

## Autodestruktywność pośrednia u osób uzależnionych od narkotyków

Indirect self-destructiveness in drug addicted persons

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**Abstract – Introduction.** The use and particularly abuse of psychoactive substances is considered as a specific form of self-destructive behaviour, which also goes along with other forms of self-destructive behaviour.

According to Suchańska, indirect self-destructiveness are those types of behaviour, which negative consequences are mediated by additional intervening factors. Harm as an outcome can be predicted with a certain probability, indirect self-destructiveness may be acted out or abandoned.

The article explores the relevance of the indirect self-destructiveness syndrome in a treatment population of drug addicts.

**Method.** Chronic Self-Destructiveness Scale (CS-DS) was administered among 86 patients (58 male and 28 female) in drug addiction treatment centres.

**Results.** Results show that self-destructiveness as a generalized behavioural tendency, as well as its more specific forms score within the upper range of average. Increasing score by CS-DS subscales were obtained in the following order: Helplessness and Passiveness (A5), Nicotine, Lack of Planfulness (A4), Alcohol, Transgression (A1), Psychoactive Substances, Carelessness (A3) and Poor Health Maintenance (A2). It can be tentatively assumed that nicotine, a legal psychoactive substance, acts as a substitute.

Whereas among healthy people a one factor solution resulted from factor analysis, the patient sample was best described by a two factor solution (I. Risky Health Negligence, II. Helplessness).

**Conclusions.** Intensity of the indirect self-destructiveness syndrome in persons treated because of drug addiction is situated close to upper limit of average results. The highest scores on subscales were related to Helplessness and Passiveness (A5) as well as Nicotine, and the lowest to Poor Health Maintenance (A2). The index of Psychoactive Substances turns out low.

**Key words:** indirect self-destructiveness, drug addiction, treatment, therapy

**Streszczenie – Wstęp.** Zażywanie, a zwłaszcza nadużywanie, substancji psychoaktywnych uważane jest za typowe zachowanie autodestruktywne, samo zaś uzależnienie – za jedną z postaci autodestruktywności. Według Suchańskiej autodestruktywność pośrednia to zachowania, których prawdopodobny negatywny skutek jest upośredniony dodatkowymi czynnikami, a związek między zachowaniem