

ływania terapeutyczne wpływają korzystnie na utrzymywanie abstynencji oraz na poprawę funkcjonowania zdrowotnego i społecznego osób w nim leczonych.

WNIOSKI

1. Skuteczność leczenia w OTU, mierzona 12-miesięczną długością abstynencji, wynosi nie mniej niż 36%.

2. Osoby badane relacjonowały ponadto: poprawę stanu zdrowia - 66%, poprawę stosunków z bliskimi - 76% oraz poprawę sytuacji w pracy - 69%.

Bohdan T. Woronowicz, Wojciech Lenard

An attempt at evaluation of alcohol treatment outcome in terms of abstinence duration

Summary

The aim of this pilot study was to obtain data on abstinence maintaining after a 6-week therapeutic program (without pharmacotherapy) provided by the Dependences Treatment Center (DTC) at the Institute of Psychiatry and Neurology in Warsaw.

The study was retrospective, and data were obtained from medical records and from ex-patients' self-report questionnaires. The sample studied consisted of 100 patients, first admissions hospitalized in the Center in 1992. The final sample consisted of 97 subjects.

Follow-up data were obtained from 64 respondents (66% of the sample under study). At the follow-up 54% of the respondents reported maintaining abstinence for 12 months since their discharge from the DTC, 17% maintained sobriety for over 6 months, while 9% relapsed within the first two weeks after treatment. At the follow-up 77% of respondents reported current abstinence.

Even if we assume that the majority of those who failed to return our questionnaire have relapsed, still the DTC treatment outcome in terms of at least 12-month abstinence amounts to no less than 36%, which is comparable to treatment efficacy in other facilities of this type all over the world. Our results significantly differed from those obtained in Poland in the 60s and 70s. In the latter research indices of alcohol treatment effectiveness were much lower, besides, there were reservations about methodology of the studies in question.

Key words: alcohol treatment \ abstinence from alcohol

PIŚMIENNICTWO

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