

READINESS TO CHANGE OF MOTIVATION IN SUBSTANCE ABUSE PATIENTS

THESIS

*Submitted in Partial Fulfillment for MD
Degree in Psychiatry*

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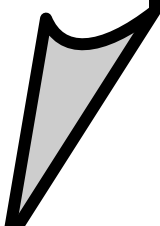
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2009



Acknowledgement

First, I would like to thank God for his care, blessing and mercy

I wish to express my sincere indebtedness and gratitude to Prof. Dr. Mohammed Yosry Abdel Mohsen professor of Psychiatry, Faculty of medicine, Cairo university for his continuous support, and inspiring guidance.

I would like to express my deepest gratitude and eternal loyalty to Prof. Dr. Tarek Mahmoud Samy Abdel Gawad, Professor of Psychiatry, Faculty of Medicine, Cairo University, for his consistent help and advice, cooperation and guidance.

I would like to express my deep gratitude to Dr. Mohammed Ezzat Amine Khalil, Assistant professor of psychiatry, Faculty of Medicine, Cairo University, for his valuable Guidance and enthusiasm.

I would like to thank Professors Azza Ahmed Ei-Bakry, Suaad Sayed Moussa, Noha Ahmed Sabry, Mona Yehia Tawfik El-Rakhawy for their cooperation and guidance.

My deepest appreciation to Assistant Professors Dr. Salwa Mohamed Fawzy Erfan,, Dr. Dalal Abdulla Amer, Dr. Mohammed Nasr El-Deen Sadek, for their consistent support and help.

*I would like to thank the Psychiatric health resort, **Prof. Dr. Ahmed Okasha** and Masr el-Gadedda (el-Matar) hospital and their staff for their cooperation during the preparation of this work.*

Thanks to all the patients who participated in this work.

My deepest gratitude to all my senior staff, and my colleagues in the Department of Psychiatry, Cairo University for their help during preparation of this work.

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List of Abbreviations

ADHD:	Attention Deficit Hyperactive Disorder
APA:	American Psychiatric Association
ARV:	Anti Retro Virus
ASI:	Addiction Severity Index
ATAQ:	Addiction Treatment Attitude Questionnaire
BC:	Before Christ
BDI:	Beck Depression Inventory
CBT:	Cognitive Behavioral Therapy
DAST:	Drug Abuse Screening Test
DATOS:	Drug Abuse Treatment Outcome Study
DAWN:	Drug Abuse Warning Network
DSM-IV-TR:	Diagnostic and statistical manual of mental disorders 4th edition, text revised
ECA:	Epidemiological Catchment Area
ED:	Emergency Department
FDA:	Food and Drug Administration
HBV:	Hepatitis B Virus
HCV:	Hepatitis C Virus
HIV:	Human Immunodeficiency Virus
HLM:	Hierarchal Linear Model
HMO:	Health Maintenance Organization
ICD-10:	The tenth Revision of the International Classification of diseases and Related Health Problems
IDUs:	Injecting Drug Users
JHAS:	Johns Hopkins AIDS Service
LOS:	Length Of Stay

LSD:	Lysergic acid diethylamide
LTR:	Long Term Residential
MET:	Motivational Enhancement Therapy
NADR:	National AIDS Demonstration Research
NIDA:	National Institute of Drug Abuse
NIDU:	Non Injection Drug Use
OAG:	Older Adult Group
ODF:	Outpatient Drug Free
OMT:	Outpatient Methadone Treatment
ONDCP:	Office of National Drug Control Policy
OTC:	Over The Counter
PDA:	Personal Digital Assistance
PE:	Physical Education
POA:	Personal Digital Assistance
PTSD:	Post Traumatic Stress Disorder
SAMHSA:	Substance Abuse and Mental Health Services Administration
SEDU:	Self Evaluation of Drug Use
SOCRATES:	The Stages of Change Readiness and Treatment Eagerness Scale
STD:	Sexually Transmitted Diseases
STIs:	Sexually Transmitted Infections
SWLS:	Satisfaction With Life Scale
TSF:	The 12 Step Facilitation
UNDCP:	United Nation Office of Drug Control and Crime Prevention
URICA:	University of Rhode Island Change Assessment Scale
WAIS:	Wechsler Adult Intelligence Scale
WHO:	World Health Organization
YAG:	Young Adult Group

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INTRODUCTION

Awareness of substance abuse problems and readiness to receive treatment are salient patient characteristics that have an impact on treatment-seeking behaviour and treatment adherence (*Wanberg et al., 1977 and De Leon, 1986*).

Hospitalized substance-abuse psychiatric patients are at increased risk of denial of their substance abuse problem (*Docherty, 1985*).

Change is a process that unfolds over time through a series of stages: **precontemplation**, in which the individual does not intend to take action in the foreseeable future such individual are characterized as resistant or unmotivated. **Contemplation** is a stage in which the individual intends to take action within the ensuing six months. **Preparation** is a stage in which the individual intends to take action in the immediate future (usually measured as the ensuing month). **Action** is a stage in which the individual has made specific overt modification in his or her life style within the preceding six months. **Maintenance** is a stage in which the individual is working to prevent relapse. **Termination** is the stage in which the individual an individual has zero temptation and 100% self efficacy (*Prochaska, 2003*).

Identification of key factors that may affect treatment compliance among this high risk clinical population, such as sociodemographic data of sex, age, marital status, other factors like employment status, family history of substance abuse, number of years of abuse, medical comorbidity, accessibility to health care and treatment program.

All these factors would affect the efficacy of clinical intervention and optimize treatment matching efforts (**Salloum, 1998**). As it is important to match particular processes of change with specific stages of change. So for example, patients in the precontemplation stage of change benefit most from the processes of consciousness raising, dramatic relieve, and environmental reevaluation. However, patients in the contemplation stage benefit from the previous three in addition to self-reevaluation. Patients in the preparation stage benefit most from the self-liberation process and patients both in action and maintenance benefit most from contingency management, helping relationships, counter-conditioning and stimulus control (**Prochaska, 2003**).

The dropout rates are major problem in all treatment of substance abuse. First of all, this wastes resources. Second, since time spent in treatment is a powerful predictor of positive outcome, it is relevant either to be able to select clients more strictly or to modify programs so they can help a wider variety of clients (**Simpson, 1979; De Leon and Ziegenfuss, 1986**).

HYPOTHESIS

We hypothesize that the positive change in the behaviour of addicted patients is related to the time spent in treatment either as an inpatient or as a regular follow up outpatient. Notably readiness; motivation; circumstances & complications are among the most important factors determining the behavioral change.

THIS WORK AIMS TO:

- 1- Prove that the longer the time spent in treatment the more the patients is ready and motivated to change his addicted behaviour
- 2- Delineate the factors that affects patients motivation to change, among identified factors notably readiness, circumstances and complications

DRUG AND ALCOHOL ADDICTION

I) Introduction

Drug and alcohol abuse is an enormous societal problem due to individual suffering as well as associated disruption of families and communities through criminality and violence and health care costs. During the 1990s, at least 134 countries and territories were faced with a drug misuse problem, with three quarters of all countries reporting the use of heroin and two thirds misuse of cocaine (*WHO, 1998*).

II) Historical background:

The concept of addiction could be traced back to the 5th century BC when Hippocrates set down explanations of diseases he had observed (*Miller, 1995*). Problems of drug abuse were recognized even in ancient times, drunkenness was mentioned in the Bible and in the writings of ancient Greeks and Romans (*Loza, 1990*).

1) Alcohol:

It is considered from the first psychoactive substance that had been abused by the human being. China is considered a leading society to know and make even before birth, the ancient Chinese know how to ferment different kinds of food to make the wine known to them as “Jiu”. The yellow wine made of fermentation of rice, the white wine made of fermentation of potato while the grape wine they knew from the Roman emperor 200 BC. Beside the above mentioned types which used for recreation another types for