Abstract

Introduction: There is a frequent incidence of post-traumatic stress disorder (PTSD) in people with substance use disorder (SUD) and there is also a frequent occurrence of substance use in people with PTSD. Many foreign authors highlight the complications that occur in individuals with this dual diagnosis: higher risk of drop-out from treatment, a higher number of suicide attempts, more serious consequences of substance use, more frequent relapses of both of two diagnoses, etc. The negative impact of this comorbidity on treatment outcomes, highlights the need to focus on improving procedures in the diagnosis of PTSD in people treating from SUD and a need of integrated treatment of both disorders. Many studies also suggest that improving the condition of PTSD increases the likelihood of improvement in substance use. In the Czech Republic, there is a lack of sources that focus on the relationship of these comorbidities and their treatment. Examples of a good practice are also missing.

Aims: The aim of this thesis is to introduce the issue of dual diagnosis – PTSD and SUD. The intention of the theoretical part is to present the relationship of these two disorders, with a focus on possible etiology and treatment options. The aim of the practical part is to introduce specific models of integrated treatment of PTSD and SUD and provide a systematic overview of the results of studies dealing with the comparison of treatment results of integrated model with alternative therapy focusing only on the treatment of SUD.

Methods: Based on the research of literature, a variety of integrated treatment models was found. According to the relevance of the selected criteria, three models were selected (COPE, ICBT, Seeking Safety), which are described in the practical part of this thesis. There are also presented three studies comparing treatment outcomes of these models compared to alternative treatment.

Results: Two of the three studies (COPE and ICBT) confirm that the models show significantly better results in PTSD treatment outcomes. Seeking Safety model does not confirm a significant difference in PTSD treatment outcomes, compared to alternative treatment. All three studies show the same result in the SUD treatment outcomes: no between group differences, however, the experimental and control groups show a positive change.

Conclusions and recommendations: The thesis is a systematic review of treatment options of dual diagnosis PTSD and SUD. Use of the results of this work can serve as an example of international best experiences and inspiration for the treatment or prevention practice in the Czech Republic.

Keywords

trauma – substance use disorder – posttraumatic stress disorder – dual diagnosis – integrated treatment