

Abstract

Background: The case study is focusing on women who have completed alcohol dependence treatment in their middle age. The research studies the reasons for getting addicted, which are based on true facts. The research as well as practice shows that middle age is highly risky to develop addiction. The topic is insufficiently discussed yet actual.

Targets: The object of this work is to describe and understand the issue of alcohol dependence in women in their middle age with higher socioeconomic status. . This issue is described in the case studies of three respondents who meet the selected criteria.

Methods: The practical part of the final work consists of case studies based on moderated interviews. These were created from the anamnestic sheet, from questions focused on the researched issues and from supplementary questions. The data were processed by a narrative method.

Results: The stories of our respondents are different but factors that lead them find a solution in alcohol are similar. They describe emptiness, loneliness, sadness, change of appearance, health issues related to higher age and also pressure at work. The alcohol made them feel better but also it caused they remained addicted. The pattern of using alcohol is for each respondent different. Expected change did not happen, on the contrary physical and psychological state worsened, which lead them or their surrounding to seek the help of experts.

Conclusions: This work illustrates the limits in awareness of the risk of addiction, risk factors, stressful situations and the possibility of professional help among middle-aged women. These results could lay the foundation of development of education and the introduction of screening programs, especially for this group of women.

Keywords: Addiction – Alcohol – Women – Middle Age