



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

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MONA MAGHRABY



Effect of Emotional Freedom Techniques on Psychological Symptoms and Cravings among Patients with Substance Related Disorders

Thesis

Submitted for Partial Fulfillment of Doctorate

Degree in Psychiatric Mental Health Nursing

By

Selwan Mahmoud Ibrahim

Master degree in Psychiatric Nursing & Mental Health
Faculty of Nursing, Alexandria University

**Faculty of Nursing
Ain Shams University
2020**



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Supervised by

Prof.Dr. Omayma Abu Bakr Osman

Professor and head of Psychiatric Mental Health Nursing department
Faculty of Nursing – Ain Shams University

Prof. Dr. Sahar Mahmoud

Professor of Psychiatric Mental Health Nursing
Faculty of Nursing – Ain Shams University

Prof. Dr. Mona Hassan

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

**Faculty of Nursing
Ain Shams University
2020**

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List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
EFT	Emotional Freedom Techniques
SUD	Substance use Disorder
WHO	World Health Organization
PACS	The Penn Alcohol Craving Scale
SCL	The Symptom Checklist
NIDA	National Institute on Drug Abuse
UNOCD	United Nations Office on Drugs and Crime
RCTs	A randomized Controlled Trials

Effect of Emotional Freedom Techniques on Psychological Symptoms and Cravings among Patients with Substance Related Disorders

ABSTRACT

Owing to chronicity of substance use disorders, relapsing characteristics, harmful consequences on the all aspects of the clients' life occurred .Thus, in recent years advanced mental health professional organizations have experimented with strategies, and techniques for treating addiction and lapse preventing after drug cessation. **Aim:** to assess the effect of emotional freedom techniques on psychological symptoms & cravings among patients with substance related disorders. **Study design:** a quasi-experimental design was utilized to conduct this study. **Setting:** this study was conducted in Elmaamoura Hospital for psychiatric Medicine in Alexandria. **Subject:** convenient sample of 90 patients (divided into two equal groups) were chosen for conducting this study. **Data collection tools:** 1) Interview questionnaire sheet (Socio-demographic and clinical data).2) Substance –related disorders &Alcohol Cravings (The Penn Alcohol Craving Scale(PACS) 3) The Symptom Checklist 90 scale (SCL-90 R).**Results:** The present study revealed that there was highly statistically significant difference between pretest and posttest represent decreasing in the substance related patients craving symptoms as confirmed by paired t test ($p= <0.001$). Concerning the relation between application of the psycho-education program (EFT) and all psychological symptoms, it was observed that there were highly statistically significant as confirmed by paired t test ($p= <0.001$) in overall sub items of the psychological symptoms after applying emotional freedom technique . **Conclusion:** Applying psycho-educational program of emotional freedom techniques (EFT) had a significant effect in reducing level of craving, and psychological symptoms among substance related disorders patients'. **Recommendations:** The psycho-education emotional freedom technique program should be implemented to all addict patients to decrease their level of craving & enhance their psychological wellbeing.

Key words: Substance use disorders, Psychological symptoms, Craving, Relapse, Emotional freedom techniques

Introduction

One of the world's major public health problems is substance related disorder. Substance use disorders are chronically relapsing health problems that are characterized by repeated loss of control that produces harmful consequences on the physical, psychological, interpersonal, legal, and/or financial aspects of the client life (National Institute on Drug Abuse (NIDA), 2018b).

Moreover, substance related disorder has been linked a lot with craving and negative affective status. Craving and negative affect state that playing important roles in the substance use relapse from more than 40 years ago (Sinha, 2013; Weiss, 2005; Ludwig, & Wikler, 1974).

Thus, providing effective treatment of this condition considering a high priority in mental health (Jiloha, 2011; Marlatt, & Gordon, 1985). Also treatments targeting decreases in stress, negative affect state, and substance cue-induced craving and regulation of stress responses could be of benefit in improving alcohol relapse outcomes.

Some of the novel and the more widely used form of energy psychology therapy is emotional freedom technique (EFT). EFT integrates cognitive therapy, exposure therapy, and acupuncture point stimulation. Moreover, several systematic reviews, and meta-analyses researches have confirmed its effectiveness for stress, anxiety, depression, phobias, posttraumatic stress disorder, cravings of food addiction & drug addiction, other psychological disorders, pain & physical symptoms. (Bach, Groesbeck, Stapleton, Sims, Blickheuser, & Church, 2019).

On the other hand, EFT being easy to apply, quick to learn, and simple nondrug therapy, safe, reliable, and

effective to use in and outside clinical settings for reducing wide range of both psychological, and physical (Craig,2016). So, psychiatric nurses and other healthcare providers' have attempted to incorporate complementary therapies into to incorporate complementary therapies into clinical practice to produce a more holistic approach in treatment and look after their patients (Kwai, 2015) .

Likewise , providing patients' with basic information about EFT program may help them to deal better with the high risk situations for relapse, relapse triggers, and cope with relapse triggers. Furthermore, help patient to identify addiction craving, recognize the different characteristics of craving, and control emotions through provision of relaxation technique as a part of emotional freedom techniques.

Significance of the study

Substance related disorders have entrapped the old, the youth, teenagers, and even children as one of a devastating affliction in the world and has given rise to many psychological & social problems, as a consequence (Substance abuse and mental health services administration (SAMHSA), 2016a). Moreover, addiction treatment is typically delivered in an acute-care format ignoring the long-term, multi-faceted nature of recovery.

Emotional Freedom Techniques (EFT) is a novel intervention combining elements of exposure therapy, cognitive behavioral therapy, and somatic stimulation (Church, & Brooks, 2013). EFT can be taught quickly, and practiced by the individual without need for frequent therapist. (Brattberg, 2008).

The relaxation response that delivered by EFT then allows addicts to react to possibly stressful situations more reasonably, and make a rational decision about whether relapsing into their addiction will resolve their issues or ultimately cause them more pain (Church, 2013a). Hence, this study assesses the effect of emotional freedom techniques on psychological symptoms & cravings among patients with substance related disorders.