

W wyniku analiz danych uzyskanych w badaniach pilotażowych pozytywnie zakwalifikowano do dalszych badań następujące narzędzia:

- do diagnozy współzależnienia – kwestionariusz współzależnienia J.L.Fischer i L.Span, kwestionariusz „Moje przekonania”;
- do diagnozy wybranych aspektów funkcjonowania psychicznego – skala klinicznych objawów psychopatologicznych SCL-90, kwestionariusz kondycji psychicznej KKP, skala bilansu afektywnego Brandburna, kwestionariusz poczucia koherencji SOC-29, skala SPI kwestionariusza TISCO Spielbergera – Wrześniewskiego;
- do diagnozy wybranych zachowań związanych z współzależnieniem – kwestionariusz BAW i ankiety wypełniane przez osobę badaną oraz przez terapeutę na początku i przy zakończeniu programu terapeutycznego.

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A rationale and pilot study of the APETOW research program: analysis of the course and outcome of co-dependence treatment

Summary

A new research project entitled „Analysis of the Course and Outcome of Co-dependence Treatment” (APETOW) has been launched at the Institute of Health Psychology in Warsaw. The program is aimed at evaluation of the strategic-structural model of therapy of co-dependence. The model is based on the co-dependence concept developed by Jerzy Mellibruda and Zofia Sobolewska. Selected theoretical assumptions underlying this research project and the course of a pilot study are presented in the paper.

Co-dependence is assumed here to be a specific adaptation mechanism that develops due to a long-term exposure to crisis situations resulting from many years' relationship with an alcohol dependent person and from bearing the consequences of his/her dependence. A theoretical explanation of the mechanism of co-dependence proposed by J.Mellibruda and Z.Sobolewska in their concept of co-dependence serves as a rationale of the program.

In the pilot study of the APETOW program a number of tools were checked for their sensitivity to therapy outcome, i.e. for their capability to measure changes brought about by the treatment of co-dependence. The set of tools included not only questionnaires used in other studies, but also some instruments designed for the purposes of the APETOW research program.

Analyses of data obtained in the pilot study indicate that the following tools may be recommended as useful in further research:

- for the diagnosis of co-dependence – the questionnaire measuring co-dependence, developed by J.L.Fischer and L.Span; and the questionnaire „My Beliefs”;
- for the diagnosis of selected aspects of psychological functioning – the SCL-90 scale measuring clinical psychopathological symptoms, the KKP questionnaire measuring mental fitness, the Bradburne affective balance scale, the Orientation to Life

SOC-29 questionnaire by A. Antonovsky, the SPI scale of the Spielberger-Wrześniewski TISCO questionnaire;

– for the diagnosis of selected behaviors related to co-dependence – the BAW questionnaire, as well as questionnaires filled in by the client and by the therapist prior to and on completion of the therapeutic program.

Key words: co-dependence concept / diagnosis of co-dependence / treatment outcome