

*Research Article***A Study of Factors Contributing to Relapse in Patients with Addiction Attending Minia Psychiatric Hospital****Mohamed A. Abdelhameed, Ahmed M. Kamal, Mohamed T. Seddik and Wael H. Khamis Ghattas**

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Abstract

Introduction: Substance abuse and dependence have far-reaching social, medical, psychological and economic consequences. Concomitant psychiatric and neurological disorders identified in many substance abusers pose an even greater challenge. **Aim Of The Work:** 1. to demonstrate the frequency of having relapse among those with substance abuse. 2. To study the different probable factors that may be related to the occurrence of relapse in such patients. **Patients & Methods:** The studied subjects and the methods used in the current study will be presented under the following items: I. Pre-sampling. II. Setting of the Study. III. Subjects of the Study & Size of the Sample: **Results:** The total number of the whole sample was (100 patients). They were divided into 2 groups relapsed group (70 patients) with a past history of abstinence for at least one week and currently intake and abstinence group (30 patients) which abstinence for at least the last three months. **Discussion:** The main aims of the current study were to (1) To demonstrate the frequency of having relapse among those with substance abuse, (2) To study the different probable factors that may be related to the occurrence of relapse in such patients. **Recommendations:** A) **Recommendations:** for further studies: We recommend the following for the futures research in this area.

Keywords: Human Immunodeficiency Virus, Hypothalamic-Pituitary-Adrenal axis.

Introduction

Substance abuse and dependence have far-reaching social, medical, psychological and economic consequences. Concomitant psychiatric and neurological disorders identified in many substance abusers pose an even greater challenge (Johnson, 1997).

Drug abuse is one of the epidemic diseases, the effects of which are not limited to the individual but extend to his or her family and society at large. The steady up surge of drug taking from one year to the next is universally documented (Home Office, 1985), especially among the young (Bukstein et al., 1989). Drug-related problems are also causing huge waste of resources, both human and financial (Institute for the Study of Drug Dependence, 1985).

Addiction is a brain disorder characterized by compulsive engagement in rewarding

stimuli, despite adverse consequences (Volkow et al., 2016).

Despite the involvement of a number of psychosocial factors, a biological process – one which is induced by repeated exposure to an addictive stimulus – is the core pathology that drives the development and maintenance of an addiction (Nestler, 2013).

Increased involvement of youth in substance abuse has been a major issue internationally. Other than increase in the number of youth being incarcerated and detained, various social problems related to substance abuse among the youth have been evidenced in the past decade (e.g., Abrantes et al., 2005; Snyder & Sickmund, 2006). Vandalism, drop-out of school, and prostitution are examples of common social problems that have been observed among substance-abusing youth (Brawn & Roe-Sepowitz, 2008; Schubert et al., 2011).

Aim of The Work

1. To demonstrate the frequency of having relapse among those with substance abuse.
2. To study the different probable factors that may be related to the occurrence of relapse in such patients.

Patients & Methods

The studied subjects and the methods used in the current study will be presented under the following items:

- I. Pre-sampling.
- II. Setting of the Study.
- III. Subjects of the Study & Size of the Sample:
- C. Inclusion Criteria.
- D. Exclusion criteria.
- IV. Study Tools:
Urine analysis for substances of abuse.
Addiction Severity Index (ASI).

Item-Scoring Guide For TCU/PMES Scales on Family, Friends and Self.

Fahmy & El Sherbiny (socioeconomic status scale for health research in Egypt).

V. Difficulties of the study.

VI. Pilot Study.

VII. Procedures of the actual study.

VIII. Ethical considerations.

IX. Statistical analysis.

I. Pre-sampling:

This included the decision on the setting of the study, the size of the sample, the study tools, and the suggested study steps and maneuvers.

II. Setting of the Study:

Minia Psychiatric Hospital (MPH); The official psychiatric hospital in Minia Governorate (over 5 million people). It is located at new Minia city which is to the east of Minia city.

Results

Table (1): Psychiatric status diagnosed according to ICD-10 and socioeconomic level among the studied groups:

Psychiatric status		Relapsed group N=70 N (%)	Abstinence group N=30 N (%)
Diagnosis	No co morbid	32(45.7%)	27(90%)
	Co morbid	38(54.3%)	3(10%)
	Mood disorders (F31, F32)	19/38(50%)	2/3(66.7%)
	Anxiety (F41)	8/38(21%)	1/3(33.3%)
	Antisocial personality (F60. 30)	8/38(21%)	0
	Psychosis (F20)	3/38(8%)	0
Socioeconomic level according to Fahmy & El Sherbiny	Very low	8(11.4%)	2(6.7%)
	Low	40(57.1%)	9(30%)
	Middle	16(22.9%)	17(56.7%)
	High	6(8.6%)	2(6.7%)

Table (1): shows that patients in the relapsed group had higher rate of psychotic comorbidity (54.3%) and in low socioeconomic level (57.1%) than in abstinence group (10%) and (30%) respectively.

Discussion

The main aims of the current study were to (1) To demonstrate the frequency of having relapse among those with substance abuse, (2) To study the different probable factors that may be related to the occurrence of relapse in such patients.

Discussion will be presented under the following items:

Discussion of the methodology:

A. Setting.

B. Design and sampling.

C. Tools.

II. Discussion of the results:

Descriptive aspects

B. Analytical results (correlations and comparisons)

III. Limitations of the study.

I. Discussion of the Methodology:

It is important to discuss the methodology used in the current study since it might shed some light on the differences as well as the similarities between the setting and design of the current study and other related studies.

Recommendations

A) Recommendations for further studies:

We recommend the following for the futures research in this area:

Replication of this study on a large sample to get the ability to generalize the results of the study.

Selection of cases from multiple sites that provide service for management of substance abuse.

Further studies of other adverse psychiatric effects of substance abuse as a factors contributing to relapse in patients with addition.

Further studies of effects of general medical condition as a factors contributing to relapse in patients with addition.

Studies are needed about the factors contributing to relapse of addiction among adolescents.

B) Recommendations for clinical practice.

1- Expanding the size of the sample to get the ability to generalize the results of the study.

2- Increasing awareness in clinical setting about addiction impact on parents and families of addict patients and effect of these on the frequently of relapse.

3- Increase family acceptance, awareness and understanding of their addict patients to decrease the frequency of relapse.

4- Working as a team to help patients and their families for better outcome and decrease the frequency of relapse.

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