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RESEARCH ARTICLE

SCRUTINIZING THE ROLE OF MOTIVATIONAL ENHANCEMENT THERAPY ON ALCOHOL DEPENDENCE

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ABSTRACT

Substance (tobacco, alcohol and illicit drug) abuse is a major problem worldwide and India is no exception. Substance abuse is associated with significant morbidity and mortality and contributes to global burden of all disease. It has significant impact not only on the individual sufferer, but also on the family and the society. Severe hindrances in physical, psychological and social spheres of life, due to drug abuse has made de addiction as a matter of meticulous study. The American Society of Addiction Medicine (ASAM) has developed guidelines for determining the appropriate intensity and length of treatment for substance abuse problems, based on an assessment involving six areas: i) Level of intoxication and potential for withdrawal, ii) Presence of other medical conditions, iii) Presence of other emotional, behavioral, or cognitive conditions, iv) Readiness or motivation to change, v) Risk of relapse or continued drug use, vi) Recovery environment (e.g., family, peers, school, legal system). The present investigation focusses on de addiction through MET counselling. The sample comprised of 50 patients from Jaipur region. Pre and Post testing design was used by administering CAGE as a diagnostic tool. The objective is to study the effect of MET on substance dependence. Independent Variable: MET counselling, Dependent Variable: substance dependence. Follow up of 6 months has been taken in order to analyze the effect of counselling on substance dependence. T-test was applied as a statistical tool for analysis of data. Post test results revealed that MET when implicated with medical treatment lowered score of CAGE to a significant level.

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INTRODUCTION

Substance use disorder is a bio-psycho-social condition and requires a multi-pronged approach for its management. The interventional approach involves addressing broader issues of motivation, lifestyle adjustment, reducing risk behavior, and developing skills to cope with factors that could trigger drug use, or to prevent an occasional lapse from becoming a full-blown relapse to regular drug use. Studies reveal that the interventional approaches has a combined effect on cessation substance dependence. Four studies examined several individual counseling sessions. Graeber, Moyers, Griffiths, Guajardo, and Tonigan (2003) found remarkably positive results on substance use outcomes following three sessions of motivational interviewing. (Baker *et al.*, 2006; dwards *et al.*, 2006; Kavanagh *et al.*, 2004). Examined several sessions (3–12) of motivational interviewing and/or cognitive behavioral counseling and found no differences on substance use outcomes and few differences on any other outcomes. In a single long-term study, which included 9 months of motivational interviewing and cognitive behavioral treatment, Barrowclough *et al.* (2001) documented some positive results at 9, 12, and 18 months, but most of the experimental differences on substance use and other outcomes were not sustained at 18 months (Haddock *et al.*, 2003). Thus, the

evidence for individual counseling based on motivational interviewing and/or cognitive behavioral counseling is relatively weak and inconsistent. The present investigation has been confined to Motivational Enhancement Therapy in cessation of Substance Dependence. Motivation Enhancement Therapy (MET) is a systematic approach to evoke change in individuals. It is based on motivational psychology. The intervention is designed to produce internally motivated change through mobilizing the substance users internal resources favoring change.

Objectives

1. To study the interventional approaches on Substance dependence in Males (age group 35-45 years) from low socioeconomic status.
2. To study the effect of Motivational Enhancement Therapy on Substance dependence in Males (age group 35-45 years) from low socioeconomic status.

Hypothesis

H₀: there is no significant difference between experimental group and controlled group

H_1 : there is a significant difference between experimental group and controlled group

METHODOLOGY

The data for the present investigation has been collected from a mental health clinic by administering 'CAGE' closed ended questionnaire. The Sample comprised of 50 adults in the age group of 35 to 45 years, from low socioeconomic background. The study is confined to the dependence on alcohol, cannabis and tobacco. Pre and Posttest design has been implemented for the present investigation, with Experimental group (MET with medicine) and Controlled group (Medicine alone). In pretest 50 adults (35-45 years) and low socioeconomic status has been administered on 'CAGE' for the assessment of substance dependence. Interventional approach (medicine) for the controlled group and (medicine + MET) for the experimental group has been administered for a period of 3 months. Post testing is done by administering 'CAGE' for both the groups (Controlled& Experimental).

For the study, following Variables have been set: Independent variable: Interventional approach (MET), Dependent variable: Substance dependence.

Statistical analysis

To test the preset hypotheses, to evaluate significant difference between experimental group and controlled group, t statistics is applied.

RESULT AND DISCUSSION

Results indicate that the Mean scores of Pretest and Posttest are 3.42 and 1.76 respectively. On the basis of calculative mean of both the series, t test is applied to find out significant difference between experimental group (medicine & MET) and controlled group (Medicine). The calculative value of t test is 10.8567 which is greater than tabulated value of t. Thus on this basis null hypotheses has been rejected i.e. no significant difference between experimental group and controlled group. Hence, alternate hypotheses is accepted i.e. significant difference between experimental group and controlled group.

The findings of the study illustrates that there is a significant difference of Motivational Enhancement Therapy on alcohol dependence. The intervention is brief and best used during the client's first contact although repeating it during subsequent sessions may prove beneficial.

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Motivational enhancement therapy serves as an effective means of initiating, executing and sustaining change in persons with substance use disorders. The efficacy of the approach is widely realized because of its brief and comprehensive nature. As the intervention is based on motivational interviewing skills and techniques it can be used in various settings. Repetition of motivational interviews during every session with the client has yielded better outcomes by increasing the person's engagement in treatment and reinforcing the commitment to change.

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