

Factors Associated With Relapse And Remission Of Alcohol Dependent Persons After Community Based Treatment

Abstract:

Knowledge of factors associated with relapse and remission after treatment for alcohol dependence enables the clinician to offer better individualized treatment. It also enables the clinician to predict which patients are likely to relapse and therefore offer appropriate and effective treatment to prevent relapse. Objective: This study sought to determine the factors associated with remission and relapse in a group of alcohol dependent persons undergoing Community Based Detoxification and Rehabilitation of alcohol dependent persons. Method: One hundred and eighty eight (188) persons with Alcohol Use Disorder Identification Test (AUDIT) positive were subjected to outpatient detoxification for 10 days using a pair of ampoules of high potency Vitamin B and C intravenously daily for 3 consecutive days, diazepam 5 mg and carbamazepine 200 mg for 5 and 10 consecutive nights respectively on an outpatient basis. The participants were visited twice a week (at home) by the community based health workers and reviewed once a week by the principal investigator and attended a bimonthly group therapy session conducted in groups of 20 as part of the rehabilitation process. The groups were converted to self-help groups after 4 months to generate income for the participants. Results: Factors significantly associated with relapse to alcohol use included severity of alcohol use and craving for alcohol at intake and the age of onset of alcohol drinking. Further there was a statistically significant predictive value in the mean score of alcohol related problems in the community based group (health, social, financial and legal). Conclusion: Identifying factors that are associated with relapse after alcohol dependence treatment is likely to improve the effectiveness of treatment and prevent relapse in persons at risk.