

na początku leczenia u 22 (14%) osób badanych, natomiast przy powtórnym badaniu jedynie u 2 (1,3%) osób. Depresja oraz myśli samobójcze częściej występowały u osób głębiej uzależnionych od alkoholu w porównaniu z osobami o mniejszym nasileniu uzależnienia alkoholowego. W badanej grupie eksperymentalnej znaleziono trzy predyktory utrzymywania się objawów depresji: większe nasilenie depresji przed leczeniem, większe nasilenie picia przed leczeniem oraz niższe wartości frakcji cholesterolu HDL.

Marcin Ziółkowski, Janusz Rybakowski, Wojciech Kosmowski,  
Aleksander Araszkievicz

**Depressive syndrome in male alcoholics hospitalized in Addiction  
Treatment Department in Bydgoszcz**

**Summary**

The aim of study was twofold: firstly, to estimate depressive syndrome and suicidal ideation prevalence among alcoholics treated on the inpatient basis, and secondly, to seek possible differences between those with the depressive syndrome or suicidal ideation, and patients without coexisting depressive symptoms. Participants in the study were 158 male patients hospitalized for alcohol dependence in the Addiction Treatment Unit at the Psychiatry Department of the Medical Academy in Bydgoszcz. On admission to the Unit a clinical interview was carried out, including such clinical data as dependence duration, number of alcohol drinking days in the 90 days prior to admission, presence of hallucinations during the alcohol withdrawal syndrome, non-beverage alcohol drinking, and secondary decrease of alcohol tolerance. Each of the subjects was assessed by means of the Beck Depression Inventory (BDI) twice: at the beginning and after 30 days of treatment. The presence of suicidal ideation was rated using the BDI item 9 score. Within the first two days of hospitalization each patient had the HDL, LDL, and global cholesterol level tested. During the first ten days of hospitalization routine treatment of the alcohol withdrawal syndrome was administered, i.e. benzodiazepines in dosage appropriate to the patient's clinical status. At the beginning of hospitalization the depressive syndrome was recognized in 108 (i.e. 68%) patients, while a month later - in 25 (16%) of the subjects. A highly significant correlation was found between the pre-and post-treatment BDI scores (Pearson's  $r=0.47$ ,  $p<0.0001$ ). Pre-treatment suicidal ideation was found in 22 (14%) of patients, while at the post-treatment examination - in 2 (1.3%) only. Depression and suicidal ideation occurred more frequently in patients with a more severe alcohol dependence than in those with less severe alcoholism. In the group under study three predictors of depressive symptoms persistence were found: a more marked pre-treatment depression severity, more intensive drinking prior to admission, and lower HDL-C levels.

**Key words:** alcohol dependence syndrome / depressive symptoms / male inpatients