

**Quality of Life among Adolescents
with Addiction: An Assessment
Study**

Thesis

Submitted for Partial Fulfillment of the Requirement of the
Master Degree in Pediatric Nursing

By

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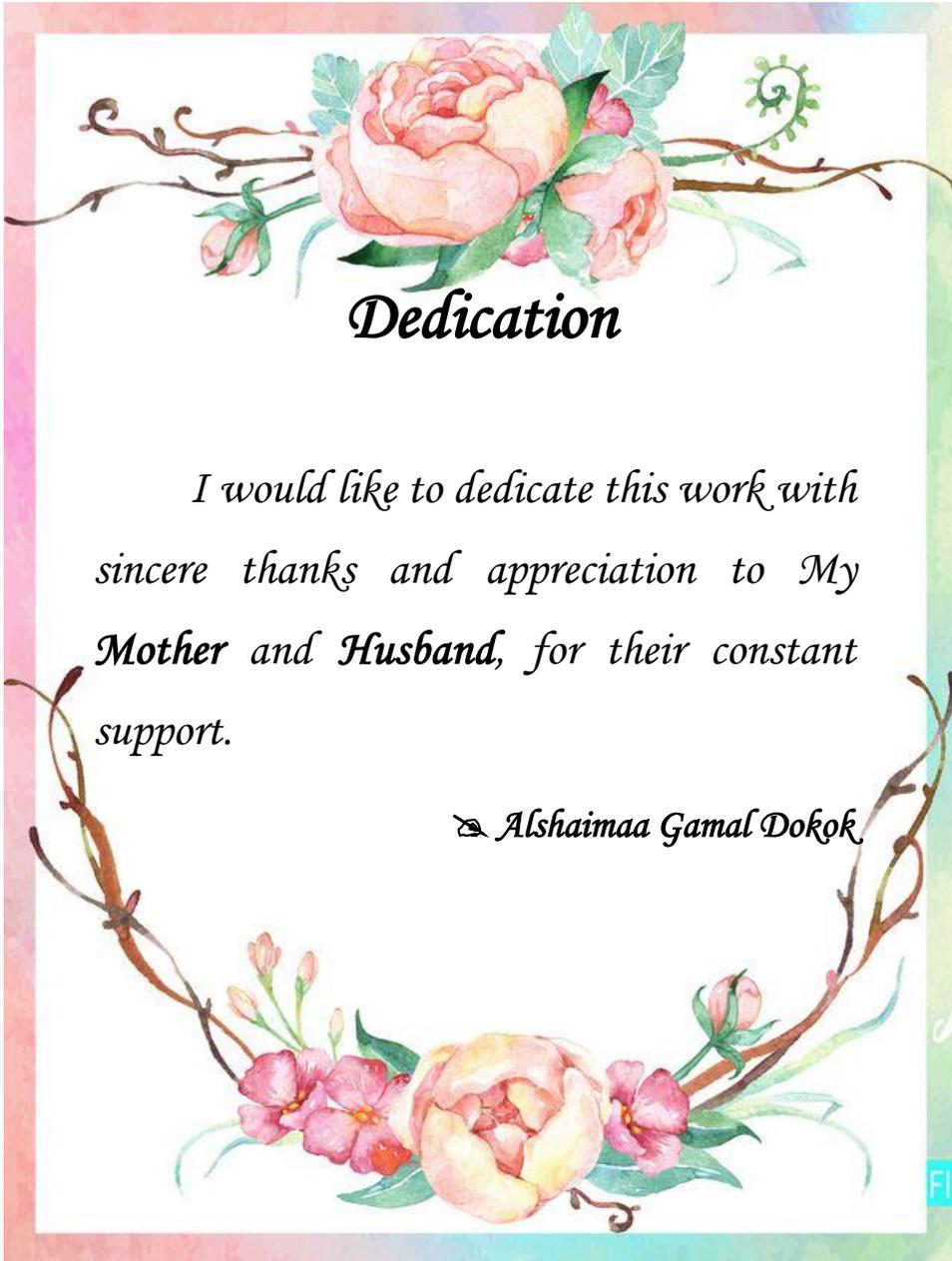
First and for most I feel always indebted to Allah, The Most Kind and Most Merciful.

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Dedication

I would like to dedicate this work with sincere thanks and appreciation to My Mother and Husband, for their constant support.

✍ Alshaimaa Gamal Dokok

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List of Abbreviations

Abb.	Full term
ACRA	<i>Adolescent Community Reinforcement Approach</i>
AIDS	<i>Acquired Immunodeficiency Syndrome</i>
CBT	<i>Cognitive Behavioural Therapy</i>
CNS	<i>Central Nervous System</i>
HCL	<i>Diphenhydramine Hydrochloric</i>
HIV	<i>Human Immune Virus</i>
HRQoL	<i>Health-Related Quality of Life</i>
MI	<i>Motivational Interviewing</i>
NTA	<i>National Treatment Agency for Substance Misuse</i>
QOL	<i>Quality of Life</i>
SFP	<i>Strengthening Families Programme</i>
SUD	<i>Substance Use Disorders</i>
UN	<i>United Nations</i>
WHO	<i>World Health Organization</i>

Quality of Life among Adolescents with Addiction: An Assessment Study

Abstract

Introduction: Addiction is a complex phenomenon that defies quality of life among addicted adolescents. A tangled interaction of factors contributes to an adolescent's seeking out and using abusing drugs. This study aimed to assess the quality of life among adolescents with addiction. **Research design:** A descriptive design was utilized. **Subject:** A purposive sample composed of 70 of addicted adolescents who are alert, while as severe psychotic cases were excluded at Addiction Outpatient Clinics of Institute of Psychiatry affiliated to Ain Shams University. **Tools:** Interviewing questionnaire sheet to assess, knowledge of the addicted adolescents which including 3 parts as follows: Tool (1): Characteristics of addicted adolescent and history of addiction. Tool (2): Quality of Life of addicted adolescent. Tool (3): The strategies and coping Patterns Scale. **Results:** Revealed that more than two third of the studied addict adolescents had an unsatisfactory level of knowledge regarding addiction. Slightly less than half of them had physical non-adaptive, social and psychological. Where as nearly two quarters of them had poor self-confidence and a poor level of vocational aspect. In addition to less than half of studied addict adolescents were non-adaptive. **Conclusion:** Based on the study finding that there were astatistically significant differences between characteristics of the studied addicted adolescent and their total knowledge, strategies and coping pattern and quality of life. **Recommendation:** Raise the community awareness about dangerous of substances abuse through the mass media, religious settings, schools, and universities.

Keywords: Addiction, adolescents, Quality of Life, coping

INTRODUCTION

Drug addiction is a chronic, relapsing disorder in which compulsive drug seeking and drug-taking behavior persist despite serious negative consequences (**Bach et al., 2017**). Addictive substances induce pleasant states or relieve distress. Continued use induces adaptive changes in the central nervous system that lead to tolerance, physical dependence, sensitization and craving (**Reyes et al., 2015**).

Drug addiction that can affect adolescent is one where they use drugs. While some drug addicts become hooked on illegal drugs, others develop a problem with a dependent on prescription medications (**Griffiths & Pontes, 2014**). Most of these are both physically and psychologically addictive. As adolescent continues to use the drug, they build up a tolerance to it and they need to take higher doses in an attempt to get the same effect as when they started using (**Pengcheng et al., 2017**).

Risk factors include those adolescent or social factors associated with an increased likelihood of a negative outcome. Risk factors can be related to biological, behavioral, and social/environmental characteristics (**Bae, 2015**). They include characteristics such as family history, depression or residence in neighborhoods where addiction tolerated where the more factors that place the child at risk for addiction, the more likely it is she or he will experience substance use (**Hakansson & Medvedeo, 2015**).

Quality of life encompasses all physical, psychological, and social aspects of adolescent life. These are, inherently relative perceptions for each adolescent, assessing the quality of life must take into account the significance of these highly subjective perceptions (**Mersky, Topitzes & Reynolds, 2013**). Theorized QOL to be an expression of general wellbeing comprising objective descriptors and subjective evaluations of physical, psychological, and social health, all weighted by adolescent al set of values. The model consists of addicted adolescent major components: objective life conditions, subjective feeling of well-being, and adolescent al values and aspirations (**Choi et al., 2015**).

Nurses play a vital role in helping addicted adolescents undergoing drug rehabilitation. They monitor their progress, help them adjust to life without drugs and teach them how to maintain their sobriety after leaving rehab (**Haber et al., 2012**).

The significance of the study

Nowadays drugs and alcohol use among adolescent increases the risk of accidental injuries or death. For society, adolescent substance use extracts a high cost in health care, drug, and alcohol treatment, in addition to educational failure, mental health services. Addiction is very harmful to the adolescent users, families, and the country as the whole. Because adolescents are the future of the country, addiction threated national development. Meanwhile, adolescents are the

human welfare Egypt loses a lot of our adolescent. The percentage of addiction in Egypt amounted to 6 million nearly (two million of them were girls and nearly four million of them were males. 90% of addicts between the ages from 10 to 21 years. On the other hand, 80% of these adolescents suffer from mental and neurological problems. **World Health Organization (2014)** reported that about 439,000 children are regular drug users in Egypt a major producer, supplier and consumer of narcotics of the 12.2 percent of Egypt student dependent on the drug. Nine percent smoke Bango three percent prefer Hashish and 0.21 percent take heroin or chemical drug; So that, this study will be done to reveal facts about the quality of life and its impact on adolescents toward addiction.

AIM OF THE STUDY

This study aimed to assess the quality of life among adolescents with addiction through:

1. Assessment of knowledge of adolescents toward addiction
2. Assessment of quality of life among adolescents with addiction
3. Assessment the strategies of coping patterns among addicted adolescents toward addiction.

Research Questions:

- What is knowledge of addicted adolescents toward addiction?
- What is the quality of life among adolescents with addiction?
- What are the strategies of coping patterns among the addicted adolescents toward addiction?