

wie badania retrospektywnego potwierdziły, że długość abstynencji jest odwrotnie proporcjonalna do głębokości uzależnienia.

Zenon Kulka, Grażyna Świątkiewicz, Antoni Zieliński
Interpersonal and intrapersonal predictors of relapses to drink.

SUMMARY

This article is the first of three publications, presenting the results of studies on relapse to drink predictors in the course of alcohol dependence treatment, which will appear in consecutive issues of „Alkoholizm i Narkomania”. The aim of the study was to establish a list of potential intra and inter-personal factors relating to relapses, and to examine their predictive value. Comparison was also made between the results obtained in studies conducted by retrospective method and studies based on prospective observation. The subjects for this study were recruited from the in-patient alcohol dependence treatment units in Warsaw. The results obtained by the retrospective method did not differ from those obtained by the prospective approach. Both methods confirmed that in the period preceding the failure to sustain abstinence the patients loosen their contacts with treatment units and self-help groups. Their verbalized attitudes towards efficacy of the help that can be obtained from these sources tend to depreciate the significance of such help. Also, their views as to the essence of alcohol dependence tend to change. As the time passed from the experience of the last detoxication increased, there was a decrease in the proportion of persons admitting that alcoholism is an incurable disease, and that controlled drinking is unobtainable for people with alcohol dependency. The results did not show any influence of the intensity of therapeutic experiences on the length of abstinence period.

Key words: alcohol / dependence / relapse / predictors

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