

Positive Psychology and Cognitive Behavioral Therapy

June 13-14, 2016 Philadelphia, USA

Abuse and Addictive Disorders – Bangladesh Perspective

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Substance abuse and addictive disorder is a burning global health problem and is a threat to modern civilization. It causes significant disabilities in personal, familial, social, occupational and academic performances. Co-morbid psychiatric and physical diagnosis occurs in 60-70% cases with substance abuse. In USA, about 40% populations have used an illicit substance at one time and about 15% of above 18yr age group have one of these disorders in life time. In a nationwide survey in Bangladesh, reported prevalence of substance abuse is 0.6% in adult population and 0.8% in below 18 year olds and it is increasing day by day.

In contrast to the globally abusing substances, young generation in Bangladesh abuses yaba(amphetamine and opioids), codeine, cannabis, caffeine, sedative-hypnotics, alcohol and a combination of 1-3 of the above. Afghanistan is the pioneer across the world in opium cultivation (85%) and distribution (77% of heroin, 410 ton pure) to Europe, Asia, West Africa and Oceania. Whereas Colombia, Central America and Mexico are pioneer producer of cocaine and they supply to USA. Most important problem in managing drug abuse is the prevention of its relapse, which is more than 80-90% around the globe. Being failure in total eradication of the problem, WHO has declared strategies of “supply reduction”, “demand reduction” and “harm reduction”. Only 210 psychiatrists (13/100000 population) in Bangladesh face this mega national burden. Extremely scared services exists that include only one de-addiction center in Dhaka and three other parts of the country with poor number of bed in government hospitals. Private levels are also not efficient in service delivery (164 clinics). Psychiatrist, clinical psychologist, psychiatric social workers, counseling psychologist and physicians must be working together as a team to fight against it. Government, NGOs and different medias are playing part but ultimate result is hopeless, threatening our young generation.

Biography

I graduated in 1980 and had fellowship (FCPS Fellow of college of physicians and surgeons) in psychiatry from Bangladesh college of physicians and surgeons. worked in different medical colleges and national institute of mental health since 1993. Examiners in postgraduate and undergraduate levels. published around 15 papers and review articles. life members of college of physicians and surgeons(BCPS), Bangladesh Medical association, Bangladesh Association of Psychiatrists, Bangladesh association of physicians, Bangladesh association of child and adolescent psychiatry. leading clinician in Bangladesh.

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