

Study of Motivational Factors of Relapse among Substance Abuse Clients in Jordan

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Abstract: Most of substance abuses are defined as ‘relapsing diseases’, meaning that there is a high frequency of relapse. But there are motivational factors that encourage clients to relapse; this study is about relapse and its motivational factors. **Aim:** identify the relapse, and motivational factors around the substance abuse client, as well as the relation between them. **Design:** A descriptive study was used. **Setting:** National Rehabilitation Center in Hashemite Kingdom of Jordan. **Subjects:** A convenience sample of all available substance abuse clients (no=72). **Tools:** Clients' Tools: a) an Interview Questionnaire Sheet, b) Relapse Situations Screening Questionnaire (RSSQ). **Results** reveals that: the mean age of substance abuse clients is 31.6, majority of the clients are males with secondary education, also shows highly significant negative relation between law and legal sanctions as a rehabilitation motivator with age and monthly income, highly significant relationship between religious and religion ethics as rehabilitation motivator regarding to the increase of period between relapse and joining rehabilitation. Furthermore the severity of emotional factors as relapse motivator highly significant affected by age and profession, the severity of substance and physical factors as relapse motivator highly significant affected by academic qualification and profession. The severity of social factors as relapse motivator highly significant affected by the age and academic qualification. **Conclusion:** Family and community relationship is the powerful motivator for rehabilitation or relapse. Decrease number of female at the rehabilitation center is a dangerous point at our societies despite of the high number of female clients. Most of relapsed client used alcohol as first substance. Law and legal sanctions do not make any motivation to the substance abuse client to join rehabilitation program **Recommendations:** Improve the rehabilitation program and provide more services for substance abuse clients and their families, improve the follow up system.

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Key words: Substance Abuse Client; Relapse; Rehabilitation; Motivational Factors.

1.Introduction

Substance abuse has been identified as one of the major health issues in our nation; it is the focus of much social, political concern. Statistics show that younger ages groups are being exposed to drugs as experimenting with drugs at early ages (*Hatfiled, 2002*).

Motivation is a collection of fundamental brain processes that includes the two basic behavioral drives – pleasure and pain. *Appetitive motivation* directs the human to pursue particular pleasant rewards, while *aversive motivation* steers the human away from potentially negative or dangerous situations. Ultimately, motivation is what directs the attention and triggers the initiation, persistence and intensity of the daily behaviors, which create the experiences that collectively becomes lives (*Esch & Stefano, 2004*).

While human brains' motivational response to pleasure is intended to promote survival; sometimes it can be "short-circuited". Substance abuse can occur when the human begin to obtain pleasure on demand, from drug use. For some abusers, the pleasure associated with consuming drugs and alcohol is so

intense that the resulting motivation to consume more has the potential to become compulsory. Because the pleasure associated with drugs and alcohol is so great, the motivation to use the drugs eventually supplant the motivation to go about normal activities.

Often, substance abuse client forgo healthy behaviors in favor of drugs and alcohol, thus creating a double-whammy effect on the addict health: Not only does the addict ingest harmful substances, but the addict avoids healthful substances. Fortunately, motivation can be one of the strongest weapons against substance abuse. Unless institutionalized or otherwise physically cut off from the substances which abused, the addict has to quit so that he or she can succeed in doing it. Motivation can arise from many sources, such as money problems, the loss of a job or the anger of a loved one.

Motivation has two types; internal and external motivation; many decided to kick out their substance abusers based upon interior motives like love, a sense of achievement, competition, responsibility and a number of other reasons. A love for a child can make some stop the denial process dead in its tracks,

allowing recovery to step in. Watching a close friend or relative who is farther along the addictive path of destruction can also be an eye-opener, resulting in some addicts adopting the "I can do it" attitude to kick the habit. Some simply want own self-respect back and be respected from others. While, other addicts prefer better health, a sharper mental state, and decide to overcome their substance abuses and recover.

Motivation is a treatment that allows treatment providers, care givers and family members to assess the readiness of substance abuse client to alter substance abuse patterns or stop abusing drugs all together. This treatment are helpful in recognizing when an individual is ready to enter a drug rehabilitation, a half-way house, or even a shelter to begin rehabilitation efforts. They also are helpful in determining if the individual is back-sliding and has resumed drug abuse.

Many clients don't know that the substance abuse relapse is the process that precedes the re-engagement in abusive behaviors. Not the time after engagement or use begins. Relapse does not happen until the person is aware of his substance abuse, understands the need for abstinence and has made a decision not to engage in the substance or behavior. Being aware of these factors the mystery of substance abuse relapse unfolds as people re-engage in destructive behaviors despite not wanting to do so. If a person has not made a commitment to quit, then re-engagement is no surprise.

2. Methodology

Research design:

The study was descriptive design.

Setting:

The study conducted in the National Rehabilitation Center in Hashemite Kingdom of Jordan.

Subjects:

The subjects of present study included:

Rehabilitation center clients that include:

72 clients during their presence at the National Rehabilitation Center for treatment after spending 14 days for detoxification.

Tools of data collection and its techniques

Data collected through using the following tools:

The clients' tool:

a) Socio-demographic and substance abused and relapsed data sheet.

b) Motivational factor sheet:

(*Relapse Situations Screening Questionnaire, (RSSQ)*)

It has been originally designed by *Eldiddy and Asker (2005)* professors of psychology, Department of Psychology, Ain Shams University. Then modified

by *Abdel-Fatah (2009)*, and then modified by the researcher it include 3 main titles it divided into 9 subtitles, it include 110 motivational statement which encourage the substance abuse client to relapse after his rehabilitation, or to ask for rehabilitation after relapse.

Operational design:

The operational design includes preparatory phase, pilot Study and field work.

1. Preparatory phase:

It included reviewing of related literature, and theoretical knowledge of various aspects of the study using books, articles, Internet, Periodicals and magazines firstly to search and develop the data collection tool were done, secondly about the relapse causes and the classification and stages, then about motivational factors that affect the substance abuser or motivate him or her to relapse or to ask for medical assistance.

2. Pilot study:

A pilot study was carried out on 7 clients and 6 of their families and 4 from the medical staff, which represent 10% of total sample of the clients, clients family and the medical staff under study to test the applicability and clarity and efficiency of the tools, as a result from a pilot study some modification were done such as about the motivational factors sheet where some items were added and some items were replaced, and the arrangement of the motivational factor sheet was changed to be more simple and clear for client.

3. Field Work:

Field work will include the following phase:

Implementation phase:

Data collections were obtained from the March 20, 2012 to the June 2, 2012 done at the National Rehabilitation Center / Jordanian Ministry of Health.

3. Results

Table (1): Distribution of the Substance Abuse Clients According to their Demographical Data (no=72)

Items	No	%
Gender		
Male	70	97.2%
Female	2	2.8%
Total	72	100%
Have children		
Yes	44	61.1%
No	28	38.9%
Total	72	100%

It was found that there were the highest percentage of gender and having children respectively as following: males are (97.2%). furthermore (61.1%) have children.

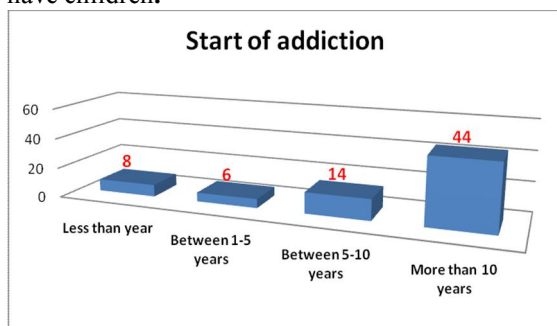


Fig. (1): Distribution of the Substance Abuse Clients According to their Starting Time.

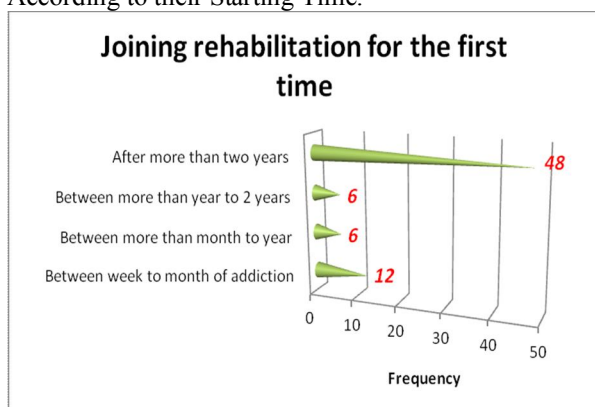


Fig. (2): Distribution of the Substance Abuse Clients According to Joining Rehabilitation for the First Time.

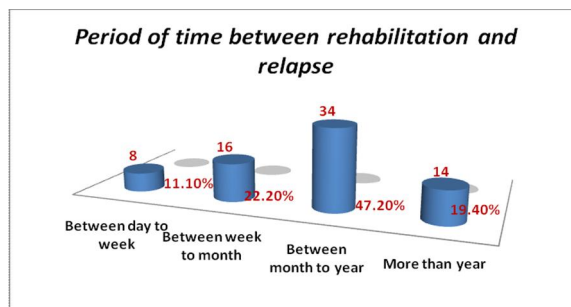


Fig. (3): Distribution of the Substance Abuse Clients According to the Period of Time between First Rehabilitation and Relapse.

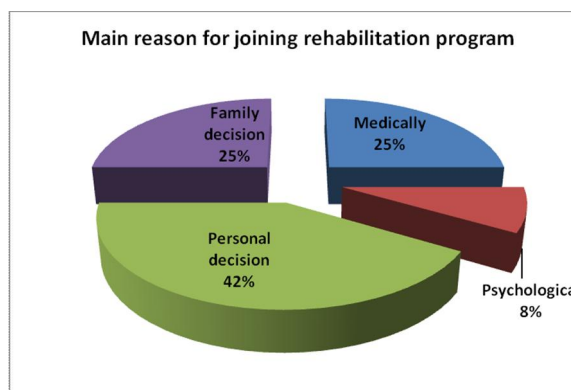


Fig. (4): Distribution of the Substance Abuse Clients According to the Main Reason for Joining Rehabilitation Program.

Table (2): The Relation between Demographical Data and Severity of Emotional Factors as Relapse Motivator (for Clients, no. =72)

Items	Emotional factors as relapse motivator								Total	χ^2 test			Sig
	Non	Mild	Moderate	Sever	χ^2	P	df						
Age													
18-28	0	0.0%	10	71.4%	4	28.6%	0	0.0%	14	18.29	< 0.01	6	HS
29-39	0	0.0%	22	57.9%	16	42.1%	0	0.0%	38				
≥40	2	10.0%	10	50.0%	4	20.0%	4	20.0%	20				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				
Marital status													
Single	2	6.3%	20	62.5%	10	31.3%	0	0.0%	32	12.80	< 0.05	6	S
Married	0	0.0%	16	72.7%	4	18.2%	2	9.1%	22				
Divorced	0	0.0%	6	33.3%	10	55.6%	2	11.1%	18				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				
Academic Qualification													
Literacy	0	0.0%	8	50.0%	4	25.0%	4	25.0%	16	17.68	< 0.05	9	S
Primary education	0	0.0%	6	60.0%	4	40.0%	0	0.0%	10				

Secondary education	2	6.3%	20	62.5%	10	31.3%	0	0.0%	32				
University education	0	0.0%	8	57.1%	6	42.9%	0	0.0%	14				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				
Profession	Emotional factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
Unemployed	2	20.0%	4	40.0%	2	20.0%	2	20.0%	10	19.03	< 0.01	6	HS
Manual labor and professional	0	0.0%	22	57.9%	14	36.8%	2	5.3%	38				
Administrative work and office	0	0.0%	16	66.7%	8	33.3%	0	0.0%	24				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				
Monthly income	Emotional factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
≤ 300	2	8.3%	12	50.0%	6	25.0%	4	16.7%	24	14.95	< 0.05	6	S
300-500	0	0.0%	18	56.3%	14	43.8%	0	0.0%	32				
≥ 500	0	0.0%	12	75.0%	4	25.0%	0	0.0%	16				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				
Have children	Emotional factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
No	2	4.5%	24	54.5%	18	40.9%	0	0.0%	44	9.78	< 0.05	3	S
Yes	0	0.0%	18	64.3%	6	21.4%	4	14.3%	28				
Total	2	2.8%	42	58.3%	24	33.3%	4	5.6%	72				

Table (3) reveals comparison between the severity of emotional factors as relapse motivator and the demographical data. It shows statistically high significant relation between severity of emotional

factors relapse motivator with age and profession (at $P < 0.01$), and statistically significant relation with marital status, academic qualification, monthly income, and having children (at $P < 0.05$).

Table (3): The Relation between Demographical Data and Severity of Physical Factors as Relapse Motivator (for Clients no. =72)

Items	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
Age													
18-28	0	0%	2	14.3%	10	71.4%	2	14.3%	14	10.53	> 0.05	6	NS
29-39	0	0%	16	42.1%	20	52.6%	2	5.3%	38				
≥40	2	10%	4	20.0%	12	60.0%	2	10.0%	20				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				
Marital status	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
Single	2	6.3%	10	31.3%	18	56.3%	2	6.3%	32	12.80	< 0.05	6	S
Married	0	0.0%	10	45.5%	12	54.5%	0	0.0%	22				
Divorced	0	0.0%	2	11.1%	12	66.7%	4	22.2%	18				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				
Academic Qualification	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
Literacy	0	0.0%	2	12.5%	14	87.5%	0	0.0%	16	46.14	< 0.01	9	HS
Primary education	0	0.0%	2	20.0%	8	80.0%	0	0.0%	10				
Secondary	2	6.3%	18	56.3%	12	37.5%	0	0.0%	32				

education													
University education	0	0.0%	0	0.0%	8	57.1%	6	42.9%	14				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				
Profession	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
Unemployed	2	20.0%	0	0.0%	8	80.0%	0	0.0%	10	32.4 8	< 0.01	6	HS
Manual labor and professional	0	0.0%	12	31.6%	26	68.4%	0	0.0%	38				
Administrative work and office	0	0.0%	10	41.7%	8	33.3%	6	25.0%	24				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				
Monthly income	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
≤ 300	2	8.3%	6	25.0%	16	66.7%	0	0.0%	24	8	> 0.05	6	NS
300-500	0	0.0%	10	31.3%	18	56.3%	4	12.5%	32				
≥ 500	0	0.0%	6	37.5%	8	50.0%	2	12.5%	16				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				
Have children	Substance and physical factors as relapse motivator								Total	χ^2 test			Sig
	Non		Mild		Moderate		Sever			χ^2	P	df	
No	2	4.5%	14	31.8%	22	50.0%	6	13.6%	44	6.50	> 0.05	3	NS
Yes	0	0.0%	8	28.6%	20	71.4%	0	0.0%	28				
Total	2	2.8%	22	30.6%	42	58.3%	6	8.3%	72				

Table (4) shows comparison between the severity of physical factors as relapse motivator and the demographical data. It shows statistically high significant relation between severity of emotional factors relapse motivator with academic qualification and profession (at $P < 0.01$), and statistically significant relation with marital status (at $P < 0.05$).

4. Discussion

Substance abuse and relapse is one of the most serious psychological problems we now faced with. More than half of substance relapsed within three months and that a majority relapsed within six months following treatment. To cope with the problem, it is essential not only to take measures to reduce the supply and demand of abused substances, but also clarify the causes and factors that encourage the substance abuse client to relapse or to rehabilitation.

What happens to someone who relapses depends on the treatment response, the following motivational factors, the commitment of the client to his rehabilitation process, and learning about high-risk situations that may face after discharge. So

clients treated from substance abuse should be conscious to those high risk factors of relapse in order to maintain their abstinence and promote their health life style through learning to identify stressful situations that can trigger relapse (*Robert, 2005*).

The present study has been designed aiming at first, to identify the motivational factors for both rehabilitation and relapse from the point of view of (the client, his family, and the rehabilitation team); second, to assess its impact on the substance abuse client status according to his demographical data.

As regard gender the present study clarified that, the entire substance abuse clients were almost males and just two females. This result reflects the fact that female substance abusers rarely participate in rehabilitation programs for relapse prevention to avoid negative community attitude and social stigma of being addict client which labels them as immature.

This result is supports *El-Baz (2007)* results, which explained that Arabian culture; visualize female substance abusers as deflector, impulsive, easily irritable, guilty, and less emotionally stable. But, they are involved in follow up services as the two cases in the study. Also this result disagrees with *Mackey (2007)* who found that women are treated

from drug abuse more likely to engage in group counseling than men do.

Also it agrees with *Amaro & Hardy-Fanta, (2005)* who said that the reason of decrease number of females at rehabilitation center is related to that women receive less support from their partners for entering treatment than men receive from theirs and disagreed with *Abdel-Fatah (2009)*, who found that females clients numbers is almost same to male.

In relation to the abusing history of the substance abuse clients shows that, about two third of substance abuse clients start abusing more than (10) years before their first rehabilitation that may be related to some issues like lack of specialist rehabilitation center, this result disagrees with *Ahmed (2007)* who mentioned that the majority of substance abuse clients have a long duration of abusing from (5 – 10) years before their first rehabilitation.

From other hand more than two third of the substance abuse clients said that that the family is the most powerful and supportive group to encourage him to joining rehabilitation program, this point of view supported by the rehabilitation team answer that the family is the main reason that support and encourage the substance abuse client to join rehabilitation.

In relation to relapse situation screening questionnaire (RSSQ), this study result indicated that the emotional factors has mild effect on relapse, from other view the physical and substance factors effect was moderate as relapse motivator.

As for relation between demographical data and emotional factors, this study shows statistically significant impact of almost of clients demographical characteristics (age, marital status, academic qualification, monthly income, having children, and type of profession) on the emotional factors as relapse motivator.

Also it display that there was highly significant relation between age and the emotional and as relapse motivator mainly it has moderate effect on the young clients 18-28. This may be due to the fact that social or emotional factors can motivate to relapse through modeling the substance abuse clients' behavior from others, or the young person's more affected emotionally and any emotional conflict may lead to relapse. This result supports the *Buchanan and Neal (2002)* results, who donated that secondary and university students are the most vulnerable group to relapse related to emotional or social pressures.

As regards to Substance and physical factors this study finding reveals that marital status, academic qualification, and profession make

statistically significant impact on the substance and physical factors as relapse motivator.

In addition, being in the same place with substance abuse client, availability of substances in the client's presence, preoccupation by the benefits of drugs in anger and stress management, and in addition to lack of self-efficacy and their persistent desire for external motivational as a source of reinforcement and satisfaction, that will increase the strength of substance motivation and end by relapse.

This result supports the *ElGhonamy (2005)* results, who mentioned the lack of proper counseling services and effective management of high risk situations, physical, and environmental triggers can produce urges and craving to drugs and prompt replace. Also it support *Robbins, (1999)* at their study who said that re-exposure to the abused substance, exposure to stressors, or simply the presentation of stress-related imagery is a potent event for provoking relapse. However, simply exposing a substance abuse clients to environmental stimuli or cues previously associated with drug taking can also produce intense drug craving.

Conclusion:

Youth aged between 29-39 years were the most prone to multiple relapse factors.

- Family and community relationship is the powerful motivator for rehabilitation or relapse.
- Decrease number of female at the rehabilitation center is a dangerous point that our societies does not encourage substance abuse female to going rehabilitation despite of the high number of female clients.
- Most of relapsed client used alcohol as first and relapsed substance.
- Law and legal sanctions do not make any motivation to the substance abuse client to join rehabilitation program
- Substance and physical factors have moderate motivation for relapse.

Recommendations

Improve the rehabilitation program and provide more services for substance abuse clients and their families, improve the follow up system.

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