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The effectiveness of motivational enhancement group therapy program on intention to drug abstinence among youths with amphetamine abuse

Jinjutha Chaisena Dallas
Burapha University, Thailand

Statement of the Problem: Adolescents with substance abuse is the predominant problem since it affects their physical, mental and social function. The substantial care for youth with substance abuse in recovering phase is enhancing personal strength and intrinsic motivation in order for relapse prevention.

Methodology & Theoretical Orientation: This quasi-experimental study was to examine the effectiveness of Motivational Enhancement Group Therapy program on intention to drug abstinence among youths with Amphetamine abuse. This motivational enhancement framework of Miller and Rollnick was employed to develop program. Forty eight (48) participants from the rehabilitation treatment at Wiwatphonlamuang School, Thai Royal Navy in Chonburi Province, Thailand were recruited and randomly selected to participate in experimental group and control group. Twenty four (24) participants in the experimental group participated motivational enhancement therapy for developing intention to drug abstinence and both experimental and control group attended the routine psychosocial rehabilitation program. The group therapy was carried on once a week for 6 weeks. The intention to drug abstinence questionnaires were applied for data collection before and after participation, then four weeks follow up. Descriptive statistics and two-way repeated measurement ANOVA were used for data analysis.

Finding: The mean scores of intention to drug abstinence between youths in experimental and control group at post-test and 1 month follow-up were significantly different at 0.05. In experimental group, the mean scores of intention to drug abstinence at pre-test, post-test and 1 month follow-up were significantly different at 0.001, but there were not significantly different between mean scores at post-test and 1 month follow-up.

Conclusion & Significance: The results suggest that nurses and health care providers could apply this program to promote intention to drug abstinence in youth with substance abuse.

Biography

Jinjutha Chaisena Dallas has her expertise in improving health and psychological well-being in adolescent with substance abuse. Her works focus on how to understand the phenomena of adolescents with drugs and develop their resilience and motivation for being drug free. Her comprehensive idea is based on respect, human dignity and optimum potential which underpinning humanistic philosophy. She has built the motivational enhancement group therapy program in order to improve intention to drug abstinence among youths with Amphetamine abuse after years of experience in teaching, session of being guest speaker for social service, research in hospital, school, drug rehabilitation center and community.

jinjuthatawan@gmail.com

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