Personality typology of drug dependent in methadone treatment

The relevance of the problem of creating new typologies of drug addicted is related to the still unresolved question of heterogeneity among drug abusers and the fact that there is no typology or classification system that is fully validated and accepted. The trends in the new research are in the direction of inclusion new features and more etiological factors (risk factors, protective factors or factors of vulnerability) in the extraction of the subgroups of drug addicted. We share this point of view and move towards creating multidimensional typology thanks to discriminative power of variables that have not been used elsewhere and are probably associated with drug dependence. Thus we focus on overcoming the heterogeneity between the dependent with respect to the course of the disease, the etiological factors, the severity of use, the severity of the consequences of use, personality characteristics (disease related), and the effectiveness of the methods of treatment. The present study is based on the biopsychosocial model and adhere to its principles for holistic.

The main purpose of the research is the creation of a new typology for the purposes of diagnosis and as a basis for planning treatment and psychosocial rehabilitation of drug dependent, as well as a screening tool with preventive functions.

The methods used. Semi-structured interview Europ Addiction Severity Index; EFA - Ego Function Assessment; Separation/Individuation Process Inventory; Arc Self-Determination Scale; The Self-Regulation Questionnaire; The General Causality Orientations Scale; The Self-Determination Scale; Diagnostics of interpersonal relations.

Participants in the study. The study involved 110 people aged between 19 and 54, and the average age of 32 years.

Statistical methods used for the analysis of the results: Descriptive analysis, Correlation analysis, Cronbach's Alpha, Cluster analysis (K-means Cluster and Hierarchical Cluster) and T-test.

Results and conclusions:

- Drug abusers as a group have no any deficits and dysfunction in the processes of self-determination, individuation, separation and self-regulation. Such differences emerge in subtypes.

- The study outlines three specific profiles of drug addicts. Subtype 1 have the highest rate of drug use and the most serious consequences (in the areas of criminality, family and social relationships). There are deficits in Judgment and Control of drive, afect and impulses. Addicts from this subgroup build direct-aggressive type of relationship

with others. Subtype 2 is an intermediate and mixed, there are characteristics of the other two subtypes. Addicted from Subtype 3 showed a lighter drug use and less severe negative consequences of drug use compared with Subtype 1. They use cooperating and conventional style of relationship, which is characterized by emotional instability and high levels of anxiety. The most severe problem is related with the process of individuation: lack of personal boundaries and difficulties in building a mature relationship.

- The results have practical applications. Therapeutic and rehabilitation work with people of Subtype 1 have to be aimed at developing the capacity for Judgment as a way of overcoming of impulsive behavior. For drug abusers of Subtype 3 will be more efficient therapeutic context, stimulating self-awareness. This will encourage the process of individuation and will contribute to increasing the capacity for self-control and self-regulation.

Contributions:

Contribution moments with theoretical and practical character.

• The original typology is created with three subtypes of drug addicted. It can be used for screening of vulnerable groups. Diagnosis of addicts in different groups is useful for predicting successful individualized approaches to working with them.

• The new variables are outlined by correlation with the effects of drug dependence and the role of some of them is established in the etiology of the disorders associated with the use of psychoactive substances. They outline new perspectives in practical work on prevention, treatment and rehabilitation of people with addictions.

• The new guidelines for psychological work with addicts are outlined according their belonging to different subtypes in order to increase the effectiveness and adequacy of psychological interventions.

• The applicability of multidimensional typology is proven as an approach in the prevention of the spread of the desease and work with addicts. The individualization of the approach to addicts according their profile outlines fields of work that remain hidden if persons are treated uniformly.

• A method for tracking the etiology of the dependent is adapted, it can be standardized according the age and used in the screening and treatment programs. It can be used in its entirety, and in abbreviated variant. The full version covers the toolbox of seven methodologies.