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SOCIO-DEMOGRAPHIC, PERSONAL AND CLINICAL CHARACTERISTICS OF RELATIVES OF ALCOHOLISM PATIENTS

Abstract: Narcological disorders are diseases that not only concern the health and personality of the dependent, as a rule, relatives are also involved in this situation. At the same time, on the one hand, his future fate may depend on the behavior of the patient's relatives, on the other – the lives of close people become filled with unpleasant experiences. As a result, the relatives themselves may develop codependency, psychosomatic diseases and even chemical addictions.

Key words: Narcological, personality, alcoholism, addiction.

Introduction: The problem of female alcoholism occupies a special place in the national narcology. To date, there is no single point of view about the features of alcoholic illness in women [1-8]. There is an increase in the number of young women suffering from alcohol addiction [8-14]. Many women are registered at the dispensary due to forced hospitalization for the treatment of alcoholic psychoses. Women suffering from alcohol addiction relatively rarely turn to district narcological offices for medical help [121, 170]. In this regard, it is quite difficult to assess the real state and dynamics of alcohol-related illness in women [15]. The medical and social consequences of female alcoholism and the rapid pace of social degradation continue to cause particular concern [16-20]. In modern conditions of life, the traditional role of women in the family and society is changing, the role of socio-psychological factors, which under certain conditions are a trigger in the development of alcohol dependence, is increasing. In modern publications, special attention is paid to the influence of negative social factors on alcohol dependence [21-28]. Coverage of these factors today remains declarative and is more often considered on the examples of male alcoholism. The contingent of women with alcohol dependence is a heterogeneous

group with different socio-economic characteristics. However, the usual routine practice of a doctor in drug dispensaries does not take into account the peculiarities of this contingent, and the state reporting forms contain a limited number of indicators for a detailed analysis of women with alcohol dependence [29-37]. This provision reduces the effectiveness of anti-relapse pharmacotherapy, psychotherapy and rehabilitation measures, which prevents the formation of a stable remission. Domestic researchers confirm the relationship between changes in the quality of life and the main socio-demographic indicators [38-46].

The purpose of the study. to study the main socio-demographic, clinical and personal characteristics of relatives of patients with alcohol dependence, depending on the presence of codependency.

Materials and methods of research. On the basis of the regional narcological dispensary of the Trans-Baikal Territory, a questionnaire, clinical, anamnestic and psychological examination of 232 relatives of patients with alcohol dependence, who accompanied them when seeking inpatient medical care, was conducted using a continuous method. Those included in the study were aged from 20 to 65 years (on average 40.6 ± 1.1 years). Women accounted for 64.7%, men – 35.3%, respectively.

A special survey map was developed, which included a socio-demographic block, drug history data and a special part (21 items in total). In a special part, the presence of codependency was studied using the scale of codependency measurement in the Spann-Fisher relationship, the degree of alcoholism using the questionnaire questionnaire of L.T. Morozov and the AUDIT test (WHO), self-assessment of character in the modification of L.T. Morozov. Self-assessment of the character included 14 properties: 7 adaptive and 7 maladaptive. The analysis took into account the shift of adaptive and maladaptive properties (in %), as well as the shift of the total adaptive potential of the individual (the difference between the sum of adaptive and maladaptive properties in the present and past time). With an increase in the severity of the personal property over time, the difference was determined with a "+" sign, with a decrease – with a "–" sign.

Statistical processing of the results obtained in the course of the work was carried out using the Microsoft Excel analysis package and the Statistica-6.0 package of applied statistical programs.

It included a description of the sample, finding the arithmetic mean, the standard deviation and the error of the arithmetic mean, determining the frequency of occurrence of signs, grouping data. The reliability of the differences was determined by the Student's t criterion, the preliminary sample was checked for compliance with the normal Gaussian distribution.

The results of the study and their discussion. In the course of the work, it was found that, according to the Spann-Fisher scale, moderate codependency was found in 62.9% (146) of relatives of alcoholism patients, pronounced – in 25.9% (60), manifestations of codependency were absent only in 11.2% (26) of cases.

Based on the results obtained, two groups of the surveyed were identified: the main group consisted of 206 people with codependency, the control group consisted of 26 people without codependency. The respondents were comparable in age – 40.7 ± 1.2 years and 40.0 ± 3.1 years, respectively. It is worth noting that female representatives predominated in codependent relatives (67.0%; $p<0.05$), and in the absence of codependency – male (53.9%; $p<0.05$).

Currently 37.9% do not have their own family (in the main group – 40.7%, in the control group – 15.4%; $p<0.01$); 31.0% rate relations with loved ones as bad (in the main group – 32.0%, in the control group – 23.1%); 23.3% consider their living conditions unsatisfactory (in the in the main group – 23.3%, in the control group – 23.1%). 20.7% of the surveyed persons indicated low family income (in the main group – 18.5%, in the control group – 38.5%; $p<0.05$).

Among the respondents, 6.0% had incomplete secondary education, 8.6% had secondary education, 37.9% had specialized secondary education (in the main group – 40.7%, in the control group – 15.4%; $p<0.01$), 47.5% had higher education. 81.9% of the surveyed relatives are currently working, 18.1% are considered unemployed (in the main group – 19.4%, in the control group – 7.7%; $p<0.05$).

It was revealed that 28.4% of relatives were burdened with alcoholism of parents, while in the group of codependents this indicator was 30.1%, in the group without codependency (control) – 15.4%.

25.8% of the examined patients have chronic somatic disease (in the main group – 28.2%, in the control group – 7.7%; $p<0.001$). 30.2% of respondents noted suicidal thoughts, plans, intentions and suicidal attempts in their anamnesis (in the main group – 31.1%, in the control group – 15.4%; $p<0.05$).

13.8% of the surveyed had previously tried drugs, and another 5.2% admitted that they are currently using them systematically. 28.5% of relatives of alcoholism patients abuse alcohol (in the main group – 29.2%, in the control group – 23.1%). There are no differences between the groups on these indicators.

The analysis of self-assessment of character showed that the shift of the general adaptive potential of the individual (SOAP) in relatives of patients with stage II alcohol dependence, it was -26.2 ± 9.7%. The shift of adaptive properties (SAS) was -0.6 ± 5.7%; maladaptive (SDS) – 30.3 ± 7.2%.

Thus, the severity of adaptive personality traits (organization, livability, thrift, efficiency, commitment, sense of duty, satisfaction with fate) has not changed over time, and maladaptive (anxiety, tendency to excessive emotions, doubts, exhaustion, irritability, excitability, mood instability) has increased. Differences in self-assessment of character between the two groups indicated above were not revealed.

At the same time, there are clear differences in the shift of the overall adaptive potential of the individual between relatives without alcohol disorders (-7.4±12.1) and alcohol abusers (-58.4±12.9; $p<0.01$), as well as with dependence syndrome (-87.3±9.8; $p<0.001$). This is due to a decrease in the severity of adaptive personality traits and an outstripping increase in maladaptive ones.

45.7% of relatives of alcohol–dependent patients (49.5% in the main group, 15.4% in the control group; $p<0.001$) are not satisfied with the results of past requests for drug treatment.

Conclusion. Thus, relatives of alcoholism patients showed signs of codependency in 88.8% of cases.

Among co-dependent relatives, female representatives predominated (67.0%), more often having secondary special education (40.7%), divorced and living alone (40.7%), 2.5 times more often unemployed (19.4%).

In addition, in co-dependent individuals, in comparison with the control group, heredity was almost 2 times more likely to be burdened by alcoholism of parents (30.1%), they were 2 times more likely to have manifestations of suicidality (31.1%), 3.6 times more likely to have chronic somatic diseases (28.2%), they were 3 times more likely to have dissatisfied with the past appeals of relatives for drug treatment (49.5%). There were no differences in the occurrence of chemical addictions.

Conclusion. At the same time, the analysis of self-assessment of character demonstrated an increase in the severity of maladaptive personality traits in relatives of patients with alcohol dependence over time.

It is worth noting that the changes in personal qualities did not depend on the presence of codependency, but demonstrated differences in the severity of alcohol disorders in the groups.

All the revealed facts should be taken into account by specialists when working with relatives of alcoholism patients.

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