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The situation of alcohol related conditions and interventions in Cyprus

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acthealthy

Alcohol use in Cyprus

- Children & Adolescents: 2019 study

	Drunk alcohol at least once
11.5yrs	25.7%
13.5yrs	58.4%
15.5yrs	84.2%

	Become Drunk at least once
13.5yrs	12.4%
15.5yrs	37.8%

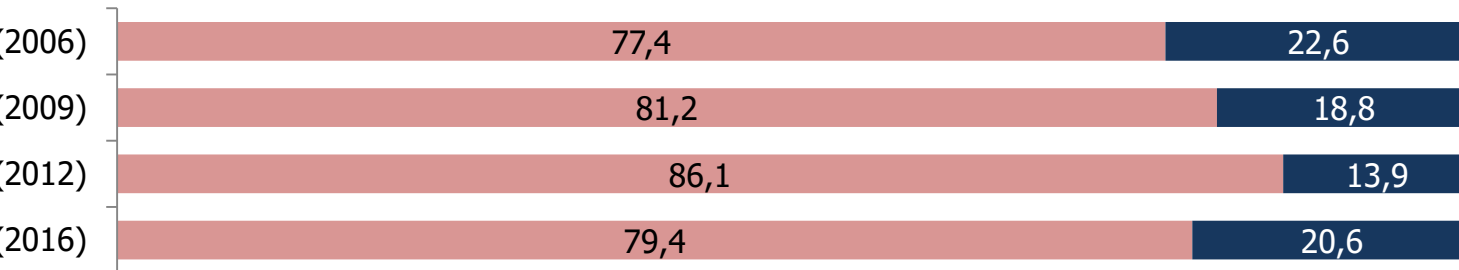
	Become Drunk during the last 30 days
13.5yrs	5.3%
15.5yrs	14.3%

Frequency of getting drunk	1 time	>10 times
11.5yrs	3.0%	0.3%
13.5yrs	6.3%	1.2%
15.5yrs	17.4%	3.8%

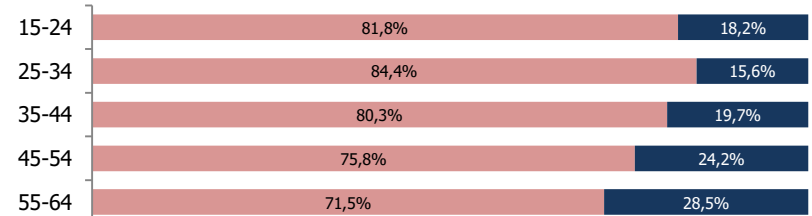
Alcohol use in Cyprus

2016 epidemiological study

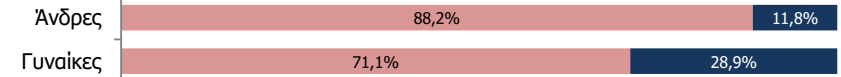
Lifetime use



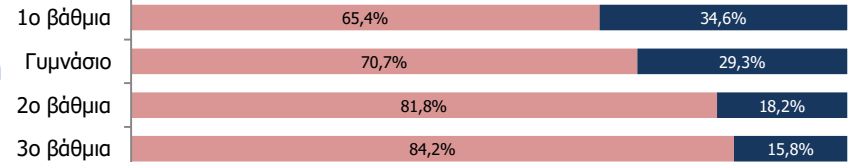
Age



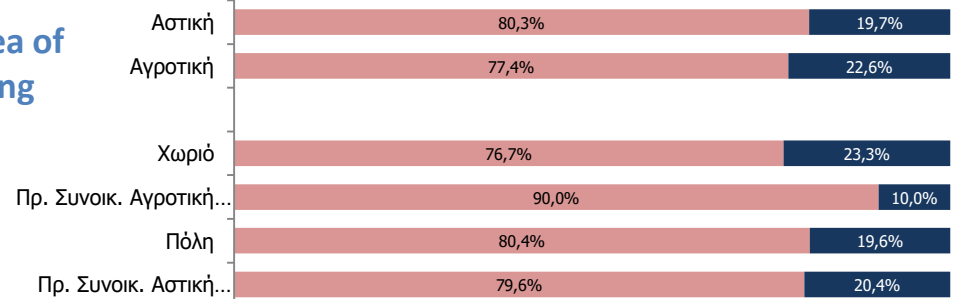
Gender



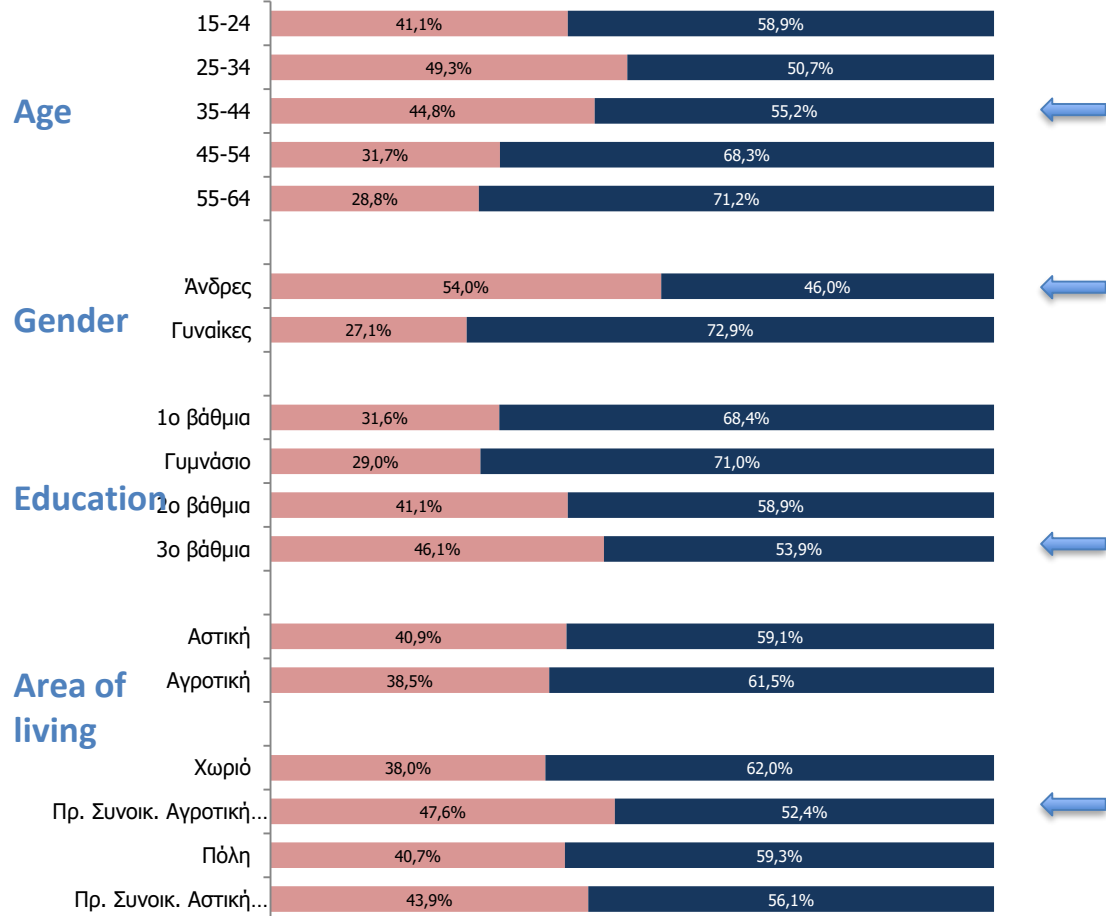
Education



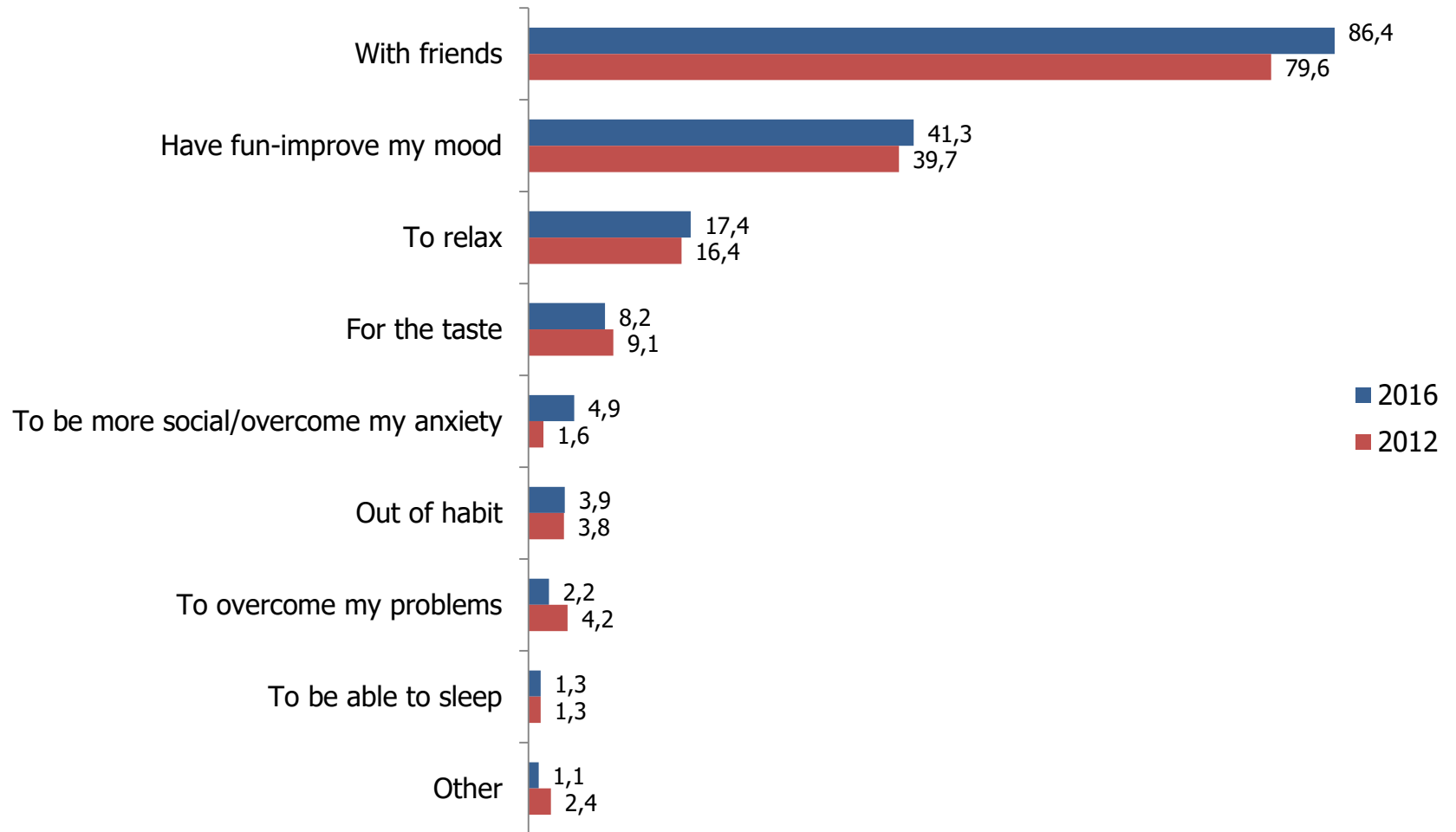
Area of living



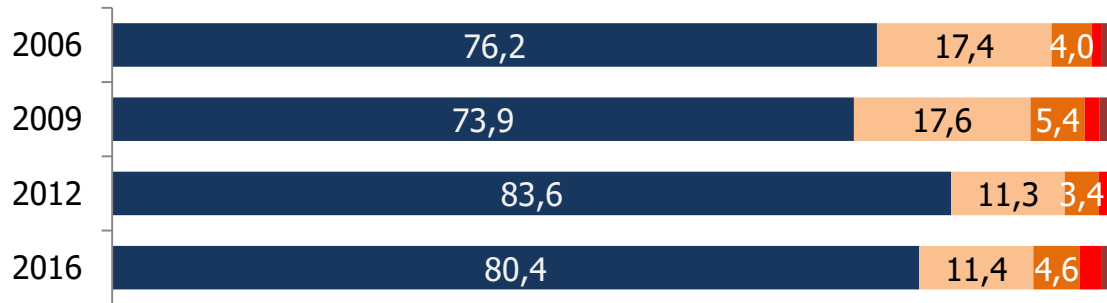
Have you ever gotten drunk?



Reasons for consumption

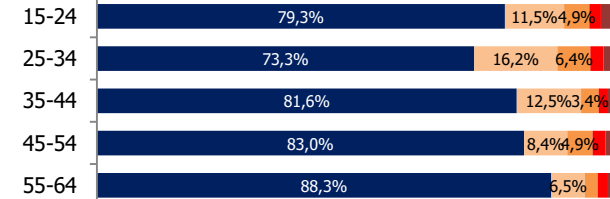


Driving under the influence

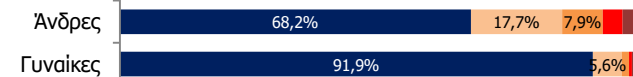


■ Never
 ■ 1-2 times
 ■ 3-9 times
 ■ 10-19 times
 ■ 20 φορές ή περισσότερες

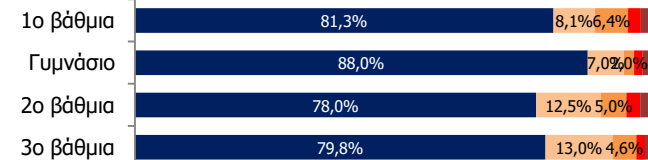
Age



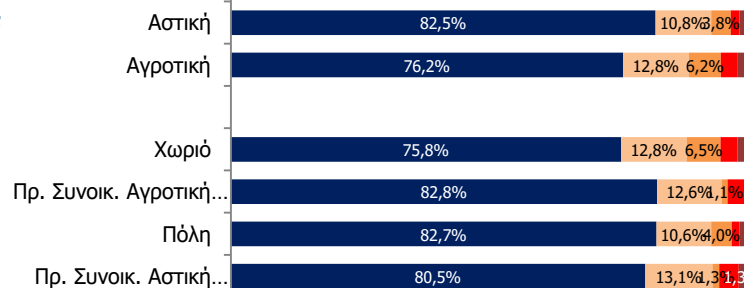
Gender



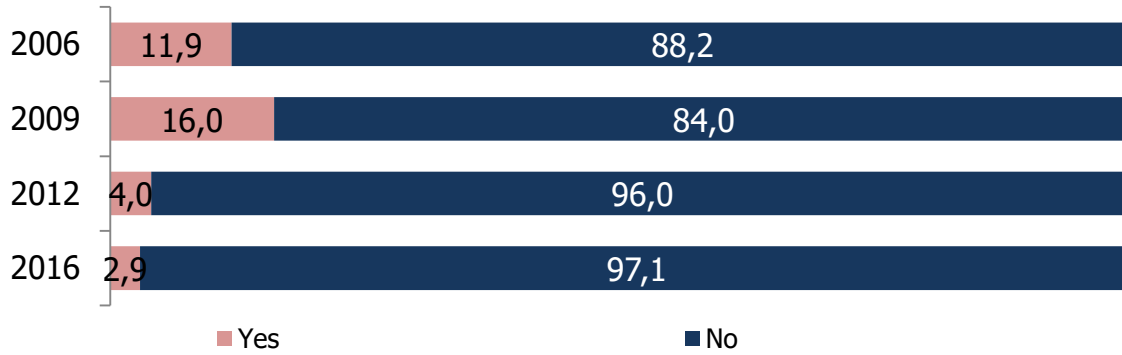
Education



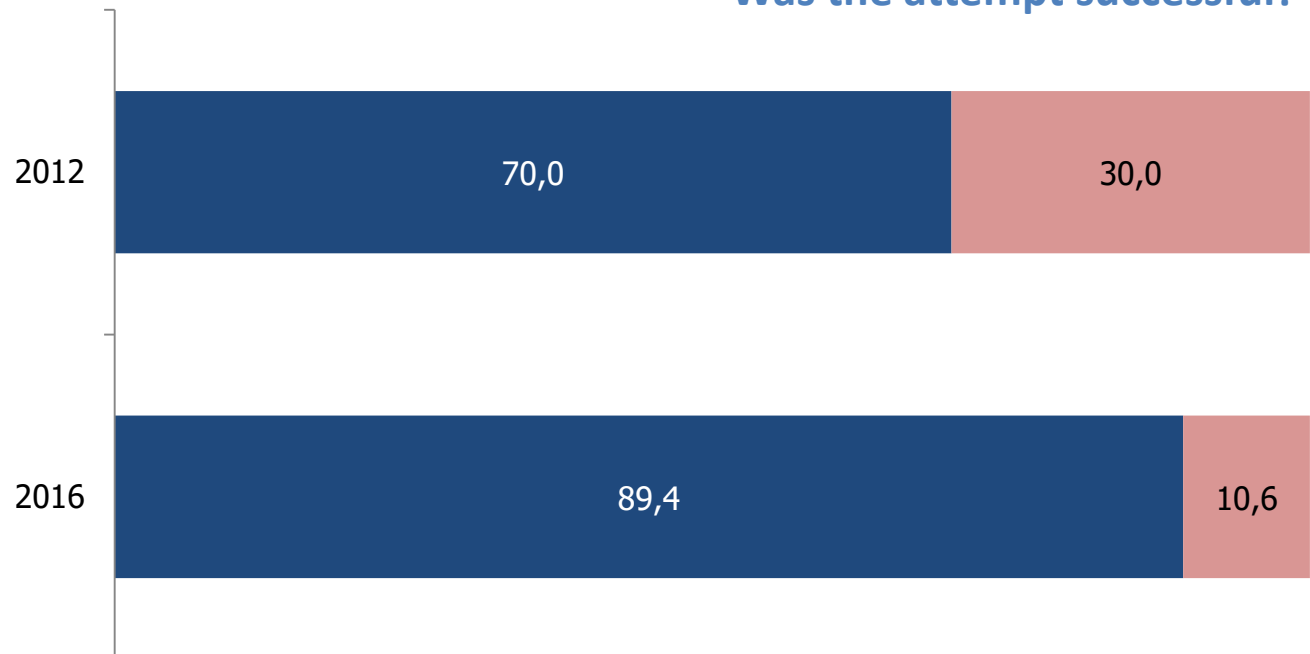
Area of living



Quit attempt



Was the attempt successful?



Laws in Cyprus

- Law related to the sales of alcoholic drinks
 - Prohibits sales to minors
- Law related to recreation areas
 - Prohibits entry to those <17years old if alcohol is sold
- Law regarding taxation of alcohol
- Law regarding Radio and Television broadcasting
 - Prohibits the advertisement of alcoholic drinks



Cyprus National Board for Dealing with Drug Abuse and Dependence

- 5 year plan (2013-2018)- National strategy for dealing with alcohol related problems
 - Actions
 - 2013: Actions related to decrease in alcohol sales and available to minors, Educational seminars
 - 2014: Development of the smartphone app “Ask-4-Alcocheck”
 - 2015: Amendments to the law on alcohol sales to minors, pilot test program on sales to minors, Development of guidelines for alcohol sales
 - 2016: Promotion of safe practices in night life
 - 2017: Research on prevalence and presentation of findings
 - 2018: Memorandum of understanding with the Cyprus Board for Radio & Television Broadcasting, Constitution of a National committee on Fetal Alcohol syndrome
- Recent actions



Το Συμβουλευτικό Κέντρο Στήριξης της Οικογένειας και η Αρχή Αντιμετώπισης Εξαρτήσεων Κύπρου σας προκαλούν σε εκπαιδευτικό σεμινάριο με θέμα:

Πρόληψη, Διάγνωση και Αντιμετώπιση του Φάσματος του Εμβρυϊκού Αλκοολισμού και του Συνδρόμου Εμβρυϊκού Αλκοολισμού.

11 Απριλίου 2019, 15:00μμ – 19:00μμ
Αμφιθέατρο ΒΗΤΑ, Ευρωπαϊκό Πανεπιστήμιο Κύπρου

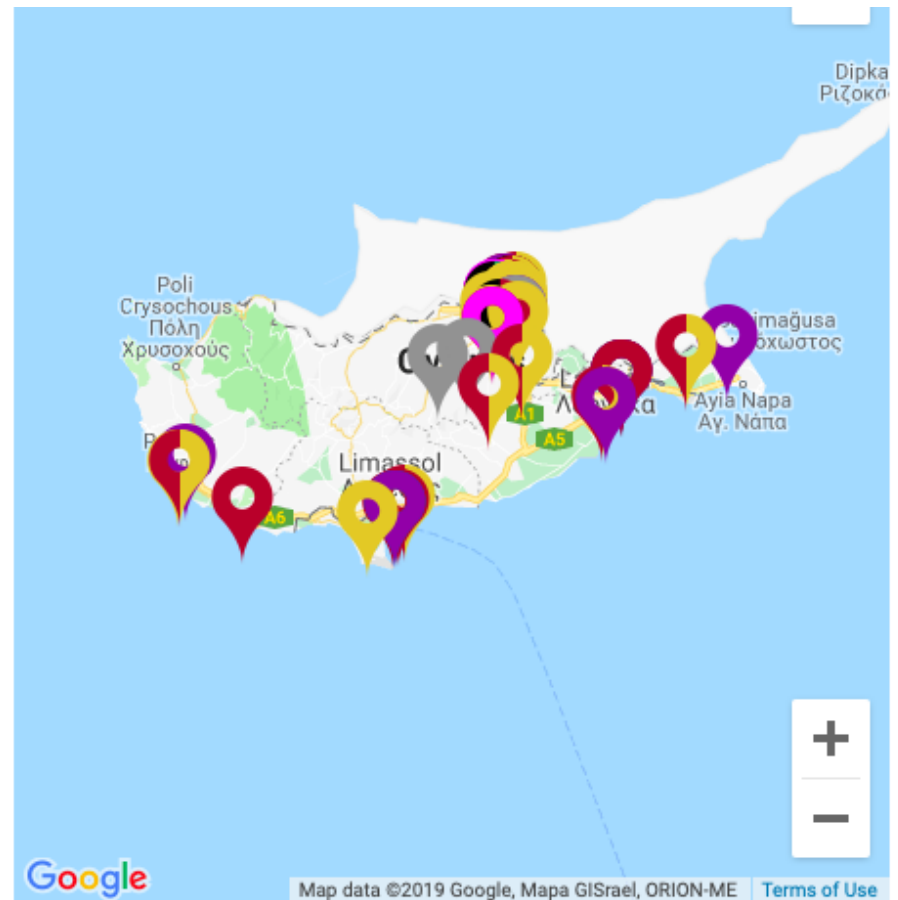
Π.Α.22450404 (ΣΥΚΕΣΟ) / 22442962 (ΑΑΕΚ) μέχρι τις 8 Απριλίου 2019

* Το εκπαιδευτικό σεμινάριο διοργανώνεται στο πλαίσιο του προγράμματος ΡΕΑ, το οποίο επιχορηγείται από την Αρχή Αντιμετώπισης Εξαρτήσεων Κύπρου.



Available services in Cyprus

- None are specific for alcohol



- Σωματική αποτοξίνωση
- Συμβουλευτική και Θεραπεία ψυχολογικής απεξάρτησης (ανοικτά προγράμματα)
- Θεραπεία υποκατάστασης
- Μείωση της βλάβης
- Προληπτικά Προγράμματα στη Κύπρο
- Αυτόματες Μηχανές Διάθεσης Συριγγών
- Θεραπεία Ψυχολογικής Απεξάρτησης (κλειστά προγράμματα)
- Κοινωνική Επανάταξη
- Παθολογική ενασχόληση με τα τυχερά παιχνίδια



Work from our laboratory



Basic Research

- Epidemiology, processes, risk factors & protective factors, individual difference factors.



Prevention

- Elementary school: Mindfulness & Acceptance Programs
- Middle and High school: Smoking prevention and cessation, energy drinks, binge drinking, eating disorders (AcceptME project)



Intervention/Treatment

- Adolescents
- Soldiers
- Young adults
- Adults & chronic smokers & comorbid groups

Use of different methodologies e.g. Digital interventions

THANK YOU