

the subjects were being treated on a ward with a milieu based on a therapeutic community model, that specialises in psychotherapeutic interventions.

Twelve young adult male patients, defined by structured interview for personality disorder and clinical diagnosis for mental illness, participated in the week long dramatherapy project. They were evaluated using self-report questionnaires (an Anger Inventory tailored to the maximum security hospital environment; the State-Trait Anger Expression Inventory) both before and after the week, as well as at three month follow-up.

The main result was that measured levels of anger significantly reduced from before to after the theatre week. This improvement was maintained at three month follow-up. There was an associated increase in the frequency of attempts to control the expression of anger.

Our conclusion is that a dramatherapy project within a psychotherapeutic environment may be an effective treatment modality for reducing anger levels in young mentally disordered offenders.

PSYCHOPATHOLOGY AND COGNITIVE IMPAIRMENT IN MYOTONIC DYSTROPHY

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Introduction: Myotonic Dystrophy (DM) is primarily considered a neurological disease characterized by myotonia and muscle weakness. Psychiatric manifestations and cognitive impairment have been considered important aspects of this disease. However, most studies of these features were performed on comparatively severely affected individuals with unequivocal clinical diagnoses. The recent discovery of the DM mutation, a trinucleotide repeat expansion, has allowed us to ascertain and study subjects with milder disease. Thus, we could exclude the confounding effects of low intelligence and severe disability associated with congenital and early childhood onset disease.

Aims: To delineate and characterize the psychopathology and cognitive features of milder cases of DM and to investigate the relationship between the size of the trinucleotide repeat and any impairment. Psychopathology in DM subjects was compared with that in Charcot-Marie-Tooth disease, another genetic and peripheral neurological illness in order to establish if these manifestations were primary rather than secondary to the muscle disease.

Results: We found no excess of major depression in the DM patients, in contrast to previous studies. However, apathy was a prominent feature of DM in comparison with Charcot-Marie-Tooth disease. Hypersomnolence was also a common symptom specific to DM, but showed no correlation with apathy. Our data suggest that apathy and hypersomnolence are distinct and independent primary symptoms resulting from the DM mutation, as opposed to being secondary to muscle weakness and/or disability. Contrary to previous findings we do not confirm an impairment in general intelligence. A previous study suggested severe impairment of executive function. In this study two out of three executive function tests revealed tendencies towards impairment, which were of borderline significance. Although the DM subjects were of normal intelligence as a group, there was evidence of impairment of memory function using the Rivermead Behavioural Memory Test. This suggests that memory function may be more sensitive to small CTG repeat expansions than general intelligence.

Conclusions: Apathy is the most striking psychopathological feature in DM. Intelligence is normal in milder DM although a downward shift in memory function in the group as a whole was observed.

INTRODUCTION TO THE PSYCHIATRIC PROBLEMS AND MENTAL HEALTH IN LITHUANIA

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Lithuania is a newly discovered country for many people in the world. For a long 50 years of Soviet occupation Lithuania had not been mentioned on the world's map. We were locked away from any communication. Only the KGB examined persons were allowed to visit us from overseas. Attention needs to be given to the fact that idealized culture not reality had been presented to the world all these years. The real cultural stress, conflicts, existing climate of fear and tension, influences that had been sending a person to therapist- all these were carefully locked away from the world. We always had to control ourselves as we knew what we could express, what verbalize and what we could not. Thinking and feeling were of one contents but verbalizing of another. From here paranoia and depression were spreading from person to person. God was taken away from us. We were praying secretly. It was a crime. Psychotherapy had not been supported because of the intention to prevent people from thinking and analysing processes.

Still a law of mental health is not accepted. There is no social psychiatry in the Republic at all. All the social work has to be done by a physician. The payment for a doctor is \$70 per month.

Currently the psychiatric services in the Republic of Lithuania are provided by the Ministry of Health, the Ministry of Social Welfare and to some extent by the Ministry of Culture and Education. The strongest component of psychiatric services still remains in-patient. To sum up, for several decades the state hospitals fulfilled the functions for society of keeping mentally ill out of sight and thus- out of mind. Unfortunately the ways in which state hospitals achieved this structure, led to everyday abuses that have left scars on the psychiatric services and the mental health services on the whole. Only socially and politically neutral scientific investigation have been carried out during these five decades in Lithuania. Research projects have not been financially supported by governmental or other resources and was supposed that scientific investigation is the personal problem. The same situation lasts until today.

The radical changes in all fields in Lithuania stimulated the growing awareness among psychiatrists that they themselves must be responsible on a professional group for the future of Lithuanian psychiatry.

ACUTE ALCOHOL INTAKE: RELATIONSHIP BETWEEN NEUROPHYSIOLOGICAL PARAMETERS AND PERFORMANCE TASKS

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It is known that ethanol acts as a depressor of CNS and induces impairment in different performance tasks. The results of experiments with single neurons, with animals *in vivo*, and electroencephalographic recordings show that ethanol depresses neuronal electric activity. However, these effects have been shown to depend of the doses used, post-ingestion time, and cerebral zone studied. Therefore, the establishment of correlations between the electroencephalographic activity registered and the task performance, considering different doses, times post-ingestion and electroencephalographic derivations could contribute useful information to clarify these effects. To this end, in our work twelve young men were used as experimental subjects with cross-over design and three experimental conditions (placebo, 0.4 g/Kg y 0.8 g/kg). Every ten minutes, the subjects performed perceptive-motor tasks, and electroencephalographic recordings were

made with 16 active derivations in six hours, one hour pre-alcohol and five hours post-alcohol, on each one of experimental days. This generated 20,736 (36 × 36 × 16) date pairs, which were then used in the construction of the correlation net.

BRAIN ANTIBODIES IN MENTAL DISORDERS

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Alterations of the immune status in psychiatric patients are known for decades. In these patients antibrain antibodies were regarded as a hallmark of autoimmune processes in mental disorders, especially in schizophrenia. We reexamined these studies by using an ultrasensitive microtechnique for gel electrophoresis, western blotting and ELISA.

Despite other reports no antibody binding to brain specific antigens could be detected. Interestingly antibodies only bound to some proteins later being identified as histones of the subgroup H3. No significant changes in IgG-levels of antibodies against histones compared to controls could be detected except for a slight decrease in cases of major depression. IgM-antibody binding to histones was significantly elevated in sera of patients suffering from alcoholism, paranoid schizophrenia, organic psychosis and schizoaffective disorder. According to our results a subgroup of schizophrenic and schizoaffective patients exhibit a stimulation of histone antibodies indicating an autoimmune process.

ICD-10 AND SCAN: PROBLEMS AND BENEFITS FOR RUSSIAN PSYCHIATRISTS

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According to the preceding agreements psychiatrists in Russia have to pass on to the ICD-10 by 1997. However, its diagnostic criteria are known to be different either from those of previous ICD versions and traditional nosological approach of Russian psychiatry. With a view to ascertain if psychiatrists experienced difficulties in utilization of altered diagnostic principles of forthcoming ICD modern version 80 Moscow psychiatrists from psychiatric hospitals and research centres were interviewed. About 55% of respondents reported some complications in application of the ICD-10 diagnostic system especially due to its syndromal classificational principles whereas 20% showed no troubles with it; 25% had not yet elaborated distinct personal attitude to the proposed modernized classification. It was obvious that psychiatrists precedingly acquainted with the DSM-system, PSE or SCAN and in particular those ones who had already applied them in researches more easily executed the ICD-10 diagnostic principles. Regarding the goal to expose if there were advantages of SCAN for psychiatric assessment the expert investigation of 20 non-psychotic patients was performed by 8 psychiatrists with roughly equal psychiatric training 3 of whom had in addition undergone SCAN course with the help of English colleagues. It was revealed that symptoms' detection was approximately by one third more precise in SCAN applied investigation. The output suggests the necessity of forestalling training in SCAN of research psychiatrists in conformity to ICD-10 installment in Russia to obtain common language for investigations both inside the country and those of foreign colleagues.

MENTAL HEALTH OF MINOR NATIONALITIES OF THE FAR NORTH OF RUSSIA

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5,400 Nenets people live in Nenets Autonomous Area (NAA) of the Arkhangelsk region. The Nenets people have a genetic link to the Mongoloid race. This population has lived for several thousand years in the extreme conditions of the high latitudes of Russia.

In this report we shall try to describe the clinical peculiarities of schizophrenia, epilepsy and depression of the Nenets people.

The adaptive mechanisms of the Nenets population to extreme conditions and the disontogenetic factor are very important parts of the pathomorphological structure of psychic diseases. These two factors can either cause the malignant development of some psychic diseases (alcoholism) or make the progredient development of other diseases softer (schizophrenia, epilepsy, depression). The psychosomatic factor is very important for some psychosomatic diseases and depressions. Adaptive properties of endorphin-opioid receptors in the structure of secondary compensatory reactions are rather important for the psychic and biological level of functioning during these diseases. Probably these mechanisms provide the lowering of the level of mental reactions. So, investigating psychic morbidity of the Nenets population we defined the invariantness of psychic diseases rather than their variability. In the entire Russian population, variability and polymorphism revealed themselves.

ECOLOGY OF MENTAL HEALTH OF THE POPULATION OF THE NORTH OF RUSSIA

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The up-to-date social and stress situation demands the evaluation of equivalent of existing forms and methods of work of psychiatric services, the objectivity and effectiveness of medical statistics, the development of system of monitoring of the nation health and the quantitative evaluation of its social, ecological and genetic components.

The epidemiological diagnosis of mental health of the population of the North of Russia has revealed a multifactoriness and polyethiologness of this nosological groupe. The maximal indices of incidentness and morbidity are noticed in extremal climate, geographical and ecological zones. The analysis having carried out for 10 years of standard indices of spreading of psychic diseases has revealed "territories of risk" which can be estimated as zones of psychic epidemics.

In the conditions of global social and stress situation in Russia it has been noticed a galloping increase of unpsychotic psychic and psychosomatic disorders, dieing out of psychic patients, increase of selfdestroying forms of behaviour (alcoholism, drug abuse, suicides). That is why it is possible to say that psychic endemia in Russia demands a radical structural and organisational review of activity of a psychiatric service.

THEORY AND PHENOMENOLOGY OF ALTERED STATES OF CONSCIOUSNESS

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Altered States of Consciousness (ASC) present experiences with precise characteristics, that can be verbalized and seldom appear in the ordinary state of consciousness. ASC are usually self induced and ethiological independent but can occur as well spontaneously and are not a result of disease or social adversity. Generally they last for some minutes or hours in opposition to typical psychiatric disorder.