ABSTRACT

Background: Alcohol use disorders belong among the ten leading causes of Years Lost due to Disability in high-income countries. Poland, Czech Republic, and the Slovak Republic are countries with high alcohol consumption. The specific inpatient psychotherapeutic program is basic treatment approach in patients suffering from alcohol dependency. The theory of change assumes that therapeutic approaches should be adapted to the stage of change in which the patient actually is.

Aim: To examine the state of readiness to change at the beginning and the end of inpatient short (six weeks) and long (12 weeks) therapeutic program in Slovak Republic, Poland, and the Czech Republic. To compare readiness to change with insight and motivation. To find, whether patients change and how patients change advances in alcohol treatment.

Methods: Total 380 alcohol dependent inpatients (282 men and 98 women) were examined using International Statistical Classification of Diseases and Related Health Problems- 10th Revision (ICD-10), World Health Organization (1992). Alcohol Use Disorders Identification Test (AUDIT), The Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES), Readiness to Change Questionnaire (RCQ), and Demographic Questionnaire. All analyses were calculated using the SPSS (Statistical Packages for the Social Sciences (SPSS 16.0) for Windows. Differences between scores were measured by parametric or nonparametric unpaired t-tests on the one-way ANOVA or Kruskal-Wallis test. The chi-square tests were used for the categorical variables.

Results: Measured by AUDIT, single patients declare a higher severity of alcohol dependence than married or divorced patients. The majority of patients is at the stage of action (68.5%) or preparation (26.3%) according to RCQ at the beginning of the treatment. Readiness to Change was higher at the end of programs in the terms of Taking steps in married patients. Readiness to Change was higher at the end in the terms of decreasing of Ambivalence in single patients. Interestingly, the results of the six weeks treatment appear to be slightly better than 12 weeks treatment.

Conclusions: The intention and motivation to alcohol treatment changed during therapeutic programs. Marital status may increase the active component for readiness to change, while passive component (decreasing the ambivalence) is observed in the single. Correlation with the Recognizer draws attention to the need to focus more on individuals who do not perceive their drinking as disproportionate, problematic and not motivated to treatment for internal or external reasons. We propose to put into practice increasing their awareness and then therapeutically working on concrete steps.

Keywords: Alcohol dependence / Alcohol Therapy / Treatment/ Theory of Change/