

Nowe wyzwanie dla systemu leczenia uzależnień Zastosowanie Internetu do pomocy osobom z problemem alkoholowym

New challenge for the addiction treatment system – the use
of the internet in helping people with alcohol-related problems

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Abstract – The paper analyses the possibilities of offering support to people with alcohol-related problems via the internet. The group concerned is heterogenic, it includes alcohol abusing persons, harmful drinkers, as well as alcohol dependent patients. Due to the above, scientific circles have start to devote more attention to the therapeutic interventions which are founded on harm reduction.

At the beginning, the paper presents figures concerning population of harmful drinkers and percentage of those who are offered adequate support; this is a preliminary discussion to the main part focusing on new ways of providing the help via the internet.

Next selected websites which, as tools of a widespread nature could help/support persons with alcohol addiction are presented. The authors discuss two types of support offered. The first takes the form of an application that, after completing series of questionnaires by a user, provides automatic feedback and propose potential solutions to alter one's drinking pattern. The second are websites which make it possible to contact a therapist via a chat room, an online support group or an internet forum.

Later, the paper focuses on opportunities and dangers of making use of this kind of support. There are many advantages, such as greater availability and anonymity or smaller cost, though internet-based interventions could rise concerns about patient's mental health safety.

Finally, the paper presents an overview of the research on the effectiveness of online help activities.

Key words: internet, alcohol dependence therapy, harmful drinking, harm reduction, web-based interventions, online therapy

Streszczenie – Przedmiotem artykułu jest analiza możliwości niesienia pomocy drogą internetową osobom borykającym się z problemem alkoholowym. Populacja osób pijących problemowo jest

Finansowanie: praca finansowana ze środków własnych. *Financial support: research financed from own authors resources.*

Nie występuje konflikt interesów. *No conflict of interest declared.*

Nie występują zjawiska *ghostwriting* i *guest authorship*. *No ghostwriting and guest authorship declared.*