

## **Effectiveness of rehabilitation in the treatment of alcohol abuse patients as demonstrated by dropping relapse rate and cumulative record of follow-ups**

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**ABSTRACT:** Alcohol use is one of the serious social threats which need comprehensive treatment and preventive measures. The effectiveness of rehabilitation in providing psycho education and social support to the patient and their family when compared to treatment alone in dropping relapse rate and cumulative record of follow up rates in patients of alcohol abuse has been focused in the study. Patients who came for the treatment of alcohol 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 rehabilitation program and psycho education with their family weekly once for 10 sessions in four months after they were discharged from the hospital whereas controlled group were asked to see their doctor only on follow-up. The main objective of the study was to study the effectiveness of rehabilitation in treatment of alcohol abuse with regard to patients follow up for the treatment and their relapse rate. The subjects selected for the study were 100 patients (50 experimental group and 50 controlled groups) with substance abuse from Kripa Deaddiction and Revival Center, Bengaluru, Karnataka India. They were selected by random sampling technique. The exclusive personalized manual recording system was used by the researcher for maintaining cumulative record 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 resultant analysis positively corroborated with the objective described in the study. This study paves the way for promoting the incorporation of rehabilitation in the alcohol abuse treatment centers there by curtailing this social menace at large.

**Key words:** Alcohol abuse, rehabilitation, social support, psycho education group therapy

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### **I. Introduction**

Alcoholism, or alcohol dependence, is the most severe form of alcohol abuse. It is a chronic disease characterized by the consumption of alcohol at a level that interferes with physical and mental health and with family and social responsibilities. An alcoholic will continue to drink despite serious health, family, or legal problems.<sup>4</sup> Alcohol addiction affects the body by interfering with the brain's communication pathways, and can affect the brain structure and functioning. These disruptions can change mood and behavior, and make it harder to think clearly and move with coordination. Prolonged drinking can cause Cardiomyopathy – Stretching and drooping of heart muscle, arrhythmias – irregular heartbeat, stroke, and high blood pressure and also liver problems like fatty liver, alcoholic hepatitis, fibrosis and cirrhosis. Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion. Drinking too much alcohol can elevate the risk of developing certain cancers, including cancers of the: mouth, esophagus, throat, liver, and breast.<sup>2</sup> Drinking too much can weaken your immune system, making your body a much easier target for disease. Chronic drinkers are more liable to contract diseases like pneumonia and tuberculosis than people who do not drink too much. Drinking a lot on a single occasion slows your body's ability to ward off infections – even up to 24 hours after getting drunk. Prompt management of alcohol abuse can attenuate the risk of developing the above complications.

Several persons frazzled with alcohol seek treatment and come out of this social ailment. Various medical centers, government and non-government organizations are providing treatment for this kind of social ailment. However, holistic drug recovery centers are widespread. This holistic approach treatment program includes identifying the predisposing causes of addictions, understanding the events that led to alcohol use, stopping the addiction as early as possible, rehabilitating them, and providing them social support, psycho-education to the patient and their family and recovery plan for the long term.

Along with the medical treatment, rehabilitative programs and therapeutic intervention have found to be useful. However when it comes to alcohol abuse, involving the patients' family in the rehabilitation program is quite

hard. Indeed there are many small health centers working for the alcohol abuse who can afford to organize the supportive and rehabilitation program for the betterment of their patients. Such centers provide group psychotherapy, supportive therapy, occupational training along with the medical treatment which is beneficial to their patients'. This study focuses on the rehabilitation which include supportive and psycho-educational program and to assess the benefits of this program with regard to relapse rate and cumulative rate in follow up to the treatment.

If an individual develops a drinking problem, understanding his/her options for treatment is important. Alcohol rehab centers can offer medical attention and support to these individuals thereby enabling them to bring their drinking problem under control and reclaim their lives.

The "Combining Medications and Behavioral Interventions for Alcohol Dependence" study produced some surprising results where in it revealed that the newest medication approved for the treatment of alcoholism failed to improve treatment outcomes.<sup>7</sup> Making a room for this in rehabilitation can pave a way to get this benefits.<sup>3</sup>

All alcohol rehab centers offer confidential treatment, so that the patient need not worry about his treatment being known to unfavorable people. These centers do everything they can to make the patient stay as private and comfortable as possible. If there is a concern about having a fellow patient during treatment, he needs to be aware that many centers require this. However, this helps promote positive behavior and keeps the patients from becoming isolated during treatment.<sup>1</sup> To address these issues, treatment providers need to collaborate with professionals in other fields. This is also known as concurrent treatment.<sup>5</sup>

The natural tendency of human beings to congregate makes group therapy a powerful therapeutic tool for treating alcohol abuse, one that is as helpful as individual therapy, and sometimes more successful. The rehabilitation programs intrinsically have many rewarding benefits, such as reducing remoteness and enabling members to observe the recovery of others and these qualities draw clients into an ethos of recovery. Another reason groups work so well is that they are suitable especially for treating problems that commonly accompany alcohol abuse, such as depression, isolation, and shame.<sup>6</sup>

Present study has made an effort to conceptualize the effectiveness of rehabilitation in providing psycho education and social support to the patient and their family involved in the treatment of alcohol abuse. Researchers in this study have focused on relapse rates after the treatment and patients follow-ups which have been considered positive effect of treatment by them.

## **II. Objectives of the study**

To study the effectiveness of rehabilitation in providing psycho education and social support to the patient and their family

To observe the dropping rate of relapse and cumulative record of follow up in these patients

### **Methods and material Hypothesis:**

Rehabilitation in the treatment of alcohol abuse patients is effective in causing a drop in the relapse rate and cumulative record of follow-ups.

### **Sample:**

The sample for the present study includes 100 patients who are chosen randomly from Kripa Deaddiction and Revival Center, Bengaluru, India

### **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.

### **Procedure**

The chosen participants for this study from the center for alcohol abuse were divided into experimental and control group. The experimental group was supplemented with the rehabilitation program and the control group was treated without rehabilitation. The two variables taken for measurements are: i. attendance of the participant patients in their follow up to treatment. ii. Participant relapse rate in their alcohol use. Measurement of these variables has been compared with control group.

### III. Results and discussion:

The study results reveal that there is a significant positive impact seen in the patients of experimental group when compared to the control group. The results of table one reveal that follow-up attendance of patients who underwent rehabilitation program as a part of treatment in alcohol abuse is 96 percent and 68 percent patient took treatment without attending rehabilitation which has clearly proven the effectiveness of rehabilitation with regard to follow-up attendance of the patients involved in this study.

The results of table two reveal that the relapse rates recorded in the study groups are 60 and 70 percent with and without rehabilitation respectively. Rehabilitation as a part of the treatment has demonstrated greater effect in the subjects in this study. This clearly indicates the effectiveness of the rehabilitation program in the treatment of alcohol abuse and has its role in benefiting the patient with regard to reducing the role in the relapse rate in these patients.

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

Sl. No	Responses	Treatment With Rehabilitation Program		Total	Treatment with out Rehabilitation program		Total
		Present	Not present		Present	Not present	
1	Patient follow-up attendance	48 (96)	02 (4)	50 (100)	34 (68)	16 (32)	50 (100)
	Total	48 (96)	02 (4)	50 (100)	34 (68)	16 (32)	50 (100)

Note: Figures in parenthesis are percentages

**Table 2: Relapse rate with and without rehabilitation in the treatment program**

Sl. No	Responses	Treatment With Rehabilitation Program		Total	Treatment With Out Rehabilitation		Total
		Relapse Rate	Respondents without relapse		Relapse Rate	Respondents with without relapse	
1	Relapse rate	30 (60)	20 (40)	50 (100)	15 (70)	35 (30)	50 (100)
	Total	30 (60)	20 (40)	50 (100)	15 (70)	35 (30)	50 (100)

Note: Figures in parenthesis are percentages

### IV. Conclusion

This research concludes with suggestions that the favorable path to effective treatment program for the alcohol abuse is supplementing rehabilitative benefits with medical treatment. The study results support the hypothetical view in the conducted experimental study on medical treatment of alcohol abuse with and without rehabilitation program. Implication of this study result can be beneficial to the health programmers who work in the health centers for alcohol abuse. Result of this study has demonstrated the drop in relapse rates and increased rate in follow-ups in the treatment with rehabilitation. There by this result theorizes the hypothetical view of the researchers. This study tiles the system for recommending rehabilitation program in the treatment of alcohol abuse patients there by curbing the outsize of this social menace.

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