

## Ocena jakości życia alkoholików przed i po terapii odwykowej Co zmienia się w czasie leczenia?

Evaluation of quality of life among patients before and after alcohol dependence treatment  
What changes take place during treatment?

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**Abstract – Introduction.** The study assesses the level of quality of life among alcoholics when starting alcohol dependence therapy and the changes taking place during the process of treatment.

**Method.** 420 patients were evaluated upon treatment admission. 239 patients of this group, who completed their therapy, have been reassessed by administering the Short Form-36 Health Survey Questionnaire (SF-36) by Ware et al and The Life Satisfaction Scale (*Fragebogen zur Lebenszufriedenheit, FLZ*) by Fahrenberg et al.

**Results.** At the beginning of the alcohol-dependency therapy patients reached significantly lower results in all subscales of the SF-36 except for the PF (Physical Functioning) subscale, compared with standardized normal reference scores. Significantly lower scores on the overall assessment of Mental Component Summary (MCS) were also observed. With regard to the respondents' life satisfaction, patients had significantly lower overall satisfaction across all dimensions. During therapy the level of all SF-36 subscales (except for PF) and an overall assessment of physical and mental health increased. An increase in the number of life's satisfaction dimensions was also noticed. Satisfaction with work, relationships with children, marriage and sex did not change during the treatment. Despite the many positive changes occurring during therapy, alcoholics who complete therapy continue to show lower scores of quality of life and of life satisfaction across most dimensions.

**Conclusions.** Results point out the importance of a diagnostic approach, which includes a broader sense of life's quality and paying attention to the changes taking place during alcohol dependence treatment in order to improve treatment planning.

**Key words:** alcohol dependence, quality of life, life satisfaction, therapy

**Streszczenie – Wprowadzenie.** Celem przeprowadzonych badań była odpowiedź na pytanie o poziom jakości życia alkoholików rozpoczynających terapię odwykową oraz o zmiany w tej dziedzinie zachodzące w trakcie leczenia.

**Materiał i metoda.** Badaniom poddano 420 osób rozpoczynających terapię. Z tej grupy 239 osób ukończyło leczenie i zostało zbadanych ponownie przy jego końcu. Zastosowano Kwestionariusz SF-36 (The

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