

Marzenna Kucińska, Jerzy Mellibruda

Changes in the APETA program participants' mental health after alcohol treatment

Summary

Some changes in the psychological functioning (mental health) of alcohol dependent patients were found following their alcohol treatment. Their mental health was assessed using the SCL-90 (31) and a mental fitness questionnaire (40). Participants in the study were 3076 alcohol dependent patients (85% of the sample were males), treated in the Network facilities.

Obtained results indicate:

- a moderate severity of various symptoms of the patients' impaired psychological functioning prior to their entering treatment;
- an amelioration of mental disorder symptoms on discharge from the alcohol treatment facility in all patients, irrespective of whether they completed or prematurely terminated the basic alcohol treatment (BAT) program;
- a less severe psychopathological symptomatology in patients who completed treatment than in dropouts;
- increasing level of mental fitness after therapy in the BAT program completers;
- a decline in mental fitness at a 6-month follow-up in the group treated on the inpatient basis in the Network facilities, irrespective of whether they had completed therapy or dropped out.

Key words: SCL-90 / mental health / mental disorders / alcoholics