Psychosocial stressors and Coping patterns among families having Substance Abusers

Thesis

Submitted for Partial Fulfillment of the Master Degree in Nursing Science

(Psychiatric Mental Health Nursing)

By

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Dina Reda

Dedication

Dedicate my effort to :

The most important persons in my life: my mother, my husband, my son, my sisters and my brothers for their encouragement and support.

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Abstract

Introduction: Substance abuse is a major public health concern that impacts not just the user but also the user's family.**This study aimed** to assess the psychosocial stressors among families having substance abusers and coping patterns they use. **Subjects & Methods**; Descriptive design was used in carrying out this study was conducted at the out-patient addiction clinics in El-Abbassia Mental Health Hospital; the study sample consisted of 150 of relatives of patients with drug addiction who accompany their patients during their follow up in the out-patient clinics in the previously mentioned settings.**Tools**; interviewed questionnaire, psychosocial stressors questionnaire and coping patterns questionnaire.**Results:**there were high psychosocial stressors among families of patients with drug addiction and the majority of them were used positive coping patterns. **Conclusion:** Based on the study finding it was concluded that, there is statistically significance relation between socio demographic data and the level of psychosocial stressors and coping patterns. **Recommendation:** It is recommended educational programs to increase addict's family member's knowledge and awareness of the nature of addiction & counseling clinics for addict family members are needed to ensure an effective response to the needs of substance abusers and their families.

Key words: Substance Abusers, Family, Psychosocial Stressors, Coping**.**

INTRODUCTION

The family is the nucleus of the community, and represents the social basis for the formation of a building where members of the community figures bestow on their children characteristics and function. And the general community is made up of families and there was no history society established to build on non-families, so the family title strength community cohesion or weak ,The tasks assigned to the family since itsinception, many of which are educational, social or economic or political confirmed the events witnessed by human societies, the role of the family in the great security and the extension of reassurance that reflected their effects on individuals and communities positively or negatively process***(Ben Hammed, 2010).***

In the families where addiction is present, it's often considered to be painful to live in such families, which is why those who live with addiction may become traumatized to varying degrees by the experience. Broad swings, from one end of the emotional, psychological and behavioral spectrum to the other, all too often characterize the addicted family system. Living with addiction can put family members under unusual stress ***(Tian Dayton, 2011).***

The problem of substance abuse has become a major social and economic problem throughout the world. It has led to tremendous loss of human potential as well as an enormous drain on the financial resources of the government of the countries involved in the fight against further

spreading of this problem ***(Maigari et al., 2014).***

Drug dependency refer to regular, long term illicit consumption of either prescription or non-prescription drugs, such as opiates and narcotics, including injection of opioids, amphetamines or cocaine ***(Degenhard et al ., 2013).***

The drug abuse report produced by the Egyptian Ministry of Health shows drug addiction in Cairo to be at high levels, with 5 to 7% of the population believed to be addicted to some form of drugs. That figure translates to between 1-1.4 million people, and the drugs most likely to cause addiction are heroin and Tramadol, a synthetic opiate pharmaceutical ***(Steven Viney, 2014)***.

Significance of the study

According to WHO, psychoactive substance abuse and substance abuse disorder can result in a wide range of health and social problems for individuals, their families and the wider community ***(Maigari et al., 2014).*** It is estimated that worldwide there are about 25million people with drug dependence ***(UNODC/WHO, 2008).*** Harmful alcohol use accounts for 4.5% of the global burden of disease and is responsible for 3.8% of all deaths worldwide ***(WHO, 2009).***

In Egypt as there is an increasing number of addict patients as indicated by the **National Addiction Report (2015),** the prevalence of addict patients were 20.6%. The numerous studies indicated that, negative attitudes of inpatient staff had a negative impact on client care, including access to and outcomes of treatment ***(Schulte et al., 2010).***

Aim of the Study

The aim of this study was:

- Assessing the psychosocial stressors and its effects on families of substance abusers.
- Identifyingcoping patterns among families of substance abusers.

Review of Literature
Chapter (1)
Drug addiction

Concepts concerning drug addiction:

The addict is not the only one who suffers the consequences of the habit. Families have to cope with feelings of anger, frustration and fear when dealing with loved ones who abuse drugs. Children live in fear of the next uproar, and spouses feel angry, insecure and frustrated. Family members often become the victims of the addict's emotional or even physical abuse. Many times, the end-result of the addict spouse's irresponsibility and inability to function results in divorce and dissolution of the family. When this occurs, the addict must live with incredible guilt and remorse, which leads to increased abuse***(Pam, 2015).***

There are many different ways to describe addiction. The three most common descriptions are amoral failing, a disease, or a behavioral disorder. Throughout history, addiction has been seen as amoral failing; people become addicts because they lack good values. Today addiction is classified as a disease; people become addicts because they have a genetic predisposition to use substances inappropriately to deal with life problems. Others see addiction as a behavioral disorder; people become addicts because they engage in behaviors that eventually become habituated and unresponsive to conscious control. This control leads to profoundly problematic consequences ***(Taite and Scharff, 2014).***

An authoritative definition of drug addiction as propounded by the WHO is that it is a state of periodic and chronic intoxication detrimental to the individual and to society, produced by the repeated consumption of a drug (natural or synthetic). Its characteristics include: (1) An overpowering desire or need (compulsion) to continue taking the drug and to obtain it by any means; (2) A tendency to increase the dose; (3) A psychic (psychological) and sometimes a physical dependence on the effects of the drug. This definition of drug addiction includes many drugs which are not within the scope of our study, such as hypnotic and sedative drugs (barbiturates, etc.)***(Ploscowe, 2014).***

Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry. Addiction affects neurotransmission and interactions within reward structures of the brain, including the nucleus accumbens, anterior cingulate cortex, basal forebrain and amygdala, such that motivational hierarchies are altered and addictive behaviors, which may or may not include alcohol and other drug use, supplant healthy, self-care related behaviors. Addiction also affects neurotransmission and interactions between cortical and hippocampal circuits and brain reward structures, such that the memory of previous exposures to rewards (such as food, sex, alcohol and other drugs) leads to a biological and behavioral response to external cues, in turn triggering craving and/or engagement in addictive behaviors ***(American Society of Addiction Medicine, 2011)***.