

ASSESSMENT OF SPIRITUALITY AMONG OPIATES ADDICTS DURING DETOXIFICATION AND DURING DIFFERENT REHABILITATION PROGRAMS

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Background: There's an increasing professional and popular interest in relation of spirituality and general health. Although mental health professionals have traditionally avoided concerns, evidence has been accumulating that people with mental illness attach significance to spiritual beliefs. In contrast, around 60% of psychiatrists report minimal interest in spiritual matters. Some authors found spiritual well being as an active relation with a higher power to be positively correlated to good mental health.

Method: Cross sectional comparative study design, 60 patients during detoxification and 60 patients in rehabilitation programs after detoxification, 20 in 12 step rehabilitation program, 20 in residential rehabilitation program and finally 20 in rehabilitation program with open group psychotherapy. Demographic data were collected and participants were subjected to spirituality subscale from substance misuse program philosophy questionnaire Arabic version.

Results: Response to the 6 questions of the spirituality subscale used to assess level of spirituality didn't show difference among the three groups, those during detoxification, those less than 3 months abstinence and those more than 3 months abstinence in rehabilitation program. Results show that spirituality is high during detoxification and throughout rehabilitation programs regardless model of rehabilitation program.

Conclusion: Spirituality is persistently high through out detoxification and residential rehabilitation program. Spiritually inspired psychological intervention may be of help during the whole course of management of opiates addicts.