

## **Dual therapy is more effective than mono therapy in lowering the relapse rate in substance abuse**

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**ABSTRACT:** Substance use is one of the serious social menaces which need comprehensive treatment and preventive measures. The effectiveness of dual therapy (group psychotherapy along with the pharmacotherapy) when compared to mono therapy in lowering the relapse and increasing the follow up rates in patients of substance abuse has been focused in the study. Patients who came for the treatment of substance abuse were motivated to participate in the study and with their consent they were selected as participants for this study. They were grouped into experimental and control group for the purpose of study. Experimental group participants were made to attend the regular group therapy sessions as part of treatment program. Along with pharmacotherapy group sessions were conducted. Whereas controlled group were continued with mono therapy. (Pharmacotherapy alone) Therefore the main objective of the study was studying the effectiveness of dual therapy in the treatment and management of substance abuse coupled with their follow up for the treatment and their relapse rate. The subjects selected for the study were 120 patients (60 experimental group and 60 controlled groups) with substance abuse from Kripa Deaddiction and Revival Center, Bangaluru, Karnataka India. They were selected by random sampling technique. The exclusive personalized manual recording system used by the researcher for the maintaining attendance of the participant patients in their follow up to treatment and also to record the participant relapse rates. The data collected were tabulated in the by variable tables and examined the property movement of variables and the relationship between the variables. The analysis resulted positively corroborated with the objective described in the study. This study paves the way for promoting and advocating dual therapy use in the substance abuse treatment centers there by curtailing this social menace at large.

**KEY WORDS:** Substance abuse, dual therapy, mono therapy Pharmacotherapy, group therapy

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### **I. INTRODUCTION:**

Many individuals struggling with drugs or alcohol seek treatment and come out of this social ailment. There are various medical and traditional centers are providing treatment for this kind of ailment. However, holistic drug recovery centers are becoming more popular and have incorporated successful treatment program. In this holistic approach treatment program includes identifying the predisposing causes of addictions, understanding the events that led to substance use, stopping the addiction as early as possible, finding the alternatives to drug abuse and recovery plan for the long term. Along with the drug therapy the centers are providing psychotherapy, family therapy, relaxation training group therapy and so on. However when it comes to substance abuse, patients getting involved in to various aspects of this holistic program is also quite difficult. Indeed there are many small health centers working for the substance abuse can effort limited health workers working in their centers deprived of the fruitfulness of holistic approach. Such centers providing group psychotherapy twice a week along with the drug therapy can be benefited. This study focuses on the dual approach (drug and group psychotherapy) as an alternative to come over the limitation of shortage in human and economic resources and also the time barrier.

Substance abuse has a major impact on individuals, families, and communities. The effects of substance abuse are cumulative, significantly contributing to costly social, physical, mental, and public health problems.

#### **These problems include:**

Teenage pregnancy, Human immune deficiency virus (HIV/AIDS), other sexually transmitted diseases (STDs)  
Domestic violence, Child abuse, Motor vehicle crashes, Physical fights  
Crime, Homicide, Suicide<sup>1</sup>

In any form of family therapy for substance abuse treatment, consideration should be given to the range of social problems connected to substance abuse. Problems such as criminal activity, joblessness, domestic violence, and child abuse or neglect may also be present in families experiencing substance abuse. To address these issues, treatment providers need to collaborate with professionals in other fields. This is also known as concurrent treatment.<sup>2</sup>

Thus substance abuse centers with their capacities and limitations adapt more suitable approaches of treating like holistic, mono, dual approaches in their therapies. To help the patients of substance abuse in individual and to reduce such kind of social menaces.

The natural propensity of human beings to congregate makes group therapy a powerful therapeutic tool for treating substance abuse, one that is as helpful as individual therapy, and sometimes more successful. One reason for this efficacy is that groups intrinsically have many rewarding benefits—such as reducing isolation and enabling members to witness the recovery of others—and these qualities draw clients into a culture of recovery. Another reason groups work so well is that they are suitable especially for treating problems that commonly accompany substance abuse, such as depression, isolation, and shame.<sup>3</sup>

Conceptualizing different approaches involved in the treatment of substance abuse in the present study has made an effort to see the benefits of dual therapy in their treatment of substance abuse. Researchers in this study have focused on relapse rates after the treatment and patients follow-ups after the treatment which has been considered positive effect of treatment by them. Faculty of Medicine, University

### Assessment Tool

The exclusive personalized manual recording system used by the researcher for maintaining attendance of the participant patients in their follow up to treatment and also to record the participant patients relapse rate in the substance use.

These records were maintained separately apart from institutional records for the researcher's convenience.

## II. METHODOLOGY:

### Aim

- To study the role of dual therapy in the management of patients with substance abuse.
- To study the benefits of dual therapy as against mono therapy in treating the patients of substance abuse.

### Procedure

The chosen participants for this study from the center for substance abuse were divided into experimental and control group. The experimental group has been treated with the dual therapy and the control group has been treated with mono therapy. The two variables have been taken for measurements are: a. attendance of the participant patients in their follow up to treatment. b. Participant relapse rate in their substance use. Measurement of these variables has been compared with control group.

### Hypothesis:

Dual therapy is more effective than mono therapy in lowering the relapse rate and improving follow up rates in patients with substance abuse

### Sample:

The sample for the present study includes 120 patients who are chosen randomly from Kripa Deaddiction and Revival Center, Bangaluru, India

### Results and discussion:

The study results reveal that there is a significant positive impact seen in the patients of experimental group when compare to the control group.

**Table 1: Follow-up attendance of patients in the management program**

Sl. No	RESPONSES	TREATMENT WITH DUAL THERPY		TREATMENT WITH MONO THERPY		TOTAL
		PRESENT	NOT PRESENT	PRESENT	NOT PRESENT	
1	PATIENT FOLLOW-UP ATTENDANCE	52 (86)	08 (13)	35 (58)	25 (42)	120 (100)
	TOTAL	52 (86)	08 (13)	35 (58)	25 (42)	120 (100)

**Note:** Figures in parenthesis are percentages

The results of table one reveal that Follow-up attendance of patients in the management program of substance abuse is 86 percent and 13 percent in dual and mono therapy respectively. Thus result of the study with this regard goes with assumptions of the authors.

**Table 2: Relapse rates in dual therapy and mono therapy**

Sl. No	RESPONSES	TREATMENT WITH DUAL THERAPY		TREATMENT WITH MONO THERAPY		TOTAL
		Respondents with relapse	Respondents without relapse	Respondents with relapse	Respondents with without relapse	
1	<b>RELAPSE RATE</b>	32 (53)	28 (47)	45 (75)	15 (25)	120 (100)
	<b>TOTAL</b>	32 (53)	28 (47)	45 (75)	15 (25)	120 (100)

**Note:** Figures in parenthesis are percentages

The results of table two reveal that the relapses recorded in the study groups are 53 and 47 percent with and without relapse respectively in the dual therapy. Whereas it is 75 and 25 in mono therapy provided to the participant patients of substance abuse. This clearly indicates that dual therapy is more effective in the treatment of substance abuse. Study result analyzed here goes with hypothetical views of the authors.

### III. SUMMARY:

In summary this research suggests that the most promising route to effective therapy in the management and prevention of substance abuse. The study has come out with the positive effect of dual therapy for the substance abuse in the conducted experimental study. Implication of this study result can be beneficial to the health programmers who work in the health centers for substance abuse. this study have focused on relapse rates after the treatment and patients follow-ups after the treatment which has been considered positive effect of treatment by them this result theorizes the hypothetical views of the researchers. This study tiles the way for endorsing and supporting dual therapy use in the substance abuse treatment centers there by restricting this social menace at large.

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