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Factors affecting substance abuse treatment in Greece and their course during therapy

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| Title: | FACTORS AFFECTING SUBSTANCE ABUSE TREATMENT IN GREECE AND THEIR COURSE DURING THERAPY |
| Year: | 2012-12 |
| Author: | Flora, Katerina ; Stalikas, Anastassios |
| Abstract: | <p>The effective therapy of substance abuse is attributed to a wide range of factors. A relevant bibliography review has highlighted those factors, which are most commonly employed by mental health professionals: Readiness (recognition, taking steps, and ambivalence), Self-efficacy, Expectation about the therapy outcome, Satisfaction by the therapy treatment, Perceived Social Support, Depression/Anxiety/Stress levels of the client (clinical profile), Positive and Negative Emotions and the way in which clients realize the Meaning of Life. These factors have been thoroughly researched for the purposes of the current study during the different treatment stages of a residential treatment program. The sample included 157 clients. In total, four measurements of the factors have been conducted in the three basic stages of treatment (Counseling Centre, Residential Phase, and Social Re-integration). The analysis of the Repeated Measures Design revealed a statistically significant increase in factors, such as Taking Steps, Self-efficacy, Perceived Social Support, Positive Emotions and Meaning of Life, while it showed an important decrease in factors, such as Problem Recognition, Ambivalence, Depression and Stress. The findings of the study both confirm the important role already recognized factors play in treatment and present the impact new factors can have on the therapeutic outcome.</p> |