID study group, Rosińska, M., Sava L., Yiasemi, I., van Baelen L., Fotiou, A., Tarján, A., Garcia, D. (2017) Associations of HIV and HCV with prison history among people who inject drugs in Europe and beyond. Oral presentation. Lisbon Addictions Conference, Lisbon 23-25 October 2017.

**Background and Aims:** In many countries people who inject drugs (PWID) are incarcerated due to punitive drug laws. Incarceration is associated with elevated risks of drug-related problems including HIV and HCV transmission, fatal overdose and poor or no access to care and treatment. We used monitoring data on HIV and HCV prevalence among samples of people who inject drugs (PWID) and to assess if a history of incarceration is associated with elevated risk of HIV and HCV infection in Europe. **Methods:** Data were collected from 30 countries on existing studies among PWID ('ever injected drugs') recruited in the community (both in and outside drug services) Aggregated data are collated annually on study methods and HIV and anti-HCV prevalence (biological test results). Prevalence data are also collected by self-reported prison history (ever in prison vs never in prison). **Results:** HIV prevalence (0 to 64%, median 6.7%) and HCV prevalence (8 to 96%, median 68.5%) are high among PWID with previous history of incarceration in Europe. **Conclusions:** Strong associations exist between both HIV and HCV prevalence and prison history among PWID in Europe. There is a need to improve interventions to stop prison associated transmission, both in prison and/or after release. This includes offering in prisons: screening, referral, DAA for HCV or HIV treatment, together with prevention and harm reduction and "through-care" on release/transfer. This also includes attaining full coverage and quality of harm reduction and treatment for PWID in the community. Globally, large gaps in care and treatment for drug dependence and associated problems like HIV and HCV infection still exist in prisons, as well as in the community/post release.



## Ελληνική Βιβλιογραφία

1. Φωτίου, Α., Καναβού, Ε. κ.α. (2017). Εκτίμηση της επίπτωσης της HIV και της HCV λοίμωξης στη βάση των στοιχείων από τα άτομα που εισήλθαν στο πρόγραμμα υποκατάστασης στην Ελλάδα την περίοδο 2002-2016 και παράγοντες που συνδέονται με την ορομετατροπή. 5η Πανελλήνια Συνάντηση για AIDS & Ηπατίτιδες, Αθήνα, 14-16 Σεπτεμβρίου 2017., Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής.

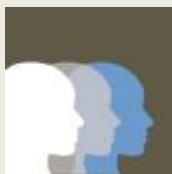
Η εκτίμηση του ρυθμού εμφάνισης νέων περιπτώσεων HCV και HIV λοίμωξης (επίπτωσης) στον πληθυσμό των χρηστών ουσιών είναι σημαντική προκειμένου να αποτυπωθεί η επιδημιολογική κατάσταση και οι τάσεις διαχρονικά (δείκτης κινδύνου) και να αναδειχθούν οι ανάγκες για παρεμβάσεις πρόληψης της εμφάνισης νέων λοιμώξεων (δείκτης αναγκών). Για τους ίδιους λόγους, εξίσου σημαντική είναι επιπλέον η διερεύνηση των παραγόντων που συνδέονται με την ορομετατροπή. Στην Ελλάδα, ο επιπολασμός της HCV λοίμωξης (anti-HCV), βρίσκεται σταθερά σε υψηλά επίπεδα στον πληθυσμό των ενέσιμων χρηστών, ενώ υψηλός είναι και ο επιπολασμός της HIV λοίμωξης, ιδιαίτερα στην περιοχή της Αττικής όπου παρατηρήθηκε επιδημική έξαρση στις αρχές της δεκαετίας. Ωστόσο, περιορισμένος μόνον αριθμός μελετών έχουν προχωρήσει στην εκτίμηση της επίπτωσης της HCV και HIV λοίμωξης στον πληθυσμό των χρηστών ψυχοτρόπων ουσιών στην Ελλάδα, με τις πιο πρόσφατες εξ αυτών να αφορούν μόνον τους ενέσιμους χρήστες στην περιοχή της Αττικής.

2. Φωτίου, Α., Καναβού, Ε., κ.α. (2017). Οι μειώσεις στην κοινή χρήση συρίγγων την περίοδο 2008-2015 στην περιοχή της Αττικής, συνδέονται με αυξήσεις στην κάλυψη των προγραμμάτων διανομής συριγγών και υποκατάστασης - Πολυεπιπεδική ανάλυση με έμφαση στην ηλικία των ενέσιμων χρηστών. 5η Πανελλήνια Συνάντηση για AIDS & Ηπατίτιδες, Αθήνα, 14-16 Σεπτεμβρίου 2017., Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής.

Η κοινή χρήση συριγγών αποτελεί την κύρια οδό μετάδοσης του ιού της ηπατίτιδας C και του HIV στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών, ιδιαίτερα στους νεαρούς χρήστες. Τα προγράμματα διανομής συριγγών και υποκατάστασης συμπεριλαμβάνονται μεταξύ των βέλτιστων πρακτικών στον περιορισμό της συμπεριφοράς αυτής και επομένως της μετάδοσης των λοιμωδών νοσημάτων στα δίκτυα των ενέσιμων χρηστών, ιδιαίτερα όταν παρέχονται συνδυαστικά. Στην περιοχή της Αττικής, παρατηρήθηκε επιδημική έξαρση της HIV λοίμωξης στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών στις αρχές της δεκαετίας, ενώ ο επιπολασμός της HCV λοίμωξης βρίσκεται σταθερά σε υψηλά επίπεδα στον πληθυσμό αυτόν. Ως μέτρο για τον περιορισμό της επιδημίας, αυξήθηκε σημαντικά η κάλυψη των προγραμμάτων διανομής συριγγών και της υποκατάστασης στην Αττική, την περίοδο 2012- 2014. Η συμμετοχή μεγάλου αριθμού ενεργών χρηστών σε ένα από τα προγράμματα αυτά -τον ΑΡΙΣΤΟΤΕΛΗ-

συνδέθηκε με την μείωση της επίπτωσης της HIV λοίμωξης στον πληθυσμό αυτόν, ενδεικτικό του περιορισμού της υιοθέτησης συμπεριφορών υψηλού κινδύνου από τους συμμετέχοντες στο πρόγραμμα. Ωστόσο, παραμένει άγνωστο εάν γενικότερα για την περιοχή της Αττικής και κατά την περίοδο πριν και μετά την επιδημική έξαρση η πιθανότητα για την υιοθέτηση συμπεριφορών που θέτουν την υγεία των χρηστών σε μεγαλύτερο κίνδυνο, όπως η κοινή χρήση συρίγγων, συνδέεται με το εν γένει επίπεδο κάλυψης των προγραμμάτων διανομής συρίγγων και της υποκατάστασης.

## 5. ΠΟΙΝΙΚΗ ΔΙΚΑΙΟΣΥΝΗ



### Ξενόγλωσση Βιβλιογραφία

1. Negrei, C., Galateanu, B., et al. (2017). "Worldwide legislative challenges related to psychoactive drugs." Daru. **25**(1): 14.

The discovery of a "new" psychoactive substance is a relatively exceptional event, while the regulatory response usually involved the assessment of risks to public health and inclusion of the novel substance in the national list of controlled substances. However, in recent years we have witnessed the rapid emergence of new chemical substances, which elude international control and pose a challenge to existing processes and a threat to the credibility of control systems. We currently review and present characteristics of these legal and illegal new substances and issues regarding their global monitoring and regulatory measures already taken, or in the process of being taken, for their control. The concept of prohibition applied in active substance-related legislation is rather hazard ridden as balance is required between the ban on substances of potential therapeutic use and the access on the market of high-risk substances. Current and future laws regarding psychoactive compounds.

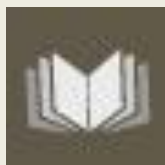
2. Papoutsis, I., Nikolaou, P., et al. (2017). "Different aspects of driving under the influence of benzodiazepines." Med Sci Law. **56**(2): 159-160.

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1. Σορβατζιώτη, Δ. (2017). "Το εφαρμοσμένο μοντέλο του ειδικού δικαστηρίου για τη θεραπεία από την εξάρτηση ναρκωτικών ουσιών." Εξαρτήσεις 1(28): 96-114.

Η εξάρτηση από τα ναρκωτικά είναι αιτία εγκληματογένεσης και η μη θεραπεία της οδηγεί με ασφάλεια στην υποτροπή. Οι εθνικές έννομες τάξεις ορισμένων κρατών έχουν ιδρύσει δικαστήρια για τη θεραπεία της εξάρτησης των δραστών εγκλημάτων που συνδέονται με τα ναρκωτικά ή που η γενεσιουργός αιτία των εγκλημάτων είναι η εξάρτηση. Τα δικαστήρια αυτά επιβλέπουν το θεραπευτικό πρόγραμμα από κοινού με τη θεραπευτική κοινότητα. Έχουν αξιολογηθεί σε έρευνες επί έτη και η αποτελεσματικότητά τους βεβαιώνεται συνεχώς. Η προσέγγιση στα δικαστήρια αυτά είναι διεπιστημονική, η ποινική διαδικασία είναι δομημένη και το θεραπευτικό πλάνο είναι σχεδιασμένο στις ανάγκες του θεραπευόμενου. Το άρθρο στοχεύει σε μια πρώτη σύσταση του θεσμού με έμφαση στο ρόλο του δικαστηρίου, που υιοθετεί τις αρχές της θεραπευτικής δικαιοσύνης. Η πρόταση αφορά στην ίδρυση δικαστηρίου αυτής της καθ' ύλην αρμοδιότητας στο ελληνικό ποινικό σύστημα. Ο σχεδιασμός απαιτεί μελέτη του δικονομικού συστήματος και του Νόμου περί εξαρτησιογόνων ουσιών. Είναι φανερό ότι σήμερα ευκολότερα από το παρελθόν μπορούμε να υιοθετήσουμε αυτό το μοντέλο δικαστηρίου, καθώς όλες οι πληροφορίες και οι καλές πρακτικές είναι διαθέσιμες. Η διεπιστημονική προσέγγιση της χρήσης και της εξάρτησης από τα ναρκωτικά και η διεπιστημονική επίλυση της εγκληματικότητας που συνδέεται με αυτά, αποτελεί τη μόνη σύγχρονη και επιτυχή αντιμετώπιση του προβλήματος.

## 6. ΠΡΟΛΗΨΗ



## Ελληνική Βιβλιογραφία

1. Σμυρνάκη, Μ. (2017). "Γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς μαθητών δημοτικού σχολείου." Εξαρτήσεις 1(28): 54-72.

Η παρούσα ποιοτική έρευνα μελετά τις γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς μαθητών δημοτικού σχολείου, τους τρόπους που οι μαθητές τις βιώνουν και αντιδρούν σε αυτές, καθώς, επίσης, και την αποτελεσματικότητά τους κατά την αντίληψη των γονέων, των δασκάλων και των μαθητών. Πρόκειται για μελέτη περίπτωσης, η οποία πραγματοποιήθηκε στα τρία δημοτικά σχολεία μιας ημιαστικής περιοχής

του Νομού Ηρακλείου Κρήτης. Για τη διεξαγωγή της έρευνας πραγματοποιήθηκαν 36 συνολικά ημιδομημένες συνεντεύξεις με μαθητές με εξωτερικευμένα προβλήματα συμπεριφοράς από τις Δ', Ε', και Στ' τάξεις, τους γονείς και τους δασκάλους τους. Η ανάλυση περιεχομένου των συνεντεύξεων ανέδειξε τα ακόλουθα κυρίαρχα ευρήματα: 1) επικρατούν οι αρνητικές γονεϊκές και σχολικές πρακτικές διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς των μαθητών (π.χ. ανέβασμα του τόνου φωνής, τιμωρίες, φυσική/σωματική επιθετικότητα σύμφωνα με τις αναφορές των μαθητών, 2) οι αποτελεσματικές γονεϊκές και σχολικές πρακτικές συνδέονται, σύμφωνα με την αντίληψη των τριών πλευρών, με θετικούς κυρίως τρόπους προσέγγισης των μαθητών (π.χ. συζήτηση, ενθάρρυνση, χιούμορ), ενώ οι αναποτελεσματικές πρακτικές με αποκλειστικά αρνητικούς τρόπους προσέγγισής τους (π.χ. ανέβασμα τόνου φωνής, τιμωρία, επίπληξη). Τα αποτελέσματα της έρευνας τονίζουν την επίδραση των γονεϊκών και σχολικών πρακτικών διαχείρισης των εξωτερικευμένων προβλημάτων συμπεριφοράς των μαθητών στην ενίσχυση ή στην αποδυνάμωσή τους. Πρόκειται για ευρήματα που μπορούν να αξιοποιηθούν στο σχεδιασμό και την εφαρμογή παρεμβάσεων για την προαγωγή της ψυχικής ανθεκτικότητας των μαθητών και την πρόληψη της εξέλιξης των εξωτερικευμένων προβλημάτων συμπεριφοράς τους στο πλαίσιο του δημοτικού σχολείου.

## 7. ΜΕΙΩΣΗ ΤΗΣ ΒΛΑΒΗΣ



### Ξενογλώσση Βιβλιογραφία

1. Sypsa, V., Psychogiou, M., et al. (2017). "Rapid Decline in HIV Incidence Among Persons Who Inject Drugs During a Fast-Track Combination Prevention Program After an HIV Outbreak in Athens." *J Infect Dis.* **215**(10): 1496-1505.

**Background:** A "seek-test-treat" intervention (ARISTOTLE) was implemented in response to an outbreak of human immunodeficiency virus (HIV) infection among persons who inject drugs (PWID) in Athens. We assess trends in HIV incidence, prevalence, risk behaviors and access to prevention/treatment. **Methods:** Methods included behavioral data collection, provision of injection equipment, HIV testing, linkage to opioid substitution treatment (OST) programs and HIV care during 5 rounds of respondent-driven sampling (2012-2013). HIV incidence was estimated from observed seroconversions. **Results:** Estimated coverage of the target population was 88% (71%-100%; 7113 questionnaires/blood samples from 3320 PWID). The prevalence of HIV infection was 16.5%. The incidence per 100 person-years decreased from 7.8 (95% confidence interval, 4.6-13.1) (2012) to 1.7 (0.55-5.31) (2013; P for trend = .001). Risk factors for seroconversion were frequency of injection, homelessness, and history of imprisonment. Injection at least once daily

declined from 45.2% to 18.8% ( $P < .001$ ) and from 36.8% to 26.0% ( $P = .007$ ) for sharing syringes, and the proportion of undiagnosed HIV infection declined from 84.3% to 15.0% ( $P < .001$ ). Current OST increased from 12.2% to 27.7% ( $P < .001$ ), and 48.4% of unlinked seropositive participants were linked to HIV care through 2013. Repeat participants reported higher rates of adequate syringe coverage, linkage to HIV care and OST. **Conclusions:** Multiple evidence-based interventions delivered through rapid recruitment in a large proportion of the population of PWID are likely to have helped mitigate this HIV outbreak.

2. Wiessing, L., Ferri, M., et al. (2017). "Monitoring quality and coverage of harm reduction services for people who use drugs: a consensus study." Harm Reduct J. **14**(1): 19.

**Background and aims:** Despite advances in our knowledge of effective services for people who use drugs over the last decades globally, coverage remains poor in most countries, while quality is often unknown. This paper aims to discuss the historical development of successful epidemiological indicators and to present a framework for extending them with additional indicators of coverage and quality of harm reduction services, for monitoring and evaluation at international, national or subnational levels. The ultimate aim is to improve these services in order to reduce health and social problems among people who use drugs, such as human immunodeficiency virus (HIV) and hepatitis C virus (HCV) infection, crime and legal problems, overdose (death) and other morbidity and mortality. **Methods and Results:** The framework was developed collaboratively using consensus methods involving nominal group meetings, review of existing quality standards, repeated email commenting rounds and qualitative analysis of opinions/experiences from a broad range of professionals/experts, including members of civil society and organisations representing people who use drugs. Twelve priority candidate indicators are proposed for opioid agonist therapy (OAT), needle and syringe programmes (NSP) and generic cross-cutting aspects of harm reduction (and potentially other drug) services. Under the specific OAT indicators, priority indicators included 'coverage', 'waiting list time', 'dosage' and 'availability in prisons'. For the specific NSP indicators, the priority indicators included 'coverage', 'number of needles/syringes distributed/collected', 'provision of other drug use paraphernalia' and 'availability in prisons'. Among the generic or cross-cutting indicators the priority indicators were 'infectious diseases counselling and care', 'take away naloxone', 'information on safe use/sex' and 'condoms'. We discuss conditions for the successful development of the suggested indicators and constraints (e.g. funding, ideology). We propose conducting a pilot study to test the feasibility and applicability of the proposed indicators before their scaling up and routine implementation, to evaluate their effectiveness in comparing service coverage and quality across countries. **Conclusions:** The establishment of an improved set of validated and internationally agreed upon best practice indicators for monitoring harm reduction service will provide a structural basis for public health and epidemiological studies and support evidence and human rights-based health policies, services and interventions.

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1. Φωτίου, Α., Καναβού, Ε., κ.α. (2017). Οι μειώσεις στην κοινή χρήση συρίγγων την περίοδο 2008-2015 στην περιοχή της Αττικής, συνδέονται με αυξήσεις στην κάλυψη των προγραμμάτων διανομής συριγγών και υποκατάστασης - Πολυεπιπεδική ανάλυση με έμφαση στην ηλικία των ενέσιμων χρηστών. 5η Πανελλήνια Συνάντηση για AIDS & Ηπατίτιδες, Αθήνα, 14-16 Σεπτεμβρίου 2017., Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής.

Η κοινή χρήση συρίγγων αποτελεί την κύρια οδό μετάδοσης του ιού της ηπατίτιδας C και του HIV στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών, ιδιαίτερα στους νεαρούς χρήστες. Τα προγράμματα διανομής συριγγών και υποκατάστασης συμπεριλαμβάνονται μεταξύ των βέλτιστων πρακτικών στον περιορισμό της συμπεριφοράς αυτής και επομένως της μετάδοσης των λοιμωδών νοσημάτων στα δίκτυα των ενέσιμων χρηστών, ιδιαίτερα όταν παρέχονται συνδυαστικά. Στην περιοχή της Αττικής, παρατηρήθηκε επιδημική έξαρση της HIV λοίμωξης στον πληθυσμό των ενέσιμων χρηστών ψυχοτρόπων ουσιών στις αρχές της δεκαετίας, ενώ ο επιπολασμός της HCV λοίμωξης βρίσκεται σταθερά σε υψηλά επίπεδα στον πληθυσμό αυτόν. Ως μέτρο για τον περιορισμό της επιδημίας, αυξήθηκε σημαντικά η κάλυψη των προγραμμάτων διανομής συριγγών και της υποκατάστασης στην Αττική, την περίοδο 2012- 2014. Η συμμετοχή μεγάλου αριθμού ενεργών χρηστών σε ένα από τα προγράμματα αυτά -τον ΑΡΙΣΤΟΤΕΛΗ- συνδέθηκε με την μείωση της επίπτωσης της HIV λοίμωξης στον πληθυσμό αυτόν, ενδεικτικό του περιορισμού της υιοθέτησης συμπεριφορών υψηλού κινδύνου από τους συμμετέχοντες στο πρόγραμμα. Ωστόσο, παραμένει άγνωστο εάν γενικότερα για την περιοχή της Αττικής και κατά την περίοδο πριν και μετά την επιδημική έξαρση η πιθανότητα για την υιοθέτηση συμπεριφορών που θέτουν την υγεία των χρηστών σε μεγαλύτερο κίνδυνο, όπως η κοινή χρήση συριγγών, συνδέεται με το εν γένει επίπεδο κάλυψης των προγραμμάτων διανομής συριγγών και της υποκατάστασης.



## 8. ΣΥΝΝΟΣΗΡΟΤΗΤΑ



### Ξενόγλωσση Βιβλιογραφία

1. Flouri, E. and Ioakeimidi, S. (2017). "Maternal depressive symptoms in childhood and risky behaviours in early adolescence." Eur Child Adolesc Psychiatry.

Longitudinal patterns of maternal depressive symptoms have yet to be linked to risky behaviours, such as substance use or violence, in early adolescence, when such behaviours may be particularly detrimental. This study was carried out to do this. Using data from the UK's Millennium Cohort Study, it modelled the effect of trajectories of maternal depressive symptoms at child ages 3, 5, 7 and 11 years on antisocial behaviour and delinquency at age 11 years (N = 12,494). It also explored their role in predicting moral judgement and attitudes to alcohol at age 11, important predictors of delinquent or antisocial behaviour and alcohol use, respectively. Latent class analysis showed four longitudinal types of maternal depressive symptoms (chronically high, consistently low, moderate-accelerating and moderate-decelerating). Maternal symptom typology predicted antisocial behaviour in males and attitudes to alcohol in females, even after adjusting for youth's age and pubertal status and after correcting for confounding. Specifically, compared to males growing up with never-depressed mothers, those exposed to chronically high or accelerating maternal depressive symptoms were more likely to report engaging in loud and rowdy behaviour, alcohol use and bullying. Females exposed to chronically high maternal depressive symptoms were more likely than those growing up with never-depressed mothers to support the view that alcohol use is harmless. While causal conclusions cannot be drawn, these findings suggest that preventing or treating maternal depressive symptoms in childhood may be a useful approach to reducing future externalising and health-risk behaviours in offspring.

2. Gatidou, G., Kinyua, J., et al. (2017). "Drugs of abuse and alcohol consumption among different groups of population on the Greek Island of Lesbos through sewage-based epidemiology." Sci Total Environ. : 633-640.

The occurrence of 22 drugs of abuse, their metabolites, and the alcohol metabolite ethyl sulphate was investigated in raw sewage samples collected during the non-touristic season from three sewage treatment plants (STPs), which serve different sizes and types of population in the Greek island of Lesbos. Using the sewage-based epidemiology approach, the consumption of these substances was estimated. Five

target analytes, cocaine (COC), benzoylecgonine (BE), 3,4-methylenedioxymethamphetamine (MDMA), 11-nor-9-carboxy-delta-9-tetrahydrocannabinol (THC-COOH) and ethyl sulphate (EtS) were detected at concentrations above their limit of quantification, whereas the rest eighteen target compounds were not detected. THC-COOH was detected in most of the samples with concentrations ranging between <20 and 90ngL(-1), followed by EtS (range <1700-12,243ngL(-1)). COC, BE, and MDMA were present only in the STP that serves Mytilene (the main city of the island), at mean concentrations of 3.9ngL(-1) for COC (95% CI: 1.7-6.1), 9.4ngL(-1) for BE (95% CI: -1.6-23) and 3.2ngL(-1) for MDMA (95% CI: 1.2-5.1). Back-calculations to an amount of used substance indicated more intense use of drugs among city population than rural and University population with average values of 9.5 and 1.2mgday(-1) per 1000 inhabitants for COC (95% CI: -1.43-20.4) and MDMA (95% CI: 0.52-1.85), respectively, and 2.8gday(-1) per 1000 inhabitants for tetrahydrocannabinol (THC) (95% CI: 2.4-3.1), the active ingredient of cannabis. Alcohol consumption was observed to be higher in the city population (5.4mL pure alcohol per day per inhabitant) than in the rural population (3.4mL pure alcohol per day per inhabitant), but the difference was not statistically significant. Consumption of THC differed significantly among the three STPs.

3. Ioannidis, J. (2017). "Greece: crisis, smoking, and tobacco conflicts in social media." Eur J Clin Invest. **47**(12): doi: 10.1111/eci.12841.

Greece has undergone a distressing crisis that has taken a heavy toll, devaluing lives of individuals and functions of society at large. Besides the economic meltdown, there has been an even worse crisis of values. The country currently occupies a low rank in the WHO Happiness Index (1) (99th in 2016 and 87th in 2017), not so much because of worsening ranking in healthy life expectancy (still ranked 24th in the world in 2017) or even wealth (still ranked 44th in GDP per capita), but because of mediocre ranking in social support (ranked 80th ) and extremely low rankings in freedom to make life choices (ranked 150th among 155 countries), generosity (ranked 155th , i.e. last) and trust (protection from corruption) (ranked 128th ). There has been an estimated 3% excess of deaths during the economic crisis (2), a dwindling population with one of the lowest fertility rates worldwide (1.3), a gross increase in use of psychoactive medications as demonstrated by measurements of drugs in the wastewater of Athens (11-fold increase in detected antidepressants, 19-fold increase in detected benzodiazepines, 35-fold increase in detected antipsychotics) (3) and major shortages in public hospitals and social welfare. The superimposed refugee crisis is only partially under control.

4. Kritsotakis, G., Konstantinidis, T., et al. (2017). "The relationship between smoking and convivial, intimate and negative coping alcohol consumption in young adults." J Clin Nurs.

**Aims and Objectives:** To explore the gender-specific associations of smoking with Convivial, Negative Coping, and Intimate drinking contexts in young adults.  
**Background:** Alcohol and cigarettes co-use is common and to be more effective in prevention activities, we need to understand the drinking contexts that facilitate their co-occurrence. Design: Descriptive cross-sectional survey in the context of the

LATO study (Lifestyle & Attitudes in a Student Population) in Greece. **Methods:** Of the 1138 students that provided full data during November-December 2012, those who have smoked  $\geq 1$  cigarette/last month were defined as smokers. Based on the 'Drinking Context Scale' (DCS-9), we created low, moderate and high probabilities of drinking in each context and in total. Multivariate logistic regression analyses were performed. **Results:** Participants reported higher probabilities to drink, in descending order, in the convivial (31.5%), negative coping (10.4%) and intimate (5.4%) contexts. Adjusted odds ratios for smoking were significantly higher for individuals who reported a moderate (OR=2.15, 95%CI 1.51-3.05) to high (OR=3.64, 95%CI 2.59-5.11) probability of drinking in any context. Moreover, female participants with high probabilities for drinking in Convivial and Negative Coping contexts had higher odds ratios of engaging in smoking (convivial OR=1.87, 95%CI=1.23-2.85; coping OR=2.66, 95%CI=1.39-5.10) whereas this association was noticed only for convivial settings in male participants (OR=2.88, 95%CI=1.91-4.319). For women only, drinking in Intimate contexts was protective against smoking (OR=0.32, 95%CI=0.10-0.98). **Conclusions:** Smoking is differentially related to drinking context based on gender. Prevention interventions targeting smoking and alcohol co-use in late adolescence may be more effective if employing a context and gender-specific approach. This article is protected by copyright. All rights reserved.

5. Moussas, G. and Papadopoulou, A. (2017). "Substance abuse and cancer." Psychiatriki. **28**(3): 234-241.

Substance abuse is a health problem with serious psychological and psychiatric dimensions and multiple social and economic consequences. Cancer is a disease that threatens not only life and physical integrity but mental health as well. Oncology patients suffer from mental disorders in high rates, especially from depression and anxiety. The role of substance abuse in the pathogenesis of cancer is studied systematically, since there are research data supporting the mutagenic effects of certain substances. It has been supported that a possible dysregulation of the immune system is linked to the oncogenic processes induced by substances of abuse. Specifically, opioids are the first addictive substances that have been identified as oncogenic factors. However, conflicting results have been offered by experimental animal studies, which showed that opioids, such as morphine, depending on the dosage administered, may not only enhance the process of tumor growth, but also inhibit it. Additionally, research data indicate that the use of cannabis may be associated with cancer, either as an independent factor or in relation to other mutagenics, although it is not yet clear to which extent these effects may be connected to the disease, especially once the consumption of tobacco and alcohol by these patients are taken into account. However, it has been argued that certain cannabinoids may have biological -anticancer- activities which could be used therapeutically without being accompanied by the corresponding 9-tetrahydrocannabinol psychoactive effects. It is well known that alcohol is a risk factor for developing head and neck cancer, and epidemiological studies indicate that the higher the consumption of alcohol, the more mortality due to cancer increases. In addition, it is suggested that there is no safety level for alcohol consumption regarding the risk of developing cancer; that is even a minimum daily

consumption is associated with the occurrence of certain types of cancer. Specific components have been identified in tobacco, which are considered to be carcinogenic and responsible for tumor development in various sites. Moreover, complicated psychiatric problems arise due to substance abuse in cancer patients, either in the context of pain treatment, or under pre-existing dependence. The rational use of opioid analgesics, when it is medically required as suggested by the health professionals specialized in the treatment of acute pain in cancer patients, could be a therapeutic option. Substance abuse reduces treatment compliance, worsens cancer prognosis and seems to be a negative factor for the quality of life of these patients. Current literature highlights the importance of appropriate psychiatric interventions to address substance abuse in cancer patients.

6. Nestoros, J., Vakonaki, E., et al. (2017). "Long lasting effects of chronic heavy cannabis abuse." Am J Addict. **26**(4): 335-342.

**Background and Objectives:** The purpose of this study was to evaluate the extent of short-term memory impairment and schizophrenia-like symptoms in heavy and systematic cannabis users and the association between the severity of abuse and the longevity of its persistent symptoms after refraining from such use. **Methods:** A complete psychiatric examination and a psychometric evaluation were performed in 48 solely cannabis users. Additionally, head hair samples were analyzed and the detected cannabinoids levels were correlated with the psychometric findings. **Results:** A total of 33.3% (n = 16) of the total examined cannabis users were currently imprisoned. The years of abuse ranged from 1 to 35 years and the median daily dose was 5.84.4 gr and 4.84.0 gr for prisoners (n = 16) and non prisoners (n = 32), respectively. A total of 39.6% of the users experienced hallucinations (mostly auditory), 54.2% experienced delusions (mostly ideas of reference and persecution), 85.4% had organic brain dysfunction in a test addressing visual-motor functioning and visual perception skills, and all users (100%) were found to have organic brain dysfunction in a test of visual memory immediate recall. The cannabinoid metabolite levels in the hair samples were consistent with the reported history of substance abuse and total grams of consumption for the participants below 35 years old ( $p < .001$ ). Statistically elevated cannabinoids levels were observed in users with auditory hallucinations compared to users without any hallucinations ( $p = .019$ ). **Conclusions:** The existence of hallucinations, delusions, and organic brain dysfunction in heavy cannabis users seems to be associated with cannabinoid levels in hair. The continuation of persistent symptoms 3 months after the discontinuation of cannabis abuse, was a remarkable finding. **Scientific Significance:** We provide evidence that chronic and heavy cannabis abuse results in long-lasting brain dysfunction in all users and in long-lasting schizophrenia-like psychotic symptoms in more than half of all users. These findings suggest a reevaluation of the current classification of cannabis as a "soft narcotic" which erroneously, therefore, is typically considered harmless.

7. Politis, S., Magklara, K., et al. (2017). "Epidemiology and comorbidity of obsessive-compulsive disorder in late adolescence: a cross-sectional study in senior high schools in Greece." Int J Psychiatry Clin Pract. **21**(3): 188-194.

**Objective:** The aim of this study was to examine the epidemiology, comorbidity and use of health services of obsessive-compulsive disorder (OCD) and subclinical obsessive-compulsive symptoms in late adolescence. **Methods:** A total of 2427 adolescents attending senior high schools in Greece were selected for a detailed psychiatric interview using the revised clinical interview schedule (CIS-R). Use of alcohol, nicotine and cannabis, and several socio-demographic and socio-economic variables were also assessed. **Results:** The prevalence of OCD was 1.39% (95% confidence interval [CI]: 1.05-1.84) while that of subclinical obsessive-compulsive symptoms was 2.77% (2.22-3.45). There was a female preponderance for subclinical symptoms. Financial difficulties of the family was the only socio-demographic variable that was significantly associated with OCD but not with subclinical symptoms. The pattern of comorbidity was similar for both conditions but milder in the subclinical form. About one in three reported use of general health services and one in ten use of psychiatric services. **Conclusions:** OCD and subclinical obsessive-compulsive symptoms were relatively common. Comorbidity with other psychiatric disorders and use of substances was considerable even in subclinical status, but use of specialised health services was small. Clinical and research implications are discussed.

## 9. ΨΥΧΟΚΟΙΝΩΝΙΚΕΣ ΠΡΟΕΚΤΑΣΕΙΣ



### Ξενόγλωσση Βιβλιογραφία

1. Kalemi, G., Gkioka, S., et al. (2017). "Stigma and self-esteem: A case of HIV-positive sex-workers." Psychiatriki. **28**(1): 67-74.

Stigma associated with sex work and HIV can be easily recognized in public reactions towards the members of discriminated groups. Nevertheless, there are only a few studies examining the impact of discrimination to the self-esteem of individuals who suffer the coexistence of multiple stigmatizing conditions. In our case, the unprecedented stigmatization of sex workers through the media as a menace of public health as well as criminals due to their seropositivity should be examined with respect and scientificity. The sample consisted of the 27 women found to be HIV positive. The small number of subject and the uniqueness of the situation made necessary the use of qualitative research method. Data were collected of through a semi-structured interview during which personal and medical



history was taken and Rosenberg self-esteem scale was completed. Information for each domain of interest was systematically collected from multiple interview guide items. Interpretive Phenomenological Analysis was used to analyze data derived from qualitative interview (IPA). Four main categories emerged from the horizontal analysis of the interviews referring to the mechanism used by those women in order to cope with stigma and protect their self-esteem, a description of their felt stigma and feelings about seropositivity, as well as the existence of self-destructive behaviors. The existence of a normal self-esteem on the majority of those women is well explained by the use of certain coping strategies in order to confront the enacted stigma, such as the avoidance of self-blame for their condition (HIV-positive), the disregard of public's discriminating comments and behaviors, the acknowledge of their competence in specific issues they have to deal with in their everyday life, in common with the existence of a strongly supportive network. Despite those women's felt stigma, structured by community's discriminating approach of their families and their feelings of helplessness and incompetence to protect their beloved, their self-esteem is not harmed and the frequency of selfdestructive behaviors remained stable, possibly as a result of those coping mechanisms developed early in their lives. The circle of stigmatization that emerged through the stories of those women is not an isolated social phenomenon related only to prostitution and drug use. This is the reason why educational programs, access to HIV care services and efforts towards de-stigmatization would benefit the society in multiple levels, and would ultimately strengthen the effort of combating the global AIDS epidemic.

2. Lazaratou, H., Kalogerakis, Z., et al. (2017). "Socioeconomic crisis and aggressive behaviour of Greek adolescents." Int J Soc Psychiatry **63**(6): 488-489.

**Background:** Aggressive behaviours are common during adolescence. In Greece, adolescents and their families experience a severe and enduring recession with potentially adverse impact on mental health. **AIM:** This study aimed to examine the correlation between adolescents' aggressive behaviour and economic factors. **Methods:** The Buss-Perry Aggression Questionnaire (AQ) was used to measure aggression. Reduction in pocket money and three items of the Household Food Insecurity Access Scale were used to measure material deprivation as a result of the economic crisis. The questionnaires were administered to a sample of 2,159 adolescent students of the Greater Athens Metropolitan Area. **Results:** Students who during the previous 4 weeks had experienced household food insecurity (anxiety/uncertainty about food, insufficient food quality or insufficient food intake) or had their pocket money decreased within the last 6 months scored on average significantly higher in the AQ compared to their counterparts who did not. **Conclusion:** The shortage in basic goods due to the actual Greek economic crisis seems to be related to aggressive behaviours during adolescence and we should take this into account in clinical practice.



3. Missouridou, E. (2017). "Cultivating a Trauma Awareness Culture in the Addictions." Curr Drug Abuse Rev. **9**(2): 99-105.

**Background:** Research evidence points to the high prevalence of trauma exposure and post traumatic stress among addicted individuals, their families and the professionals responsible for their treatment. **Objective:** The purpose of this review is to enhance understanding of the continuing effects of trauma and its impact on the lives of people with addiction problems as well as on the professionals who strive to provide support and care for them. **Methods:** Review of twenty eight articles on traumatic experiences in individuals and families facing addiction problems as well as on traumatic stress in addiction professionals. Eligibility criteria were: publication in a peer-reviewed journal dating from 1990 to present; articles written in the English language; quantitative or qualitative design aiming to explore the lived experience of trauma and the recovery process from it. **Results:** It is argued that for service providers to be able to help patients restore purpose and meaning in the recovery process, it is important to be aware of the trauma dynamics implicated in the long history of the addiction problems. Professionals' difficulty to process their emotions may lead to disengagement or overinvolvement and the adoption of maladaptive roles. Strong and unexpected emotional reactions in the professional may be a clue to the presence of masked trauma. **Conclusion:** Ongoing training on trauma dynamics, self-care and clinical supervision may deepen professionals' understanding of the impact of trauma on their work culture and protect them from the risk of secondary traumatic stress.

4. Negrei, C., Galateanu, B., et al. (2017). "Worldwide legislative challenges related to psychoactive drugs." Daru. **25**(1): 14.

The discovery of a "new" psychoactive substance is a relatively exceptional event, while the regulatory response usually involved the assessment of risks to public health and inclusion of the novel substance in the national list of controlled substances. However, in recent years we have witnessed the rapid emergence of new chemical substances, which elude international control and pose a challenge to existing processes and a threat to the credibility of control systems. We currently review and present characteristics of these legal and illegal new substances and issues regarding their global monitoring and regulatory measures already taken, or in the process of being taken, for their control. The concept of prohibition applied in active substance-related legislation is rather hazard ridden as balance is required between the ban on substances of potential therapeutic use and the access on the market of high-risk substances. Current and future laws regarding psychoactive compounds.

## 10. ΟΙΚΟΝΟΜΙΚΗ ΚΡΙΣΗ



### Ξενόγλωσση Βιβλιογραφία

1. Anagnostopoulos, D., Giannakopoulos, G., et al. (2017). "The synergy of the refugee crisis and the financial crisis in Greece: Impact on mental health." Int J Soc Psychiatry. **63**(4): 352-358.

**Background:** The current global financial crisis that started in 2008 resulted in a significant decline in global trade, slowing/reversing economic growth worldwide, and a dramatic increase in public sector debt. At the same time, the global migrant/refugee crisis has reached extreme rates, with millions of people being forced to abandon their homes and communities because of war, political violence or related threats. There is a broad consensus about the deleterious consequences of these crises on psychological well-being, depression, anxiety disorders, insomnia, alcohol abuse and suicidal behavior. Although the separate consequences of economic recession and immigration are extensively discussed in previous research, we know very little about the processes through which the intersection of economic crisis and migrant crisis contributes to the vulnerabilities of natives and migrants during these crises. Of particular concern is the status of children, adolescents and their families, who constitute one of the most vulnerable groups in society. **Aim:** To discuss the contexts that economic and migrant crises shape and suggest possible effects of this intersection on mental health risks, especially among children, adolescents and their families, through reflecting on the recent experience in Greece. **Method:** Review of the literature and critical analysis of the effects of the confluent crises. **Conclusion:** The interactive effects of these two crises need further exploration. Novel and diverse models of psychological understanding need to be developed in order to manage the effects of the confluent crises. The role of mental health professionals is crucial in this respect, offering culturally flexible, accommodating and empathetic approaches, allowing healing and acceptance in the face of adversity.

2. Ioannidis, J. (2017). "Greece: crisis, smoking, and tobacco conflicts in social media." Eur J Clin Invest. **47**(12): doi: 10.1111/eci.12841.

Greece has undergone a distressing crisis that has taken a heavy toll, devaluing lives of individuals and functions of society at large. Besides the economic meltdown, there has been an even worse crisis of values. The

country currently occupies a low rank in the WHO Happiness Index (1) (99th in 2016 and 87th in 2017), not so much because of worsening ranking in healthy life expectancy (still ranked 24th in the world in 2017) or even wealth (still ranked 44th in GDP per capita), but because of mediocre ranking in social support (ranked 80th ) and extremely low rankings in freedom to make life choices (ranked 150th among 155 countries), generosity (ranked 155th , i.e. last) and trust (protection from corruption) (ranked 128th ). There has been an estimated 3% excess of deaths during the economic crisis (2), a dwindling population with one of the lowest fertility rates worldwide (1.3), a gross increase in use of psychoactive medications as demonstrated by measurements of drugs in the wastewater of Athens (11-fold increase in detected antidepressants, 19-fold increase in detected benzodiazepines, 35-fold increase in detected antipsychotics) (3) and major shortages in public hospitals and social welfare. The superimposed refugee crisis is only partially under control.

3. Koutra, K., Kritsotakis, G., et al. (2017). "Social Capital, Perceived Economic Affluence, and Smoking During Adolescence: A Cross-Sectional Study." Substance Use & Misuse **52**(2): 240-250.
4. Lazaratou, H., Kalogerakis, Z., et al. (2017). "Socioeconomic crisis and aggressive behaviour of Greek adolescents." Int J Soc Psychiatry **63**(6): 488-489.

**Background:** Aggressive behaviours are common during adolescence. In Greece, adolescents and their families experience a severe and enduring recession with potentially adverse impact on mental health. **AIM:** This study aimed to examine the correlation between adolescents' aggressive behaviour and economic factors. **Methods:** The Buss-Perry Aggression Questionnaire (AQ) was used to measure aggression. Reduction in pocket money and three items of the Household Food Insecurity Access Scale were used to measure material deprivation as a result of the economic crisis. The questionnaires were administered to a sample of 2,159 adolescent students of the Greater Athens Metropolitan Area. **Results:** Students who during the previous 4 weeks had experienced household food insecurity (anxiety/uncertainty about food, insufficient food quality or insufficient food intake) or had their pocket money decreased within the last 6 months scored on average significantly higher in the AQ compared to their counterparts who did not. **Conclusion:** The shortage in basic goods due to the actual Greek economic crisis seems to be related to aggressive behaviours during adolescence and we should take this into account in clinical practice.

5. Saridi, M., Nanou, A., et al. (2017). "Smoking Habits among Greek University Students after the Financial Crisis." Asian Pac J Cancer Prev. **18**(5): 1329-1335.

**Background:** University students worldwide seem to have increased rates of smoking, alcohol abuse, binge drinking episodes and harmful consumption trends, raising a serious public health issue. The aim of the present study was to investigate university

students' smoking habits and exposure to secondary smoke amid a financial crisis. **Methods:** The present descriptive, correlational analysis was conducted at the University of Peloponnese. **Results:** The average age of the sample (n=203) was 24.9 years ( $\pm 7.6$  years) with 36.0% of the participants (n=73) being postgraduate students. Some 51.2% (n=104) of the participants said they didn't smoke and 46.3% (n=94,  $p=0.003$ ) reported no secondary smoke exposure during the past week at home. The majority of the remainder initiated smoking at age 16-17 (48.5%, n=48), and 64.6% (n=42) said the financial crisis did not lead them to change their smoking habits. **Conclusions:** The majority of students support smoking ban laws in enclosed public spaces, but also their replies highlighted poor implementation on behalf of the state and the authorities. The financial crisis did not appear to have affected student smoking habits.

## 11. ΝΕΕΣ ΟΥΣΙΕΣ



### Ξενογλώσση Βιβλιογραφία

1. Katselou, M., Papoutsis, I., et al. (2017). "Metabolites replace the parent drug in the drug arena. The cases of fonazepam and nifoxipam." Forensic Toxicol. **35**(1): 1-10.

Fonazepam (desmethyflunitrazepam) and nifoxipam (3-hydroxy-desmethyflunitrazepam) are benzodiazepine derivatives and active metabolites of flunitrazepam. They recently invaded the drug arena as substances of abuse and alerted the forensic community after being seized in powder and tablet forms in Europe between 2014 and 2016. A review of all the existing knowledge of fonazepam and nifoxipam is reported, concerning their chemistry, synthesis, pharmacology and toxicology, prevalence/use, biotransformation and their analysis in biological samples. To our knowledge, fonazepam and nifoxipam-related intoxications, lethal or not, have not been reported in the scientific literature. All the available information was gathered through a detailed search of PubMed and the World Wide Web.

2. Misailidi, N., Papoutsis, I., et al. (2017). "Fentanyl continue to replace heroin in the drug arena: the cases of ocfentanil and carfentanil." Forensic Toxicol. **36**(1): 12-32.

**Purpose:** Ocfentanil and carfentanil are two potent synthetic opioids that are analogues of fentanyl and are actively involved in the recent fentanyl crisis. The aim

of this review is to provide all the available information on these two fentanyl analogues. **Methods:** All reviewed information was gathered through a detailed search of PubMed and the World Wide Web using relevant keywords. **Results:** Like most of the members of the family of fentanyls, they are either sold as heroin to unsuspecting users or used extensively to lace heroin street samples. Despite the fact that ocfentanil was studied clinically in the early 1990s, it did not manage to find its place in clinical practice. On the other hand, carfentanil is mainly used today as an anesthetic agent in large animals. Ocfentanil and carfentanil are used and abused extensively, mainly in Europe and in the United States. As a result, they are the cause of some verified intoxication cases and deaths worldwide. This review provides information concerning chemistry, synthesis, prevalence, pharmacology, and toxicology, as well as the current legal status of these two fentanyl analogues. Analytical methods developed for the determination of ocfentanil and carfentanil in biological specimens and seized materials, as well as related intoxication and lethal cases are also presented. **Conclusions:** Ocfentanil and carfentanil are undeniably very dangerous opioid drugs and a very serious matter of concern for public safety. The authorities should take the appropriate actions to avoid the expansion of this threat by taking proper and prompt measures.

3. Negrei, C., Galateanu, B. et al. (2017). "Worldwide legislative challenges related to psychoactive drugs." Daru. **25**(1): 14.

The discovery of a "new" psychoactive substance is a relatively exceptional event, while the regulatory response usually involved the assessment of risks to public health and inclusion of the novel substance in the national list of controlled substances. However, in recent years we have witnessed the rapid emergence of new chemical substances, which elude international control and pose a challenge to existing processes and a threat to the credibility of control systems. We currently review and present characteristics of these legal and illegal new substances and issues regarding their global monitoring and regulatory measures already taken, or in the process of being taken, for their control. The concept of prohibition applied in active substance-related legislation is rather hazard ridden as balance is required between the ban on substances of potential therapeutic use and the access on the market of high-risk substances. Current and future laws regarding psychoactive compounds.

## ΠΑΡΑΡΤΗΜΑ Ι.

### ΗΜΕΡΙΔΕΣ / ΕΚΔΗΛΩΣΕΙΣ ΕΣΩΤΕΡΙΚΟΥ

1. Ημερίδα με τίτλο «Χώροι κράτησης και HIV», που διοργανώθηκε από την ΜΚΟ «ΚΕΝΤΡΟ ΖΩΗΣ» στην Αθήνα, 15 Μαρτίου 2017.
2. Εκδήλωση με τίτλο «Παρουσίαση ηλεκτρονικού εργαλείου αυτοβοήθειας», που διοργάνωσε το Γραφείο της Εθνικής Συντονίστριας στην Αθήνα, 27 Απριλίου 2017.
3. Συνέντευξη Τύπου για την Κατάσταση του Προβλήματος των Ναρκωτικών και των Οινοπνευματωδών 2017 και για την παρουσίαση της Ευρωπαϊκής Έκθεσης του Ευρωπαϊκού Κέντρου Τεκμηρίωσης και Πληροφόρησης για τα Ναρκωτικά (EMCDDA) : Drug Report 2017, που διοργανώθηκε από το ΕΠΙΨΥ και το Εθνικό Κέντρο Τεκμηρίωσης και Πληροφόρησης για τα Ναρκωτικά σε συνεργασία με το Γραφείο της Εθνικής Συντονίστριας, για την παρουσίαση της Ετήσιας Έκθεσης του ΕΚΤΕΠΝ στην Αθήνα, 6 Ιουνίου 2017.
4. Συνέδριο με τίτλο «Drug Policy Challenges and Implementation in South East Europe», που διοργανώθηκε από την ΜΚΟ ΔΙΟΓΕΝΗΣ, στη Θεσσαλονίκη, 9 Ιουνίου 2017.
5. Συνέδριο με τίτλο «Ενισχύοντας το κίνητρο για αλλαγή σε άτομα με διαταραχή της χρήσης αλκοόλ», που διοργανώθηκε από το ITACA στην Αθήνα, 9 Ιουνίου 2017.
6. Ημερίδα με τίτλο «Ναρκωτικά: Βιολογικές, κοινωνικές και πολιτικές προεκτάσεις», που διοργανώθηκε από τον ΟΚΑΝΑ σε συνεργασία με το Ίδρυμα Γληνού στην Αθήνα, 23 Ιουνίου 2017.
7. Εκδήλωση Μονάδας Απεξάρτησης 18 Άνω του Ψυχιατρικού Νοσοκομείου Αττικής, στο πλαίσιο της Παγκόσμιας Ημέρας κατά των Ναρκωτικών, στην Αθήνα, 26 Ιουνίου 2017.
8. Εκδήλωση με τίτλο «Χωρίς εσένα αποκλείεται» που διοργανώθηκε από το ΚΕΘΕΑ στο πλαίσιο της Παγκόσμιας Ημέρας κατά των Ναρκωτικών στην Αθήνα, 26 Ιουνίου 2017.
9. Συνέδριο με τίτλο «Η σημασία της κοινωνικής συνοχής και αλληλεγγύης στην πρόληψη της χρήσης ναρκωτικών», που διοργανώθηκε από το Γραφείο της Εθνικής Συντονίστριας, στο πλαίσιο της Παγκόσμιας Ημέρας κατά των Ναρκωτικών, στην Αθήνα, 26 Ιουνίου 2017.
10. Ημερίδα με τίτλο «Εξάλειψη Ηπατίτιδας C σε ειδικούς πληθυσμούς υπό το φως των καινούργιων εξελίξεων», που διοργανώθηκε από τον Σύλλογο Ασθενών Ήπατος «ΠΡΟΜΗΘΕΑΣ» στην Αθήνα, στις 20 Ιουλίου 2017.
11. Πανελλήνια Συνάντηση για AIDS και Ηπατίτιδες που διοργάνωσε η Επιστημονική Εταιρεία Επιδημιολογίας, Βιοστατιστικής και Προληπτικής Ιατρικής στην Αθήνα, 14-16 Σεπτεμβρίου 2017.
12. Συνέδριο (16<sup>ο</sup>) της Ευρωπαϊκής Εταιρείας Βιοιατρικής Έρευνας για τον Αλκοολισμό που διοργανώθηκε στο Ηράκλειο Κρήτης, 8–11 Οκτωβρίου 2017.



13. Πανελλήνια Συνάντηση (11<sup>η</sup>) των Φορέων του Δικτύου Πρόληψης της Εξάρτησης που διοργανώθηκε από το Κέντρο Πρόληψης Κυκλάδων «ΘΗΣΕΑΣ», στην Σύρο, 18-21 Οκτωβρίου 2017.
14. ESBRA (2017). 16ο συνέδριο της Ευρωπαϊκής Εταιρείας Βιοϊατρικής Έρευνας για τον Αλκοολισμό, Ηράκλειο Κρήτης, 8 - 11 Οκτωβρίου 2017.
15. Ημερίδα με τίτλο «Θεραπευτική Αντιμετώπιση των Εξαρτήσεων», που διοργανώθηκε από την Μονάδα Απεξάρτησης 18 Άνω του Ψυχιατρικού Νοσοκομείου Αττικής στην Αθήνα, 18 Δεκεμβρίου 2017.

#### ΗΜΕΡΙΔΕΣ / ΕΚΔΗΛΩΣΕΙΣ ΕΞΩΤΕΡΙΚΟΥ

1. Συνέδριο της ΜΚΟ ΔΙΟΓΕΝΗΣ «Treatment and Harm Reduction Services in the Context of the Economic Crisis: Developments and Changes», Κύπρος, 19-21 Οκτωβρίου, 2017.
2. Συνέδριο του WHO για τις Εθνικές Πολιτικές για το Αλκοόλ, Λισαβόνα, 22-24 Οκτωβρίου, 2017.
3. Συνέδριο για την Πρόληψη κατά των Ναρκωτικών που διοργάνωσε ο οργανισμός Polish National Bureau for Drug Prevention, Βαρσοβία, 23-24 Οκτωβρίου, 2017.
4. Συνέδριο Lisbon Addictions που πραγματοποίησε το EMCDDA σε συνεργασία με άλλους ευρωπαϊκούς φορείς, Λισαβόνα, 24-26 Οκτωβρίου, 2017.

## ΠΑΡΑΡΤΗΜΑ II.

### Ξενόγλωσση Βιβλιογραφία

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