

Dropping Out of Treatment in Alcohol and Drug Addicts: Causes

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ABSTRACT- POSTER PRESENTATION

Alcohol and substance use disorders (ASUD) remain a significant public health concern despite ongoing preventive measures. Substance dependence is characterized by the compulsive need to consume substances despite adverse physical, psychological, or social consequences. It involves a lack of control over substance cravings and the manifestation of withdrawal symptoms when access is restricted.

Treatment for alcohol and substance abuse comprises four components:

1. Crisis Intervention – Immediate measures to address substance-related complications.
2. Detoxification – The process of managing withdrawal symptoms under medical supervision.
3. Psychological and Behavioral Interventions – Aimed at aiding individuals in overcoming addiction.
4. Rehabilitation and Social Reintegration – Helping individuals adapt to society post-recovery.

The treatment and rehabilitation of individuals with ASUD vary greatly, and the associated costs are notably high. In a study conducted at the Ankara AMATEM Clinic, patients identified withdrawal symptoms as a key factor prompting them to consider discontinuing treatment. Other significant reasons included frequent discussions about substances among fellow patients, cravings, and difficulty adjusting to the treatment environment. Additional factors included external responsibilities, doubts about treatment efficacy, perceived lack of attention, boredom with the environment, feelings of inevitable failure, psychiatric disorders, obligatory participation in workshops, negative attitudes of other patients, premature assumptions of recovery, and lack of familial support.

Kokkevi et al. reported that substance abusers with personality disorders were twice as likely to drop out of treatment. Similarly, a study by Evren et al. examining Turkish inpatients with ASUD found that substance abusers exhibited higher novelty-seeking behaviors and lower reward dependence compared to alcohol abusers. Substance abusers also demonstrated lower self-management and cooperation scores.

To ensure effectiveness, treatment for ASUD must be tailored to individual needs and extend beyond mere abstinence. Developing and implementing diverse, evidence-based approaches is crucial in addressing this challenge. Despite advancements in treatment modalities, remission rates remain relatively low.

Keywords: Drug, alcohol, drop out