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Relation between Substance Use Craving and Self-Efficacy in Addict Patients

Thesis

Submitted for partial fulfillment of Master degree
in Psychiatric/Mental Health Nursing

By

Abdelmouttelb Abdelkawy Abdelmouttelb

B.Sc. Nursing

Demonstrator in
Psychiatric/Mental Health Nursing Department

Faculty of Nursing
Ain Shams University

**Faculty of Nursing
Ain Shams University
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Under Supervision of

Prof. Dr. Sahar Mahmoud Mohamed Elewa

Professor of Psychiatric/Mental Health Nursing
Faculty of Nursing, Ain Shams University

Prof. Dr. Fatma Ata Abdelsalhen

Professor of Psychiatric/Mental Health Nursing
Faculty of Nursing, Ain Shams University

**Faculty of Nursing
Ain Shams University
2022**



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List of Abbreviations

<i>Abbr.</i>	<i>Full-term</i>
AA	: Alcoholics Anonymous
AASE	: Alcohol Abstinence Self-Efficacy Scale
AODs	: (Alcohol and Other Drugs)
ASE	: Abstinence Self-Efficacy
BSCS	: Brief Substance Craving Scale
CA	: Cocaine Anonymous
CBT	: Cognitive behavioral therapy
DSM	: Diagnostic Statistical Measurement
DSM-5	: The 5 th edition of the Diagnostic and Statistical Manual of Mental Disorders
EEA	: European Environment Agency
GABA	: Gamma Amino-Butyric Acid
GSE	: General Self-Efficacy
MDMA	: Methylene-Deoxy MethAmphetamine
NA	: Narcotics Anonymous
NANDA	: North American Nursing Diagnosis Association
NIDA	: National Institute on Drug Abuse for Teens
PDD	: Patients with Drugs Dependence
PHE	: Public Health England
PSE	: Perceived Self-Efficacy
Rehab	: Rehabilitation
SUD	: Substance Use Disorder
TSSE	: Task-specific self-efficacy

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Definitions of Terms

Term	Definition
Substance	A drug of abuse, a medication, or a toxin.
Substance-related disorders	Disorders related to the taking of a drug of abuse (including alcohol), to the side effects of a medication, and to toxin exposure.
Substance abuse	A maladaptive (i.e., harmful to a person's life) pattern of substance use marked by recurrent and significant negative consequences related to the repeated use of substances.
Substance dependence	A cluster of cognitive, behavioral, and physiological symptoms indicating that the individual is continuing use of the substance despite significant substance-related problems.
Substance intoxication	The development of a reversible substance-specific syndrome as the result of the recent ingestion of (or exposure to) a substance.
Substance withdrawal	The development of a substance-specific maladaptive behavioral change, usually with uncomfortable physiological and cognitive consequences, that is the result of a cessation of, or reduction in, heavy and prolonged substance use.
Lapse	A temporary slip, failure or break in continuity.
Relapse	a recurrence of symptoms of a disease after a period of improvement
Craving	Signs and symptoms that have intensity and frequency of desire to substance.
Self-Efficacy	Personal feelings of confidence in each situation against substance misuse.
Abstinence self-efficacy	The belief individuals have in their ability to abstain from engaging in an undesired action.

American Psychiatric Association (2015)

Abstract

Craving is closely interconnected with substance addiction. Although, it has also been identified as a relevant factor in continued substance use and relapse after stopping. self-efficacy, is the ability to resist substance use in risk situations. **Aim:** The study was aimed to assess the relation between substance use craving and self-efficacy in addict patients. **Design:** A descriptive correlational design was utilized in this study. **Setting and subject:** Conducted on 250 hospitalized addict patients convenient in addiction and rehabilitation department at El-Abbasia Psychiatric Hospital in Cairo. **Data Coollection tools:** Using Socio-demographic data sheet, Brief Substance Craving Scale (BSCS) and Alcohol Abstinence Self-Efficacy Scale (AASE). **Results:** high percent of the studied patients had severe level craving, middle level of self-efficacy, and there was a statistically significant negative correlation between substance craving and substance abstinence self-efficacy. **Conculsion:** about two fifth of the studied sample had severe level of craving, more than three fifth of them had middle level of self-efficacy, and there was a statistically significant negative correlation between substance craving and substance abstinence self-efficacy. **Recommendations:** The present study recommended that developing psychosocial intervention for Enhancing self-efficacy and resilience among addict patients.

Key Words: Craving, abstinence self-efficacy, addiction, substance use disorder, relapse

Introduction

Drug addiction is a chronic disease characterized by craving leading to a relapsing cycle of intoxication, bingeing, withdrawal, and craving. Unlike casual use or dependence, drug addiction reflects a persistent cycle of drug seeking and taking that overcomes despite diminished pleasure from taking the drug, as well as grave consequences on well-being and quality of life (**Ceceli, Bradberry, and Goldstein, 2022**).

Drug craving is defined as a strong and unquenchable desire for drug users to re-obtain the psychoactive substances they have experienced and the driving force to subconsciously pay excessive attention to drug-related cues and continue to use addictive drugs regardless of the consequences (**Zhang, Wang, Qu, Jiang, Chen, & Luo, 2020**).

Self-efficacy is a process of determining individual ability to optimal use his/her owns cognitive abilities, motives, or various behaviors with firm objective for defiance problems. Also, Self-efficacy is individual mind to fix own behavior and thinking and is an unprompted readiness to do uncharacteristic efforts for achievement (**Flavier, 2018**).

Alanazi, Almutairi, Alsarami, Alanazi, Alqahtani, Alotaibi, & Ismaeil, (2022). Add that Abstinence Self-Efficacy (ASE) plays an essential role in the maintenance of

abstinence from drugs and alcohol which is a belief regarding one's ability to successfully resist performing a behavior, and outcome expectancies, meaning the anticipated consequences of performing a behavior.

Mental health nurses have a specific role toward those patients with substance use disorders through helping patients to overcome many barriers that negatively influence attitudes toward seeking professional help encourage patients to develop their self- efficacy by learning appropriate knowledge and practicing essential skills to prevent drug abuse (**Witkiewitz, Pfund, & Tucker, 2022**).

Significance of the study:

Substance use disorder is one of the overarching health and social issues that might seriously disrupt individuals' self-control and self-efficacy (**Essam Eldin, Othman & Salah Eldin, (2021)**). In addition to, Control of substance use can be practically developed by improving self- efficacy. Patients with high self- efficacy have ability to resist substance use in high stress or risk situations. Additionally, patients with low level self- efficacy and having negative effects coping with life stressors. They are liable to relapse again after being treated because they become frangible to resist the trigger or high-risk situations. These mean that high self-efficacy (**Symvoulakis, Volkos, Markaki, & Linardakis, 2022**).

According to, National Addiction Research Study (2018) revealed the prevalence of substance regular use to be 33% in Cairo, 22.4% in Upper Egypt, and 9.6% in Delta (**Rabie, Shaker, Gaber, 2020**). As well as the relapse rates following treatments are high and typically reaches 40–75 % in 3 weeks to 6 months period following treatment (**Moradinazar, Farnia, Alikhani, Karyani Rezaei, & Rezaeian, 2020**).

Overall, craving and self-efficacy were considered an important factor contributing to 'quitting failure' and drug use relapse. Thus, assessing the relation between substance use craving and self- efficacy have a main role in improving functional, mental health, preventing high-risk events and increasing psychological adjustment (**Altman, Braun, Battle, Iacoi, Stein, & Abrantes, 2022**).

Aim of the Study

This study aims to assess a relation between substance use craving and self-efficacy in addict patients.

Research question

- What is the relation between substance use craving and self-efficacy in addict patients?