

# Relationship between Self-Efficacy and Relapse after Treatment among Substance Abusers in Bagdad City

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**Abstract :** ***Objectives:** The study aims to (1)determine the levels of self-efficacy for substance abuser, (2)find out the association of Self-efficacy and substance re-abuse with some demographic characteristics of substance abusers. **Methodology:** A descriptive correlational study was carried out on a sample of (30)addicts who are admitted at the Psychiatric-Mental Hospitals in Baghdad City. The substance abusers perceived General self-efficacy Scale were it's a standardized questionnaire is used to measure self-efficacy among alcohol abusers and drugs addict. Data were analyzed using the descriptive and inferential statistical measures by using the statistical package for social science (SPSS) version 22.0. **Results:** The study results revealed that the level of abusers' self-efficacy was high. The mean age in addictions was 35 and its range was 18-60(46.7%)of them were married and while other was single 36.7% and the first used was alcohol. All of them had relapse at least one time. The findings displayed that there is no relationship between relapse and self-efficacy, as well as the relationship between self-efficacy with the occupation was significant. **Conclusions:** This current study found the level of self-efficacy among addicts was high and that there was no significant relationship between relapse and self-efficacy but other related factors was significant. **Recommendations:** The researchers recommended on the important to involve alcohol drinking and the community-based organizations that represent them at every stage of the process of developing government policies and programs to make them responsive to the needs of the community.*

**Keywords:** Self-efficacy, Relapse

## 1. Introduction

Drug abuse and addiction is a major global problem that destroys economy health, relationships and career and has several complications including relapse that often remain untreated <sup>(1)</sup>.The prevalence of drug use differs with characteristics of people. An example of this would be the prevalence of drug use in the past month varies as a function of age. Individuals between the ages of 18-20 have the highest illicit drug use at 23.3 percent. Rates of alcohol use in the past month were highest among individuals between the ages of 21-25, used by approximately 70 percent <sup>(2)</sup>.In recent decades, there has been a growing number of studies demonstrating the importance of self-efficacy as a predictor and/or mediator of treatment effects in various domains, such as education, sports, chronic medical conditions, psychopathology, and addictive disorders. Nevertheless, despite considerable empirical evidence, the concept of self-efficacy has yet to become a significant factor in the development of psychosocial treatments <sup>(3)</sup>.Drug play a very big role in the formation of personal criminal human, because they affect the nervous system and thus reflected the behavior of human addict or drug abuser, result in various crimes, whether those offenses against person or funds, such as murder, beating or wounding, theft or embezzlement, bribery, or torture, or moral crimes as crimes of rape or indecent assault <sup>(4)</sup>.

Self-efficacy is defined as one's capacity to organize and execute courses of action required to manage prospective situations <sup>(5)</sup>.Self-efficacy for drug taking situations is a key determinant of behavior in potential relapse situations <sup>(6)</sup>.Within a cognitive-behavioral framework, higher

confidence in one's ability to refrain from using in the face of substance use situations increases the probability of successfully resisting urges and pressures to use after a period of abstinence. Consistent with this model, coping self-efficacy is a partial mediator of behavior change and predicts adult relapse to alcohol, drug, and cigarette use after treatment <sup>(7-9)</sup>.Furthermore, increases in self-efficacy during a treatment episode have been found a more powerful predictor of decrease in marijuana use over time than changes in coping skills <sup>(10)</sup>.Abstinence self-efficacy refers to the belief that one can abstain from substance use in various high-risk situations for substance use <sup>(11)</sup>. Relapse is the most probable outcome for the majority of adult smokers who attempt to quit <sup>(12)</sup>.Risk situations are a consideration in all current models of addiction relapse. In addition to specifying contextual features of adult relapse situations <sup>(13)</sup>.Models of addiction relapse have often focused on the interaction of situational factors and individual characteristics that may elevate risk for alcohol or drug use. From a cognitive-behavioral perspective, self-efficacy, coping and relapse context interact to produce subsequent use or resistance to use <sup>(14-15)</sup>.

Substance use has chronic relapsing period <sup>(16)</sup>. According to Gwaltney, Shiffman, & Sayette study (2005), found the self-efficacy to be negatively affected by a higher urge to smoke and by negative affect among adults <sup>(17)</sup>.Although self-efficacy is strictly speaking, not part of the theory on the abstinence violation effect <sup>(18)</sup>, self-efficacy is thought to be important in that it is associated with people's attributions for relapse. Therefore, the researcher is interesting in the assessing self-efficacy and health relapse of the substance abusers in Baghdad city, and such study will provide the

information related to substance use which may help the patients in determining the problem of re-abuse to avoid relapse and promote their health.

## 2. The Study Objectives

This study aims to:

- (1) Identifying the levels of self-efficacy for substance abusers within hospital setting and if their relationship with relapse after treatment.
- (2) Finding out the significance association of self-efficacy with some demographic characteristics of substance abusers.
- (3) Finding out whether substance re-abuse is significantly associated with variables under the study.

## 3. Methodology

A descriptive-analytic study carried on January 14<sup>th</sup>, 2017 to April 20<sup>th</sup>, 2017. An assessment approach is applied in order to achieve the earlier stated objectives for the present study. The current study has been conducted on the substance abusers who are admitted to the psychiatric mental hospitals in Baghdad city. The sample of the study included 30 substance abusers was selected purposively (non-probability sampling). In order to collect the sample officially, the approval was granted by Baghdad –Al-Rusafa Health Department and the Department of Medicine City, this approval facilitated the recruiting the substance abusers for the participation in the present study.

The instrument of the study was adopted<sup>(19)</sup> and modified by the researcher. The modifications were employed after considering the congestion of peer experts for more clear and adequate copy of the instrument to be appropriate for this study. The instrument consisted of two parts: the first part includes information about Socio-Demographic Characteristics of substance abusers; the Second part includes the General Self-efficacy Scale questionnaire which consists of 23 items distributed on thirteen items of Socio-Demographic Characteristics that include: Age, Education level, Marital Status, Residence area, With whom he resides, Occupation, Economic status (Monthly income), Age that was when began to addiction, The type of material that addicting, The number of admitted, Referred by, Presented to the hospital for?, How do you assess the health of your case at the present time?., and (10) items of the General Self-efficacy Scale questionnaire which used to measure self-efficacy among alcohol abusers and drugs addict. The General Self-Efficacy Scale is scored and rated as (1) for not at all true, (2) for somewhat true and (3) for quite true.

The data have been collected through the utilization of the questionnaires and semi-structured interview techniques as a mean of data collection. The questionnaire was distributed for the patients after being willing to answer the questionnaire and participate in the study. Filling the questionnaire takes approximately 15 – 20 minutes.

Statistical analyses were conducted by using statistical package for social science (SPSS) version 22.0. Data were

analyzed through the application of descriptive and inferential statistical approaches which were performed through the computation of the following: frequencies, percentages, mean of score, standard deviation, cut off points and chi-square.

## 4. Results

**Table 1:** Sociodemographic Characteristics of Substance Abusers

List	Characteristics	Frequency	Percent	
1	Age group (Year):	≤ 19	3	10
		20-29	4	13.3
		30-39	11	36.7
		40-49	9	30
		≥ 50	3	10
	Total	30	100	
2	Level of education:	Unable to read & write	7	23.3
		Read & write	5	16.7
		Elementary school	6	20
		Middle school	5	16.7
		High school	2	6.7
		Institute/College	5	16.7
	Total	30	100	
3	Marital status:	Single	11	36.7
		Married	14	46.7
		Divorced	2	6.7
		Widower	3	10
	Total	30	100	
4	Residence:	Urban	5	16.7
		Sub-urban	24	80
		Rural	1	3.3
		Total	30	100
5	Occupation:	Governmental employer	4	13.3
		Self-employed	22	73.3
		Retired	3	10
		Student	1	3.3
		Total	30	100
6	Monthly income:	Insufficient	14	46.7
		Barely sufficient	12	40
		Sufficient	4	13.3
		Total	30	100

The analysis of socio-demographic characteristics for the sample under the study shows that age group of (30-39) years old is the highest percentage among substance abusers (36.7%). 23.3% of them are doesn't read and write, followed by 20% who are graduated from primary school. The marital status reveals that 46.7% of them are married and 36.7% of them are single. More of the substance abusers are living in a sub-urban area (80%). Regarding occupation, 73.3% of substance abusers are self-employed who are associated with insufficient income (46.7%).

**Table 2:** Clinical Characteristics of Substance Abusers

List	Characteristics	Frequency	Percent	
1	Types of substance abused:	Alcohol	16	53.3
		Narcotics	4	13.3
		Both	10	33.3
		Total	30	100
2	Previous admission:	One admission	19	63.3
		2-3 admission	9	30
		4-5 admission	2	6.7
		Total	30	100

This table indicated that more than half of sample are alcohol abused (53.3%) and 33.3% of them are abusing alcohol and narcotics, while only 13.3% are abusing narcotic only. The previous admission shows that more than half of them are admitted to the hospitals once (63.3%).

**Table 3:** Mean and Standard Deviation for Self-Efficacy among Substance Abusers

List	Self-Efficacy Items	M	SD	Sig.
1	If someone opposes me, I can find the means and ways to get what I want.	2.17	0.913	M
2	I can always manage to solve difficult problems if I try hard enough.	2.57	0.728	H
3	It is easy for me to stick to my aims and accomplish my goals.	2.30	0.794	M
4	I am confident that I could deal efficiently with unexpected events.	2.37	0.809	H
5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	2.47	0.776	H
6	I can remain calm when facing difficulties because I can rely on my coping abilities.	2.43	0.728	H
7	I can usually handle whatever comes my way.	2.53	0.681	H
8	I can solve most problems if I invest the necessary effort.	2.27	0.691	M
9	When I am confronted with a problem, I can usually find several solutions.	2.47	0.681	H
10	If I am in trouble, I can usually think of a solution.	2.47	0.629	H
<b>Total</b>		<b>2.40</b>	<b>0.743</b>	<b>H</b>

M: Mean, SD: Standard Deviation, Sig: Significant

This table indicated that mean of self-efficacy' items are ranging from moderate to high significant; all items are showing high significant except items 1, 3, and 8 are moderately significant.

**Table 4:** Association of Self-Efficacy with Socio-demographic Characteristics of Substance Abusers (N=30)

Self-Efficacy Characteristics	Chi-square	d.f	P-Value ≤ 0.05	Significance
Age	49.040	8	0.73	N.S
Level of education	77.393	10	0.25	N.S
Marital status	38.907	6	0.60	N.S
Residence	18.0.62	4	0.92	N.S
Occupation	59.508	6	0.03	S
Monthly income	34.911	4	0.17	N.S

d.f: degree of freedom, P: Probability, N.S: Not significant, S: Significant

This table shows that socio-demographic characteristics of substance abusers are not associated with their self-efficacy, except the occupation's variable that is significantly associated with self-efficacy at p-value ≤ 0.05.

**Table 5:** Association of Self-Efficacy with Clinical Characteristics of Substance Abusers (N=30)

Self-Efficacy Characteristics	Chi-square	d.f	P-Value ≤ 0.05	Significance
Types of substance abused	4.571	4	0.102	N.S
Previous admission	2.666	4	0.61	N.S

d.f: degree of freedom, P: Probability, N.S: Not significant, S: Significant

This table indicates that there is no significant association between self-efficacy among substance abusers with clinical characteristics at p-value ≤ 0.05.

## 5. Discussion

According to the analysis of socio-demographic characteristics for the sample under this study the findings in table (1), shows that age group is the highest percentage of (30-39) years old among substance abusers, a quarter of them are doesn't read and write, followed by 20% who are graduated from primary school. The marital status reveals that half of them are married and third of them are single. More of the substance abusers are living in a sub-urban area (80%). Regarding occupation, two quarter of substance abusers are self-employed that refers to the economical statuses of them are associated with insufficient income (46.7%). A study presented supportive evidence for this result that found Abdollahi et. al., (2014)<sup>20</sup> who found that mean age is 38 years old. 28% of participants were single and 72% are married and 74 percent of them have self-employment, 21% of them are unemployed and 5% are retired. In terms of education, 43% were illiterate.

Despite the low level of education among caregivers, 46.7% were of the opinion that their monthly income was insufficient. This finding consistent with Kuria (2013)<sup>21</sup> who also reported that the most of participant had low monthly income.

The findings of the table (2) indicated that more than half of sample are alcohol abused (53.3%) and 33.3% of them are abusing alcohol and narcotics, while only 13.3% are abusing narcotic only. This result is agrees with study of Pare, (1999)<sup>22</sup> who found the primary substance of use was alcohol only (56.5%). Also this current study show the previous admission was one admission (63.3%). This result is similar with study of Abdollahi et. al., (2014)<sup>20</sup>.

The table (3) indicated that mean of self-efficacy items are ranging from moderate to high; all items are showing high significant except items 1, 3, and 8 are moderately significant. Those finding were slightly different from the findings that are found by the study of Abdollahi et. al., (2014)<sup>20</sup> who found the mean of self-efficacy in this study is 45 percent have low self-efficacy, while 25 % have moderate self-efficacy 30% have good self-efficacy.



It has been known out of the findings in the table (4) shows that socio-demographic characteristics of substance abusers are not associated with their self-efficacy, except the occupation's variable that is significantly associated with self-efficacy at  $p$ -value  $\leq 0.05$ . This result is consistent with study of Abdollahi et. al., (2014)<sup>20</sup> who found there are relationships between self-efficacy with the age of the first of drug use, dose, and procrastination for treatment, marriage, employment and job was significant.

The result in table (5) indicates that there is no significant association between self-efficacy among substance abusers with their clinical characteristics at  $p$ -value  $\leq 0.05$ . This result is consistent with Walton et al., (2003)<sup>23</sup> who reported a negative relationship between self-efficacy and relapse to alcohol use, but not for relapse to drug use.

## 6. Conclusions

- 1) In general, there is no significant relationship between self-efficacy with relapse after treatment.
- 2) Most of substance abusers with age group 30-39 years old, were unmarried, elementary school education level, most of them living with their families in suburban areas and more than two third of them have self-employee with insufficient economic status.
- 3) Most of addicts were alcoholics, while some of them are abusing alcohol and narcotics.
- 4) Self-efficacy to substance abusers was ranging from moderate to high significant.
- 5) There are no significant relationship between socio-demographics and the self-efficacy except occupation at  $p$ -value  $\leq 0.05$ .
- 6) There is significant association between self-efficacy among substance abusers with clinical characteristics at  $p$ -value  $\leq 0.05$ .

## 7. Recommendations

- 1) We recommended on the important to involve alcohol drinking and the community-based organizations that represent them at every stage of the process of developing government policies and programs to make them responsive to the needs of the community.
- 2) We think it is a relevant topic which related to drug re-abuse that should be investigated more in-depth in future studies.

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