

Abstract

Background: The drop-out phenomenon is a common occurrence in addiction treatment, despite playing one of the most crucial roles in achieving desired treatment outcomes for addiction. The issue of drop-out is associated with both the healthcare facility and the patient, making it necessary to examine risk factors and learn how to respond to them.

Aims: The aim of this study is to map and describe the factors that led patients in medium-term residential treatment to prematurely terminate treatment at their own request. The specific objectives are to assess the treatment program's design from the perspective of both patients and members of the therapeutic team, focus on patient needs, describe common characteristics of these patients, and identify potential interventions suitable for the treatment adaptation phase.

Methods: Data were collected using a qualitative method of semi-structured interviews. Interviews were conducted with respondents who met the selection criteria, including patients and members of the therapeutic team. The research sample consisted of a total of 11 respondents.

Results: Premature termination of treatment is caused by a combination of various factors, including personal, family, organizational, and socio-economic factors. Improvements in individualized patient care, monitoring their needs, and flexible program responsiveness can contribute to a lower dropout rate. Opinions on the treatment program's design vary, but they are directly related to the individual personality traits of each person. Patient needs primarily reflect the need for individualized approaches, optimized treatment duration, socio-economic stability, and adjustments to facility rules.

Conclusion: The thesis provides valuable insights into the factors influencing early termination of treatment at the patient's request. The findings suggest the need for improving treatment programs and the approach to patients to better tailor them to their individual needs. Key factors include flexibility, individual care, and the provision of information and support from healthcare professionals. Taking into account the sociodemographic characteristics of patients, such as education and family history, may also contribute to better

treatment outcomes. The thesis also emphasizes the need for an individualized approach and therapy as part of treatment programs. Respondents expressed the need for more time to adapt after transitioning to the community setting and support during this transition.

Key words: drop-out - hospital treatment - substance addiction - risk factors - needs of patients