

THE FINNISH FOUNDATION FOR
ALCOHOL STUDIES

REPORT ON ACTIVITIES

2008

LINTULAHDENKUJA 4, 00530 HELSINKI, FINLAND

PO Box 30, 00271 HELSINKI, FINLAND

www.alkoholitutkimussatio.fi

THE FINNISH FOUNDATION
FOR ALCOHOL STUDIES

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General overview

The projects funded by the Finnish Foundation for Alcohol Studies resulted in the publication of three academic doctoral dissertations and 31 new peer-reviewed articles in scientific journals or books in 2008 (including earlier published but reported in 2008). Seven other scientific papers were published. Two ongoing research contract projects received additional funding and six new research contract projects were launched. One of the latter will study the effects of addictive drugs on the plasticity of the brain, focusing especially on midbrain dopaminergic cells. The second will study the influences of brain nerve growth factor on the regulation of drinking. The third explores drinking practices, intoxication, drinking situations and meanings of drinking in the life of men and women by age and education. The fourth studies the criminal way of life among drug addicts and the effect of criminal sanctions on it. The fifth analyses factors influencing the alcohol policies in Estonia from the beginning of its independence in 1991. The sixth clarifies the interactions of alcohol and genes on aggressive behavior. Other contract projects will be described below under the title *Research activities*.

In 2008, the foundation was able to fund 30 % of the total sum applied for alcohol research, including alcohol-related drug research and temperance studies. The state subsidy for the foundation has remained unchanged from 1995 onwards, while the cost of living has increased over 25 %.

During the five-year period 2002–2006, funding by the foundation resulted in 23 academic doctoral dissertations and 108 peer-reviewed articles in international scientific journals. Input of one million euros brought about on the average 8.8 doctoral dissertations and 41.1 peer-reviewed articles. Productivity of doctoral dissertations was 6.4-fold and that of peer-reviewed articles 3.8-fold compared with the average productivity of universities in Finland.

The foundation took part in the international research consortium "Theories of addiction and images of addictive behaviours (IMAGES)", funded by the Academy of Finland, by doing research on the history, nature and etiology of addictions. Based on a funding agreement with the Ministry of Health and Social Affairs, the foundation allocated approximately 244 000 euros for grants to study gambling problems.

In 1995–2008, the Foundation had its office at the National Research and Development Centre for Welfare and Health. The latter and the National Public Health Institute were merged together to form the National Institute for Health and Welfare in 2009 and became the site of our office.

Administration

The Board of the Foundation is composed of three members appointed by the Ministry of Social Affairs and Health, three appointed by the Ministry of Education, two appointed by the Federation of Finnish Scientific Societies, and one by the Finnish Alcohol Retail Monopoly. The majority of the Board must consist of academically established scientists with special expertise in alcohol research.

The Foundation's Research Director is the only full-time staff member. A contract between the Foundation and the National Research and Development Centre for Welfare and Health provided administrative and technical support for the Foundation.

An Executive Committee composed of the scientist members of the Board reviews the issues falling within the Board's field of responsibility. The Head of Alcohol and Drug Research, National Research and Development Centre for Welfare and Health (STAKES) and the Head of Alcohol Research Center, National Public Health Institute (KTL) acted as permanent advisory experts to the Executive Committee.

Research activities

The Foundation awards two types of grants: ordinary grants to support short-term projects proposed by the scientific community, and contract grants ensuring the long-term funding of projects deemed to be of major significance. In 2008, Foundation expenditure totalled 1 144 313 euros. Of this, approximately 1 090 000 euros were spent on research.

This report reviews the contract grants included in the Foundation's research programme. It does not cover research funded by ordinary grants.

Research contracts and collaborative projects

The ongoing contract projects progressed as follows:

170 Decline of the Temperance Movement and Temperance Ideology since the Second World War in 1945–1993.

There are only a few studies on the Finnish temperance movement during the post-prohibition era. The research question is how temperance work lost its position in the governing of lifestyle from 1932–1996. The emphasis of the analysis is on the relationships between civic society and the state in the regulation of alcohol markets and harms. The study belongs to the field of historical sociology. The research data consists of the texts of experts on alcohol and temperance issues in the publications and magazines of temperance organisations and Alko, the archives of temperance organisations and the Temperance and Alcohol Department of the Social Ministry, plus interviews with experts. The research started as part of the Studies of Nordic Alcohol Political Systems- project (1998–2000). The study has been suspended many years because of salaried work elsewhere. The research contract ended in 2005. The Finnish temperance movement was centrally organised and promoted a good life for all citizens. It opposed the alcohol political system run by the state alcohol monopoly Alko. Temperance work was a politicized and state-promoted project. There were three interconnected processes that gave rise to the collapse of temperance aims. These were: the erosion of the moral basis of temperance work, the exhaustion of its nature as a social movement and the

decentralisation of state administration. Researcher: *Katariina Warpenius*, Finnish Foundation for Alcohol Studies. (katariina.warpenius@thl.fi)

175 *A Randomized, Comparative Study of Evidence-Based Alcohol Dependence Treatments: Disulfiram, Naltrexone, and Acamprosate in the Treatment of Alcohol Dependence.*

Aim was to compare the effects in alcohol-dependent patients of three pharmacotherapies, disulfiram (DIS), naltrexone (NTX), and acamprosate (ACA), when used with a brief manual-based cognitive-behavioural intervention. The study was conducted in two phases; first, a 12-week continuously supervised medication, followed by targeted medication (TM) up to 52 weeks in addition to a 67-week follow-up period; altogether 2.5 years, in 243 voluntary treatment-seeking alcohol-dependent adult outpatients. Subjects were randomized 1:1:1 to receive supervised NTX, ACA or DIS. The patients were met in the second and sixth weeks, and then after 3, 6, and 12 months. The primary outcome measures were the time (days) to first heavy drinking day (HDD), and time during the first 3 months to the first drinking day after medication started. Secondary variables were abstinent days/week, average weekly alcohol intake, Alcohol Use Disorder Identification Test (AUDIT), Severity of Alcohol Dependence Data (SADD), and quality of life (QL) measures. All three study groups showed marked reduction in drinking, from baseline to the end of the study. During the continuous medication phase, treatment with DIS was more effective in reducing HDDs and average weekly alcohol consumption, and increasing time to the first drink, as well as the number of abstinent days. During the TM period, there were no significant differences between the groups in time to first HDD and days to first drinking, but the abstinence days were significantly more frequent in the DIS group than ACA and NTX. There were no differences between the NTX and ACA groups in either phase of the study of drinking outcomes. However, SADD scores improved more in the NTX group than the ACA group. Patients allocated to ACA, NTX and DIS combined with brief manual-based cognitive behavioural intervention significantly reduced their alcohol consumption and reported improved QL. Supervised DIS appeared superior, especially during the continuous medication period, to NTX and ACA. One review and manual have been accepted for publication. Other reports have been drafted. Instructing doctors and nurses in

A-clinics and health centres has started. Researcher: *Esti Laaksonen*
Turku City Health Office and University of Turku.

180 *The Effectiveness of Naltrexone and Brief Intervention in the Treatment of Excessive Alcohol Consumption.*

A double-blind, placebo-controlled prospective multi-centre clinical trial evaluated the effectiveness of naltrexone in the treatment of excessive alcohol consumption. Three different doses of naltrexone, taken intermittently during high-risk days, were compared with placebo. All subjects received brief intervention. The outcome variables were alcohol consumption, relapses to heavy drinking, retention in treatment, self-reported well-being, functional capacity and alcohol-related biologic markers. Follow-up examination took place eight months after the start of the treatment. The project was started in 2000 the treatment phase ended in 2004. Final report is expected to be ready in 2009. There were no significant differences between the groups in any of the outcome variables. Researcher: *Hannu Alho*, National Institute for Health and Welfare. (hannu.alho@thl.fi)

183 *Brain Neurotransmitter Receptors in Models for Alcohol and Drug Dependence.*

Detailed knowledge on the neurobiology of drugs of abuse opens new possibilities to understand drug dependence and to develop pharmacological treatments. Among the excitatory glutamate receptors the AMPA-type receptors are involved in the mechanisms of dependence and psychomotor activation by various drugs of abuse. The same receptor is also involved in social and aggressive behaviors. Using a knockout mouse line, our results indicate that tolerance to opiates and benzodiazepines develops poorly, if the AMPA receptor system is not functioning properly. We are searching for other neurochemical alterations in the brain to establish correlations to altered behavior. We also use recombinant AMPA receptors to find the molecular mechanisms how alcohol reduces the receptor function. One report on glutamatergic mechanisms of benzodiazepine tolerance and withdrawal has been accepted for publication, as well as findings concerning the glutamatergic adaptation of midbrain dopamine cells to dopamine. The results of the project have been discussed in two international meetings. Researchers: *Esa R. Korpi, Teemu Aitta-aho, Tommi Möykkynen and Anne Heikkinen*. Institute of Biomedicine, University of Helsinki.

184 *Women and Alcohol in Finland 1917–1987.*

The aim of the project is to study the role of women in Finnish alcohol history. The main interest is on the impact of women on the abolition of the prohibition in Finland in 1932. Women were supposed to support the prohibition one hundred per cent. However, referendum in 1931 revealed that a large majority of women voters voted for total repeal of the prohibition. The research material consists of press articles, archives of women's organisations and temperance and pro and against prohibition organisations and biographical material of central characters. Material will be analysed by qualitative methods. This year the focus has been on the women who supported prohibition, particularly in labour movement. In 2009 the project will concentrate on rural women and on the significance of religion and include material from 1907–1918. The dissertation will be sent to preliminary inspection in 2009. In discussion of prohibition women based their right to participate in the political discussion and action on a hundred year old ideological continuum. Home and family were central areas of interest. These were linked to questions of morality and social policy. In Finland the dichotomies town dweller – countryside dweller, Swedish-speaking – Finnish-speaking, middle class – working class were highly significant background factors dividing both women and men as regards prohibition. There were one international and three Finnish presentations about the topic of the project in 2008. Researchers: *Aija Kaartinen*, Finnish Foundation of Alcohol Studies, *Matti Peltonen* and *Hanna Kuusi*, Department of Social Science History, University of Helsinki.

185 *Sense of Agency in Narrative Processes of Repeatedly Convicted Drunk Drivers.*

The study examines narratives that were told by repeatedly convicted drunk drivers during counselling conversations. The aim is to identify ways drunk drivers construct sense of agency in situation in which they are questioned to take responsibility for violating social contract. The study material consists of five-hour counselling sessions included voluntarily as a part of the community service by 30 drunk drivers. Counselling sessions were videotaped and transcribed. Theoretical and methodological approach in the study is narrative. The project was funded by the Finnish Foundation for Alcohol Studies during years 2002- 2005. One peer-reviewed article has been published in *Counselling Psychology Quarterly*

and two oral presentations were held in Finland. The study report will be completed in 2009. The first study examined sense of agency as it appeared in the narratives of two repeatedly convicted drunk drivers during the five-hour counselling sessions. Analysis of narrative processes showed the narrators' drunk driving (DD) as opposite solutions relating to conflicts concerning their sense of agency; for the NON-AGENTIVE CLIENT (NAC) DD, as a compulsive action solution, represented an abandonment of her agentive position, while for the STRONGLY-AGENTIVE CLIENT (SAC) consciously chosen DD represented an attempt to assert his personal autonomy. In the second study five types of agency stories were detected in the total of 30 stories of repeated drunk driving (DD). Storytypes were approved agency (11), weak agency (8), circumstantial agency (6), akratic agency (3) and disowned agency (2). Only in the stories of akratic agency the narrators told DD in the responsible agency position. In the stories of weak agency the responsibility was explicitly transferred outside of one's agency. In the stories of circumstantial agency the responsibility was rejected in fight and flight reactions in the situation of getting caught in DD. In the stories of approved agency DD was depicted as ordinary, routine action, which included no responsibility. In the stories of disowned agency DD was not told as lived and experienced acting and responsibility was outside of one's agency. Researcher: *Minna-Leena Pulkkinen*, Department of Psychology, University of Jyväskylä.

190 *Harm Reduction Approach and Low Threshold Services in Finnish Drug Care. An Ethnographic Account of Needle Exchange Services for Intravenous Drug Users.*

This ethnographic research investigates changes in Finnish drug and welfare policies from the perspective of needle exchange and health counselling work for intravenous drug users. Needle exchange work was started in Finland at 1997 and it brought about new ways to think of and handle drug problems. At the same time Finnish welfare policies were changing from state-centered and universalist ones to more fragmented and individualistic ones. Needle exchange and health-counselling work is used in the investigation as a window to these changes. The research gives an overall view of the needle exchange work in Finland: how the work is carried out in the everyday life, what kind factors contribute or make it harder for the workers to achieve their goals and what kind of new possibilities

the work has opened for drug users - to think about themselves, to control their lives as well as their health. The research describes and analyzes the current welfare policy reform, particularly the ways different kinds of social problems are managed under the rubrics such as "client-centredness", "low threshold", "harm reduction", "activation" and "peer work". The data consist of field notes based on the observation made in four needle exchange facilities located in the Helsinki Metropolitan area, interviews made to both workers and clients and different kind of document material that describes the work from different aspects. The data were gathered during the years 2003–2007. The outcome of the project will be Ph.D. dissertation of 4–5 referee articles and a concluding summary. The first article was published in 2007. In 2008 two article manuscripts were accepted for publication. Researcher: *Riikka Perälä*, Finnish Foundation for Alcohol Studies.

193 *The Role of Transcription Factor Δ FosB in Drug Addiction.*

Regulation of gene expression is considered to be involved in the cerebral mechanisms leading to and maintaining the addictive state. Transcription factors Δ FosB and CREB have been suggested to participate in the long-lasting changes induced by addictive drugs. The aim of the project is to clarify the neuronal mechanisms regulating alcohol drinking. Specifically, the aim is to study the mechanisms of the sensitization phenomenon thought to be important in the development of addiction. Thus, we have compared alcohol-preferring AA and alcohol-avoiding ANA rats in our experiments and studied in these rats both basal and drug-induced changes in the expressions of Δ FosB and CREB. In parallel with Δ FosB and CREB expression studies we have performed behavioural experiments to see how the expressions correlate with the addictive behaviour. Results of the project suggest that differences between AA and ANA rats in Δ FosB and CREB activation in certain brain regions, which are firmly implicated in addiction, may indeed contribute to the greater sensitivity of AA rats to the rewarding effects of drugs of abuse. Two manuscripts are under review in international journals. The project will be completed on spring 2009. Researcher: *Kristiina Kaste*, Faculty of Pharmacy, University of Helsinki, supervised by *Liisa Ahtee*. (kristiina.kaste@helsinki.fi)

195 *Paths to Recovery – A Study of the Past, Recovery and Life Today of Those Recovered from Alcohol Problems through Different Routes.*

The goal is to provide a picture about a process of recovery in a course of life. In this research there is a convenience sample which has been recruited with the help of media. These people have recovered through different routes: self-help groups, professional care and spontaneous remission. The sample includes 104 people who have at least three years of abstinence or modest drinking. Material has been collected by questionnaires, life lines, written descriptions about the recovery and by interviews. The project was started in 2004 and the report is expected to be finalized by the end of 2008. Analysis was completed at the end of 2007. There was a temporary break because of a parental leave. The research monograph will be left to the preliminary inspection at the beginning of the year 2009. Researcher: *Katja Kuusisto*, Department of Social Policy and Social Work, University of Tampere. (katja.n.kuusisto@uta.fi)

196 *Drugs and Societal Problems.*

The subject of this study is the drug market in Helsinki area. The research belongs to the tradition of ethnographic studies. It uses participating and non participating observation, conversations, and open interviews with the people who have various roles in the Helsinki drug markets. The research also exploits interviews with the law enforcement and customs officers and the pre-trial phase of the criminal process documents. Actual research was started at the beginning of the year 2004. In 2008 a manuscript was produced. Researcher: *Jussi Perälä*, Finnish Foundation for Alcohol Studies. (jussi.perala@thl.fi)

198 *Local Alcohol and Drug Treatment and Social Citizenship. Compulsory Treatment and Alternative Control and Treatment Measures in Finnish and Swedish Municipalities.*

Finland and Sweden had almost identical alcohol treatment legislations until the late 80s, when Finland ceased using compulsory treatment, while it still has a role in Sweden. By comparing historically and at a local level the Finnish and Swedish treatment systems' measures against heavy-drinking or drug-using citizens, the aim is to find political, institutional and professional factors determining the choice of measures – compulsory treatment versus other measures. The reasons in these choices and the social rights of the heavy abusers will be analysed. Information about four

types of clients were collected through client records and board protocols from 1936, 1950, 1966, 1985 and 2000 in three Finnish and three Swedish municipalities. Clients were interviewed and a vignette study with local decision makers was carried out. In 2008, the project received additional funding from The Swedish National Board of Institutional Care (SiS), to finalise the report. Four of the 11 chapters of the book have been finalised, four more have been sent out for final comments to Swedish and Finnish researchers, and three exist in preliminary versions. The book will come out as a joint SoRAD-SiS publication in 2009. Researcher: *Kerstin Stenius*, National Institute for Health and Welfare and University of Stockholm. (kerstin.stenius@thl.fi)

199 *The Impact of Changes in Pricing and Availability of Alcohol in 2004 on Alcohol-Related Harm: a Unique Natural Experiment.*

A large reduction in the price of alcohol took place in Finland in 2004. The aim of the study is to assess to what extent this affected alcohol-related mortality, hospitalizations and crimes in Finland. The methods include before-after comparisons, time-series analysis, and ecologic analysis. The data were obtained from Statistics Finland, Stakes and the police. In the fourth year, two reports were published. A time-series analysis on alcohol-related and all-cause will be submitted to a journal. Additionally, we have prepared time-series analysis on hospital admissions related to alcohol. In before (2001–2003) and after (2004–2005) comparisons, alcohol-related mortality (both underlying and contributory causes) increased by 16% among men and by 31% among women. Of the increase 82% were due to chronic causes, particularly liver diseases. In the age-group 30–59 years, largest increases were found among the unemployed, early-age pensioners and those with low education, social class, or income. In the Helsinki Metropolitan Area, interpersonal violence rates did not increase after a large reduction in alcohol prices and an increase in consumption. For domestic violence, the rate even decreased. Researchers: *Kimmo Herttua*, University of Helsinki, Department of Sociology, *Pia Mäkelä*, Stakes, and *Pekka Martikainen*, University of Helsinki, Department of Sociology. (kimmo.herttua@helsinki.fi)

201 *Sociability, Gender and Drinking. An Ethnographic Study of Young Adults' Night Club Behaviour.*

Young adults' drinking in nightclubs has become more common and it is undoubtedly intoxication-oriented. This is explained by the liberalisation of alcohol policy and the loosening of control by the bar staff. But despite the freedom to drink, behaviour in nightclubs is spontaneously controlled by the drinkers themselves, and nightclubs are not arenas for problem drinking. What regulates drinking, and does it include gender differences that favour women as it is often thought? To answer the question, the study examines young adults' actual drinking behaviour, motives of drinking and drinking habits in nightclubs. The data are ethnographic observation, personal diaries and interviews. Perspectives from phenomenology, pragmatism and structuralist semiotics are used as theoretical resources. In the study it is observed that drinking and other behaviour in nightclubs is bound with quickly changing situations of partying. In different situations the drinkers' gender and other socio-economic factors affect behaviour in different ways and with varying intensity. On the basis of situational behaviours, three distinct styles of sociability are identified. Affiliative sociability is casual togetherness often with a carnivalist tone; independent sociability highlights the distinctness of individuals; and duelling sociability celebrates individual achievements and their comparison. Also the regulation of drinking and gender differences in behaviour appear differently in different styles of sociability. Most nightclubs and their patrons manifest all three styles of sociability, so the differences cannot be reduced to the socio-economic status of the partygoers or to the character of the nightclub. The study started in 2003 and the final report is expected in 2009. In 2008, three articles were written. Researcher: *Antti Maunu*, Finnish Foundation for Alcohol Studies. (antti.maunu@helsinki.fi)

202 *Pattern of Drinking and the Risk of Adverse Health Outcomes.*

In order to assess the net effect of alcohol consumption to public health, it is important to know how alcohol related harms are distributed in population by the level of intake, by the pattern of drinking, and by harm. Recent studies have shown that the health effects of alcohol consumption do not depend only on the average level of intake but also on the pattern of drinking. In this project, the connection between pattern of drinking and various measures of health will be explored. In addition, analyses will provide

information for example on how psychosocial factors modify the relationship between pattern of drinking and health. The study data are derived from two large, internationally unique population-based follow-up studies, which represent 20 to 54 year-old (sample size 23 000 persons) and 15 to 69 year-old (sample size 8 400 persons) Finnish men and women. The data are linked with follow-up information from national health registers. The main method is regression analysis. The project started in 2005 and will end in 2008. During the year 2008, a manuscript about the relationship between symptoms of depression and drinking patterns was submitted and two were drafted. The first was about the interaction between prolonged heavy drinking and stress in the onset of symptoms of depression. The other was about the relationship between drinking patterns and alcohol-related hospitalizations and death among men. Compared with non-manual workers, manual workers had a 2.06-fold hazard of alcohol-related death or hospitalisation. Adjustment for drinking patterns explained only a small fraction of the excess hazard among manual workers. In each category of total consumption and in each level of the volume drunk in heavy drinking occasions, the risk of alcohol-related death and hospitalisation was higher for manual than for non-manual workers. Researcher: *Tapio Paljärvi*, University of Helsinki, Department of Public Health. (tapio.paljarvi@helsinki.fi)

203 *Drug Users in the Criminal Justice System.*

The penalties for drug offences were reformed in autumn 2001, whereby the police were empowered to impose fines on drug users. It was not assumed that users would be automatically fined, since one purpose of the reform was to place emphasis on alternative measures. Focus was placed on two particular groups of drug users. Instead of imposing fines, young people would be reprimanded, whereas drug abusers in need of treatment would be directed to treatment. The research will focus particularly on sanction practices. The aim is to publish doctoral dissertation in law. The report will be submitted to reviewers in January 2009. Researcher: *Heini Kainulainen*, National Research Institute of Legal Policy. (heini.kainulainen@om.fi)

205 *Biologic and Molecular Mechanisms in Fetal Alcohol Disorders.*

Most common clinical features of fetal alcohol syndrome (FAS) are prenatal and/or postnatal growth retardation, mental retardation,

facial dysmorphogenesis and cardiac septal defects. The support and treatment of these children cost a lot for the society. Alcohol abuse during pregnancy causes several disorders especially in the central nerve system of the embryo. The deleterious effects of ethanol to the developing brain may be, at least in part, due to effects on cholesterol and steroid homeostasis. Steroids in the fetus and in supporting tissues such as yolk sac and placenta have protective biological role during the fetal life. The aim of this project was to study the mechanisms behind FAS disorders by global analysis of consequences of acute alcohol dose in gene expression and protein synthesis of placenta and embryo proper. To study all sources of lipids for the developing embryo, defects in lipid synthesis and transferring from mother to embryo through placenta were studied. Steroids with a protective biological role have also been studied in supporting tissues. Pregnant mice with two intraperitoneal injections of ethanol during the early pregnancy were used as a model. In our previous studies we have focused on the impact of ethanol during pregnancy, especially on gene expression of the genes of cholesterol and lipid metabolism both in embryo and in placenta. During the year 2008 we have elucidated the capacity of the selected lipids to prevent or reduce the defects induced by alcohol during mouse embryonic development. We have studied the role of acetyl-CoAS1 (acetyl-CoA synthetase) in the metabolism of acetate produced by ethanol oxidation during the fetal development of mice. Intrauterine exposure to ethanol affects the function of acetyl-CoAS1 with consequences to biosynthesis of fatty acids and cholesterol in the liver. Another focus has been the effect of alcohol exposure on phosphatidylcholine synthesis. Choline is a nutrient essential to the development of brain. Part of the choline necessary for the developing brain is produced from hepatic phosphatidylcholine. The results may explain some of the neurological defects found in children with fetal alcohol syndrome. Manuscripts from both studies are under preparation. Researchers: *Markku Savolainen, Saeid Haghghi Poodeh and Tuire Salonurmi*, Department of Internal Medicine, University of Oulu. (markku.savolainen@oulu.fi)

206 *Identification of Hazardous Drinkers by Biological Markers.*

The aim is to search for new protein biomarkers which could be used for to detect and predict reliably hazardous drinking. The study material consists of two rat strains with opposing preferences

towards ethanol, AA (Alko Alcohol) and ANA (Alko Non-Alcohol), and the patients who participated in the FinnRisk 2007 study. The samples are analysed using the modern proteomic tools e.g. mass spectrometry (MALDI-TOF/TOF, matrix assisted laser desorption ionization time-offlight and ESI-IT, electrospray ion-trap) and two-dimensional gel electrophoresis (2-DE). The method set-up and optimization have been completed. A few interesting and statistically significant differences have been found but so far the proteins in question have been identified as basic components of plasma or red blood cells, like haptoglobin, complement component 3 or carbonic anhydrase. Also, the repeatability of consecutive gel runs is not yet in the desired level. In 2009 a commercial 2-DE system based on fluorescence labeling will be used, in order to achieve higher accuracy and reliability and to fasten the processing of the samples. One researcher, Katri Niemi M.Sc., has been working in the project in 2008. Researcher: *Marc Baumann*, University of Helsinki, Biomedicum Helsinki.

207 *Living Between Two Families - a Qualitative Study of the Surviving Strategies and Functioning of Children in Foster Care.*

One of the most common reasons for placing children outside the home is severe substance use in the family or own problematic substance use. The study presented here is an institutional ethnography looking into the practices of three so called professional foster homes, where the majority of children have experience of substance abuse. The foster homes, which became prevalent in 1990's in Finland, represent liberally governed institutions with only little state interference. One of the most common reasons for placing children outside the home is severe substance use in the family or the child's own problematic substance use. Children with an abusive background tend to have strong symptoms at the time of placement in foster care, while the foster parents feel that they do not have enough resources for the work. This institutional ethnography studies the practices of three professional foster homes, where the majority of children have experience of substance abuse. The foster homes, which became prevalent in 1990's in Finland, represent liberally governed institutions with only little state interference. The liberal influences on governing practices in the child protection field and the increased demand on taking children's own agency into consideration are in focus of this study. What "governing through freedom" including negotiated practices, agreements and

contracts actually means in this case of child protection, where coercive practices inevitably also are at work. The areas of interest are: (1) What does the focus on children's own agency and right of participation mean in practice for children with an abusive background? (2) What kind of (problem) identities, ideological goals and life perspectives are created and re-created in the setting? (3) What kind of role does the professional foster home take in the field of child protection? This is a study of governmentality - logic of dominant discourses and social practices. It is also an institutional ethnography, paying attention to the identity formation that takes place within the context of the institutional setting. The analyses of the field observations and interviews were started. A paper entitled "Re-negotiating personal integrity in Finnish child welfare" was submitted for publication. Researcher: *Petra Kouvonon*, Finnish Foundation of Alcohol Studies. (petra.kouvonon@thl.fi)

208 *Changes in the Drinking Culture in the Light of Drinking Habits Surveys in Finland, 1968–2008.*

There has not been any overall description of changes in the drinking culture in Finland since the 1980s. The purpose of the study is to examine the 40-year time frame from five different aspects: (1) attitudes and norms around drinking and drunkenness, (2) APC-models for drunkenness, (3) motives for drinking, (4) changes in the contexts of drinking, and (5) homogeneity of the drinking culture. The main data come from five national drinking habits surveys in 1968–2008. A manuscript of the first part of the study was submitted to an international science journal during the first year of the study. In addition, data analyses for the APC-models were conducted. Changes in the attitudes and norms around drinking were presented in an international conference. Researcher: *Janne Härkönen*, the Finnish Foundation for Alcohol Studies. (janne.harkonen@thl.fi)

209 *Governing the Risks of Prenatal Alcohol and Drug Use. An Ethnographic Case-study of a Finnish Maternity Clinic for Substance Abusers.*

In Finland, Fetal alcohol syndrome (FAS) came to public awareness in the 1980's and subsequently various new forms of professional interventions came into existence. This study looks at the everyday life at one maternity clinic which offers prenatal care and counselling to pregnant women with substance abuse

problems. What kind of logic structures the encounters between the professionals and their clients? The concept of power is central in the analysis. The approach is ethnographic and the primary data consists of participant observation notes collected at one clinic during a period of seven months and interviews with professionals and their clients. The study started in 2005 and will be completed by the end of 2009. The PhD study will consist of 4–5 articles and a conclusion. The first article provides a nuanced account of how the professionals try to intervene in their clients' lifestyle without jeopardising their autonomy. The second article analyses how the prevailing consumerist rhetoric underlining user choice and involvement is translated into everyday encounters between service providers and users in two distinct institutions. Institutional background and gender are identified as important factors in shaping the realisation of user involvement. The third article is underway and will be submitted to a journal in 2009. Researcher: *Anna Leppo*, Finnish Foundation of Alcohol Studies.

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