

Poster

2025年9月26日(金) 10:00 ~ 11:00 Poster Session (Foyer 1)

**Poster 9**

[P-9-04] Dysregulation of the hypothalamic-pituitary-adrenal system in Tuvan alcoholics is associated with a high level of stress in comparison with ethnic Russian patients

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キーワード : small peoples、ethnicity、Tuvans、steroid hormones、compulsive alcoholism

**Objective:** Affective disorders and alcoholism are associated with impaired hormonal metabolism and regulation of the negative feedback mechanism, according to which Cortisol released from the adrenal glands inhibits the production of corticotropin-releasing hormone, as a result of which the content of adrenocorticotropic hormone (ACTH) and Cortisol increases abnormally. **Material and Methods:** The study included 38 patients with alcoholism only men Russian, 30 patients - Tuvans and 23 healthy volunteers, standardized to the main group in age. Patients were treated at the Department of Addictive States Mental Health Research Institute and at the Republican Narcological Dispensary. The studies of ACTH, Cortisol were determined with use kits for enzyme-linked immunosorbent assay (ELISA). **Results:** In alcoholic patients of Tuvan nationality, deeper shifts in the increase in ACTH and Cortisol levels were revealed compared to ethnic Russian patients, which is associated with a high risk of developing alcohol dependence and a highly progressive course of the disease. The indicator of the Cortisol/ACTH ratio (Index Ratio - IR) in the blood of alcoholic Russians and Tuvans significantly (1.5 times) differs from that in healthy individuals. **Conclusion:** The background level of dysregulation of the hypothalamic-pituitary-adrenal axis in patients of Tuvan nationality is significantly more pronounced and is a predictor of the formation of alcohol dependence.