

**DISTRIBUTION RISKS INVOLVING PSYCHOLOGICAL DEPENDENCE AMONG
ADULTS IN PRIMARY HEALTH-CARE SYSTEMS IN KAZAKHSTAN**

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Background: Epidemiological, clinical, social, and psychological research has suggested that dependence is not confined to chemicals alone among adults who utilize social and psychological services provided by primary health care organizations in Kazakhstan. The present study utilized the concept of social epidemics to examine risk of psychological dependence in this population.

Methods: Patients seeking routine primary care (N = 121, predominately male, M age = 30 years, predominately indigenous nationality) were recruited into the study and completed a clinical interview. The interview included sociodemographic questions, questions designed to identify the risks of dependence, and level of psychological health.

Results: The most common addiction was workaholism (73.6%), followed by TV addiction (58.7%), sexual addiction (48.8%), and relationship addiction (41.0%). Rates of chemical addictions were lower: alcohol (12.4%), other drugs (4.0%), and tobacco (12.4%). General tendencies toward psychological dependence was detected in 40% of the respondents.

Conclusion: In order to understand the breadth of dependence among patients, a comprehensive assessment of risk of dependence that extends beyond alcohol and other drugs is required.