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**PSYCHOSOCIAL PROBLEMS
OF SUBSTANCE ABUSERS ATTENDING
EL-NASER PSYCHIATRIC HOSPITAL, GAZA.**

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the Degree of Master in Mental Health at Al-Quds University**

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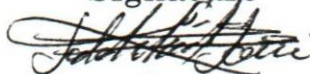
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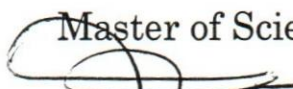
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DEDICATION

TO MY FAMILY -----

INTIFADA MARTYRS-----

STATE OF PALESTINE---

ZUHAIR M. RASSAS

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ABSTRACT

The present work is a cross sectional study conducted at EL-Naser Psychiatric Hospital in Gaza Strip - Palestine, in the year 2001.

Overall aim: This study aims to determine the comorbidity of psychosocial problems among substance abusers according to abused substances, and psychological disorders and its prevalence.

The study also determines the common abused substances among outpatients' substance abusers.

This is to provide reliable information that may help both therapists and policy makers to improve the management and control of substance abuse problem in Palestine.

Methods : 85 outpatient substance abusers attending El-Naser Psychiatric Hospital during a two month study period were interviewed separately by the investigator, and a structured questionnaire was used to collect data , The psychological disorder was measured by using GHQ-28 and substance abuse was determined by using DSM-IV criteria. The association between substance abuse and psychological disorders was assessed by using one way ANOVA.

Results : Prevalence of psychological disorders among drug abusers was (92.9 %), and patients were categorized as clinical cases according to GHQ scale. On the other hand, anxiety disorder (89.4 %) was the specific measure disorder of highest value, social dysfunction (87.1 %), somatic disorder (78.8 %) and depression (77.6 %) which was the lowest disorder. In the present study, Bango abusers with psychological health disorders mean (mean 12.11), were suffering the lowest psychological disorders on GHQ scale than alcohol abusers (mean 22.75), coke abusers (mean 18.95), and Psychotropic abusers (mean 20.58). The results showed that abused substances which were used compulsively and dependently by the abusers were : Coke (54.1 %), Bango and Hashish (21.2 %), Psychotropic (20 %), and Alcohol (4.7 %). Bango and Hashish (58.8 %) were the first abused substances, and Psychotropic (48.2 %) was the last abused substances.

Conclusions: Psychological disorder prevalence was high (92.9%) among substance abusers due to a long history of substance dependence, and their multiple competing life stressors, such as their ongoing need to satisfy drug dependence and social and economical livelihood as well as their poor mental health. Interventions designed to reduce psychological disorder, continuous social and economical helps and comprehensive treatment – rehabilitation programs in a separate specialized center are important and urgent need to be integrated with mental health services.

KEY WORDS: Gaza Strip, Palestine, Psychosocial disorders, Substance Abusers.

ملخص

الضغوطات النفسية والاجتماعية لدى المرضى المدمنين على المخدرات المراجعين

لمستشفى النصر للصحة النفسية بقطاع غزة .

تم إجراء هذه الدراسة المقطعية على المرضى المدمنين المراجعين للعيادة الخارجية لمستشفى النصر للصحة النفسية بقطاع غزة - فلسطين خلال عام 2001 ، وكان الهدف منها تحديد مدى العلاقة المرضية بين الإدمان على المخدرات والمشاكل والضغوطات النفسية والاجتماعية التي يعانون منها بسبب التعاطي المستمر لأنواع مختلفة من المخدرات، وتحديد نسبة إنتشار هذه الضغوطات النفسية والاجتماعية بينهم وتحديد أنواع المخدرات المختلفة التي تعاطاها المرضى المدمنين خلال فترة إدمانهم لفترات طويلة ومستمرة، وذلك بهدف توفير معلومات صادقة للمعالجين ومتخذى القرار لتحسين الخدمة الطبية والتأهيلية للمرضى المدمنين في فلسطين .

الأدوات : ولقد تم إستخدام أسلوب المقابلة الشخصية الفردية مع كل مدمن مريض وتم إستخدام إستبيان خاص لجمع البيانات من 85 مريضاً "مدمناً" على المخدرات المختلفة بحسب الملفات والتشخيص الطبى والنفسى. وإستخدم الباحث مقياس الصحة (GHQ-28) لتحديد الإضطرابات النفسية وإستخدم مقياس الدليل التشخيصى الرابع للأمراض النفسية (DSM-IV) لتحديد المدمنين والمتعاطين للمواد المخدرة. ولتحديد العلاقة بين الإدمان على المخدرات والإضطرابات النفسية تم استخدام تحليل One way ANOVA .

النتائج : كانت نتائج البيانات المجموعة فى هذه الدراسة كالتالى : أكثر أنواع المخدرات تعاطياً وإدماناً بين المدمنين هو الكوك (54.1 %) ، البانجو (21.2 %) ، أدوية نفسية مخدرة (20 %) ، كحول (4.7 %) ، وتبين أن البانجو والحشيش (56.5 %) هو أكثر المخدرات تعاطياً فى بداية تجربة التعاطي كأول مخدر ، وأن الأدوية النفسية المخدرة (48.2 %) هى أكثر المخدرات تعاطياً كأخر تجربة للتعاطي الحالى بين المدمنين. وأظهرت نتائج الدراسة أن حوالى (92.9 %) من المدمنين يعانون من إضطرابات نفسية وأعتبروا حالات مرضية بحسب مقياس الصحة المستخدم ، وتبين أن حوالى (89.4 %) يعانون بالدرجة الأولى من القلق والتوتر النفسى وهو الأكثر انتشاراً بينهم، يليه العزلة الاجتماعية (87.1 %)، ثم المعاناة من الإضطرابات الجسدية (78.8 %) وأخيراً " المعاناة من الإكتئاب (77.6 %)". كما لوحظ فى الدراسة أن هناك فروقا ذات دلالة إحصائية فى متوسط الإضطرابات النفسية بين مدمنى الكحول (متوسط 22.75) أكثر من مدمنى البانجو (متوسط 12.11) ، وكذلك وجود فروق ذات دلالة إحصائية فى كل من متوسط الإضطرابات النفسية بين مدمنى الكوك (متوسط 18.95)

و مدمنى الأدوية النفسية (متوسط 20.58) أكثر من مدمنى البانجو (متوسط 12.11) ولم تتضح أى فروق

إحصائية بين مدمنى الكوك ومدمنى الأدوية المخدرة النفسية .

الاستنتاجات : الضغوطات النفسية كانت منتشرة بدرجة عالية (92.9%) بين المدمنين فى الدراسة وذلك لطول مدة

إدمانهم على المواد المخدرة وما صاحبة من ضغوطات الإنقطاع عن المخدر ومشاكل حياتية سواء إجتماعية أو

إقتصادية. وبناءاً على النتائج المذكورة فى الدراسة فلا بد من التأكيد على ضرورة التدخل المبكر وإستخدام البرامج

الوقائية والتأهيلية لمنع الوقوع فى براثن آفة الإدمان. ويوصى الباحث كذلك بضرورة إستخدام برامج العلاج الشامل

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LIST OF ABBREVIATIONS

APA	American Psychiatric Association
CNS	Central Nervous System
DSM	Diagnostic And Statistical Manual of Mental Disorder
ECA	Epidemiological Catchments Area
HIMS	Health Information Management System
GHSRC	Gaza Health Service Research center
GHQ	General Health Questionnaire
LSD	Lysergic Acid Diethylamide
PHC	Primary Health Care
PCBS	Palestinian Central Bureau of Statistics
PA	Palestinian Authority
PADA	Palestinian Anti Drug Administration
PTSD	Post Traumatic Stress Disorder
MOH	Ministry of Health
NIDA	National Institute on Drug Abuse
NIAAA	National Institute on Alcohol Abuse and Alcoholism
NGOs	Non-Governmental Organizations
OTC	Over The Counter
SPSS	Statistical Package for the Social Science
SARC	Substance Abuse Research Center
SAMHSA	Substance Abuse and Mental Health Service Administration
THC	Tetrahydrocannabinol

UNIDCP

United Nation International Drug
Control Program

UNRWA

United Nations For Relief and Working Agency

USA

United States of America

WHO

World Health Organization

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