

Abstract

Introductions: The research deals with the attachment theory at women and men with substance use disorder in an aftercare programme. It is divided into theoretical and practical part. The theoretical part explains the concept of attachment, describes its theoretical foundations, the connections between attachment and addiction, the possibilities of therapeutic work with attachment, its application in work with people with addiction, gender differences and the specifications of aftercare programmes. The practical part is based on qualitatively oriented research. The research was conducted on interviews with ten respondents, five women (set A) and five men (set B). All respondents are people with SUD, currently abstinent, after addiction treatment, participating in an aftercare programme.

Aim: The aim of the research was to compare the differences and similarities at men and women with addiction disorder in their attachment, partnerships and family relationships and the subsequent implications of the results for practical use.

Methods: Two semi-structured clinical interviews, the Adult Attachment Interview (AAI) and the Current Relationship Interview (CRI), were used for the data generation. AAI is focused on childhood and early relationships between the respondent and his parents, CRI is focused on the history of partnerships and the quality of the current relationship. To analyze the data obtained from both interviews, the CRI analysis and scoring system was used to determine the attachment to the parents and the current partner. Interview coding was used for further analysis and the data systematization.

Results: The research shows similarities in the attachment of both, women and men, especially in relationships to fathers. Seven out of ten respondents have an F2 category, Preoccupied state of mind – Upset. Eight respondents reported the father as „absent“. However, there are differences in the subjective perception of fathers, where men perceive their father more as a rival and feel angry with him, women, despite his cold approach, try to get closer to their fathers and thus feel his favor and love. Some of the dismissing state of mind appear the most often at the respondents' mothers, but the results are not as marked as in the case of fathers. Mothers are described across both sets as „caring“, again the differences are in the subjective perception of mothers, where women describe mothers more as friend, men perceive mothers as „without authority“ and as a salvation from the father. Another difference between both sets is that for women a sexual abuse is described as a traumatic event, for men it is a domestic violence. It turns out for both sets that the relationship with a parent of the opposite sex

predisposing the partnerships. At men with a certain emotional connection to the mother, there is also a certain emotional connection to the partner. The women respondents who all have an uncertain emotional connection to their father, which did not feed up their needs, there is also an uncertain emotional connection to the partner. One of the ex-partners of women appears to be the one who she started to use the drugs with. Also, in the past partnerships, women were traumatized and were the victims of sexual violence, forced prostitution and raped. Men described the past partnerships as less important and admit that they have been the initiator of the domestic violence.

Conclusions: The results of the research shows that relationship disorders are a direct predictor and consequence of addiction disorders at men and women, but their manifestation are different. Due to this difference, it is possible to expand the gender-sensitive approach in addiction treatment. The results also indicate the possibility of using attachment-focused therapy in the addiction treatment. Thanks to recovery within relationships, we can then assume the recovery in addiction.

Key words

attachment, substance use disorder (SUD), women/men with SUD, aftercare, emotions, relationships, gender analysis