

## Attitude of family members towards psychoactive substance use and dependence

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**Background and Objectives:** Treatment seeking for substance dependence is affected by attitude towards it. In India, where family is the major source of help, the attitude of the family members is of great importance. The aim of the present study was to assess attitude of the family members towards substance use and dependence.

**Methods:** The study was a cross sectional survey carried out among 104 family members accompanying their relatives for treatment at a tertiary care teaching hospital in North India. Attitudes towards drinking and alcoholism and drug taking behavior were assessed using previously validated scales.

**Results:** Family members had a negative attitude towards alcoholism and drug use. Family members whose relatives were taking alcohol had a relatively better attitude towards opioids and relatives of those who were taking opioids had a relatively better attitude towards alcohol. The family members who themselves were taking alcohol had better acceptance of alcohol than those who were not taking.

**Conclusion:** There was a negative attitude towards alcoholism and drug addiction and that was affected by the variables like type of substance used by the patients and use of substance by the family members themselves. This has implications for help-seeking and management.

### Biography

Sandhya Ghai working as a principal at National Institute of Nursing Education, Post Graduate Institute of Medical Education and Research Chandigarh, India. She graduated and post graduated from same institute. She received doctorate degree from Punjab University, Chandigarh. She published more than 100 papers in national and international journals. She was awarded with best educationist award, is life member of many organizations and inaugurated and chaired many sessions in conferences, workshops, etc.

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