

Effect of Dialectical Behavioral Therapy on Alcohol Craving and Depression for Person with Alcohol Dependent Syndrome¹

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ABSTRACT

Depression is the most common mental health problem seen in an individual. Depression comes under the mood disorder. The study aims to determine the effect of dialectical behavior therapy to reduce Depression And Craving for person with Alcohol Dependent Syndrome. This study was done among a quasi-experimental design and convenient sampling techniques were adopted to select the Alcohol Craving and Depression due to Alcohol Dependent Syndrome. A total of thirty (30) subjects were selected according to inclusion and exclusion criteria, they were divided into two groups 15 subjects in the control group who underwent conventional occupational therapy, and 15 subjects in the experimental group who underwent Dialectical Behaviour therapy. The pre-test and post-test were evaluated by the Becks Depression Inventory Scale .

The statistical analysis showed significant improvement in both groups when compared to the post scores of Both groups, there was high statistical significance shown in the experimental group. This study concluded that Dialectical Behaviour therapy has a significant effect on Alcohol Craving and Depression for person with Alcohol Dependent Syndrome.

Keywords: *Dialectical Behaviour therapy; Alcohol Cravings; Depression; Alcohol Dependent Syndrome; Beck's Depression Inventory Scale.*

INTRODUCTION

Occupational therapy is defined as the therapeutic use of everyday life occupations with persons, groups, or populations (i.e., the client) for the purpose of enhancing or enabling participation, Occupational therapy services are provided for habitation, rehabilitation, and promotion of health and wellness for clients with disability- and non-disability-related needs. These services include acquisition and preservation India occupational identity for clients who have or are at risk for developing an illness, injury, disease, disorder, condition, impairment, disability, activity limitation, or participation restriction.

Alcoholism, also known as alcohol dependence, is a disabling addictive Disorder. Its characteristics are compulsive and uncontrolled consumption of alcohol despite its Negative effects on the drinker's health, relationships, and social standing.

The world health (mental) report 2001 Estimates that there are 121 million people worldwide suffering from depression. The Most important feature of a depression is the sadness of mood or loss of interest. Depression affects our daily lives and occupational skills .Alcohol cravings can be very intense, especially in early recovery," explains

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Ruby Mehta Cravings won't necessarily affect everyone who cuts back on alcohol. The new edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM- 5) includes cravings as part of the diagnostic criteria for alcohol use Disorder (AUD). Experiencing alcohol cravings may not automatically mean you have an AUD.

DIALECTICAL BEHAVIOR THERAPY:

“ACCEPTANCE INCLUDES ACCEPTING THAT YOU DON'T ACCEPT THINGS.”

Marsha M. Linehan (born May 5, 1943) is an American psychologist and author. She is the creator of Dialectical Behavior Therapy (DBT), a type of psychotherapy That combines behavioral science with concepts like acceptance and mindfulness. Marsha Linehan (1993) is extraordinarily effective at helping people manage overwhelming emotions. Research shows that dialectical behavior therapy strengthens a person's ability to handle distress without losing control or acting destructively.

The skills modules In dialectical behavior therapy include:

1. DBT is still an evolving medical treatment that will hopefully be used to treat Other mental health issues. The therapy evolved into a process in which the Client and the medical professional will work one to one to help the patient Learn skills such as:

2. Acceptance of situations.
3. Change oriented strategies.
4. Emotions regulation.
5. Distress tolerance.
6. Interpersonal effectiveness.

TWO COMPONENTS OF DBT:

- **GROUP THERAPY:** where patients are taught behavioral skills in a group setting.
- **INDIVIDUAL THERAPY:** with a trained professional where a patient's learned Behavioral skills are adapted to their personal life challenges.

AIM OF THE STUDY:

To determine the effectiveness of Dialectical Behaviour Therapy on alcohol Craving and depression for person with alcohol dependent syndrome.

OBJECTIVES OF THE STUDY:

- To administer alcohol craving questionnaires and beck depression inventory Scales to select the person ADS with moderate to severe depression and having Four factors Alcohol craving Questionnaire.
- To find out the effect of conventional occupational therapy on alcohol craving And depression for person with alcohol dependent syndrome.
- To find out the effect of dialectical behavioral therapy on alcohol craving and Depression for person with alcohol dependent syndrome.
- To compare the effect of conventional occupational therapy with dialectical Behavioral therapy between control and experimental group.

RESEARCH HYPOTHESES : There is significant improvement effect of dialectical behavioural therapy on Alcohol craving and depression for person with alcohol dependent syndrome.

RESEARCH DESIGN:

Quantitative study and quasi-experimental design.

SAMPLE TECHNIQUE:

A convenient sampling technique was adopted.

SAMPLE SIZE:

Totally 30 subjects were taken in this study, the subjects were divided into Two groups experimental and control group.

- The control group consists of 15 subjects.
- The experimental group consists of 15 subjects.

SAMPLE SETTING:

Helping Hearts Society Transformation and de-addiction Centre -Ambattur Oragadam.

VARIABLES

- INDEPENDENT VARIABLE – Dialectical Behavior Therapy
- DEPENDENT VARIABLE – Reduce alcohol craving and depression

SELECTION CRITERIA

INCLUSION CRITERIA:

- Adult from age 30-50(male)
- Individual who have alcohol craving.
- Individual with factor of depression.

EXCLUSION CRITERIA:

- Individual with chronic mental illness, or with severe psychotic Conditions.
- Other neurological conditions.

PROCEDURE

The samples for the study were selected from helping heart society transformation Ambattur. Alcohol craving questionnaires short revised form Screening was given to the people in helping heart society from those 30 individuals With a higher score of stress were selected. Total samples were 30 which were divided Into two groups 15 in the control group and 15 in the experimental group. The pre-test Data were collected from both groups before proceeding with the intervention. A Consent form was signed before starting the intervention program. The experimental Group underwent Dialectical Behaviour Therapy and the control group was not given DBT, instead of conventional occupational therapy. Dialectical Behaviour therapy consists of a total of 36 sessions, 3 sessions per week on the alternative days of About 3 months. The Group Therapy sessions were based on Mindfulness training, Interpersonal Effectiveness, Emotional regulation, and Distress Tolerance. After the sessions, stress levels were again administered using the Beck's Depression Inventory scale to get the post-test values. The pre and post-test values are used to find out the result of the Study.

INTERVENTION PROTOCOL

In Each session, the introduction to the session goals, sessions started with Warm-up activities, mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance activities, a review of the previous session was discussed, And ending the session with relaxation techniques.

INTERVENTION FOR CONTROL GROUP

Leisure activities are usually conducted during a limited weekly time within An associative context, which has also been described as having a protective effect on Alcohol consumption in young people.

INTERVENTION OF EXPERIMENTAL GROUP

- Warm up Activity, collage and Montage.
- Therapeutic Art Activities.
- Role play.
- Paper chaining Activity and Slogan writing.
- Sharing the past experience.

DATA ANALYSIS AND RESULT**STATISTICAL ANALYSIS OF PRE- TEST AND POST- TEST IN CONTROL GROUP**

Wilcoxon signed rank test was performed to find the significant difference between pre-test and post test scores. 5% the level of significance was observed.

Table 4.1 Statistical analysis of pre- test and post- test in control group

Test	Mean	SD	N	Z value	p value
Cntr_Pre	33.5333	6.80196	15	-3.473	0.001*
Cntr_Post	31.8	6.94056	15		

* Significant at 5% alpha level

Since the p value of 0.001 is lesser than 0.05, alternate hypothesis is accepted. Hence, there is statistically significant difference between pre- test and post test scores in the Control Group of the BDIS. This suggests that the intervention received by the control group had significant improvement.

Figure 4.1 Statistical Analysis Of Pre- Test And Post- Test In Control Group

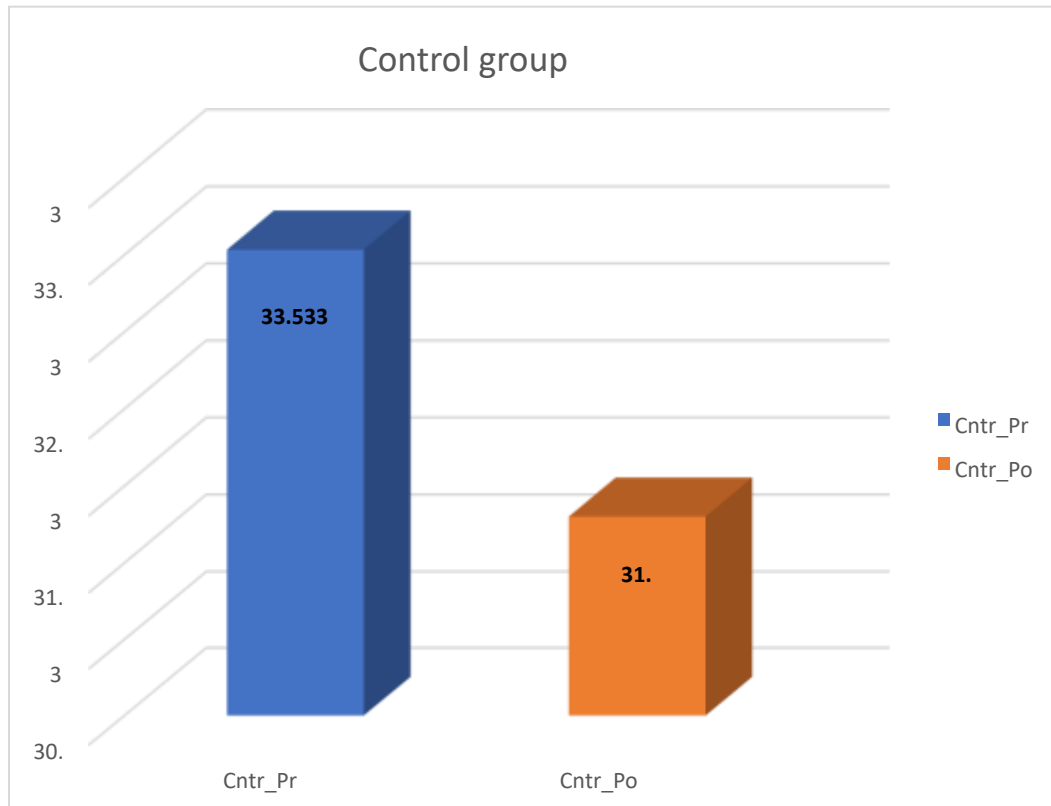


Table 4.2 Statistical analysis of pre- test and post- test in experimental group

Test	Mean	SD	N	Z value	p value
Expt_Pre	29.9333	7.3238	15	-3.473	0.001*
Expt_Post	21.3333	4.18614	15		

* Significant at 5% alpha level

In the Experimental group, since the p value of 0.001 is less than 0.05, alternate hypothesis is accepted. Hence, there is statistically significant difference in Experimental Group between pre-test and post test scores of BDIS. This suggests that the intervention received by the experimental group had significant improvement.

Figure 4.2: Statistical Analysis of Pre- Test And Post- Test In Experimental Group

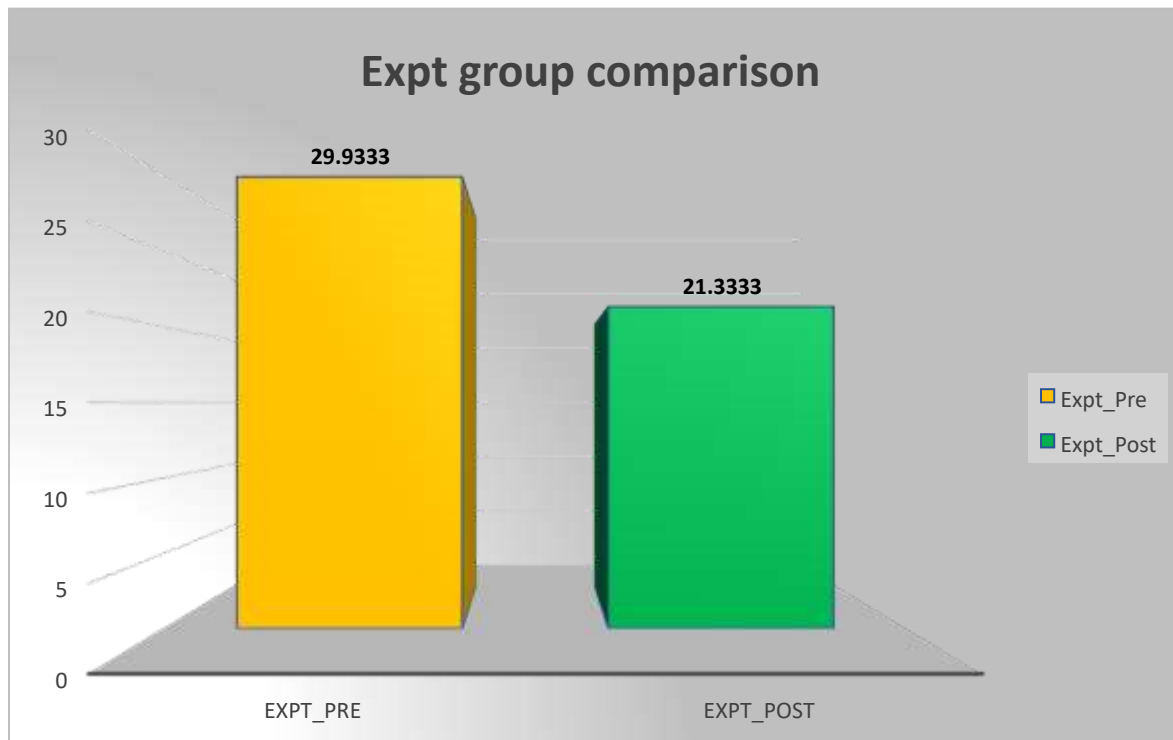


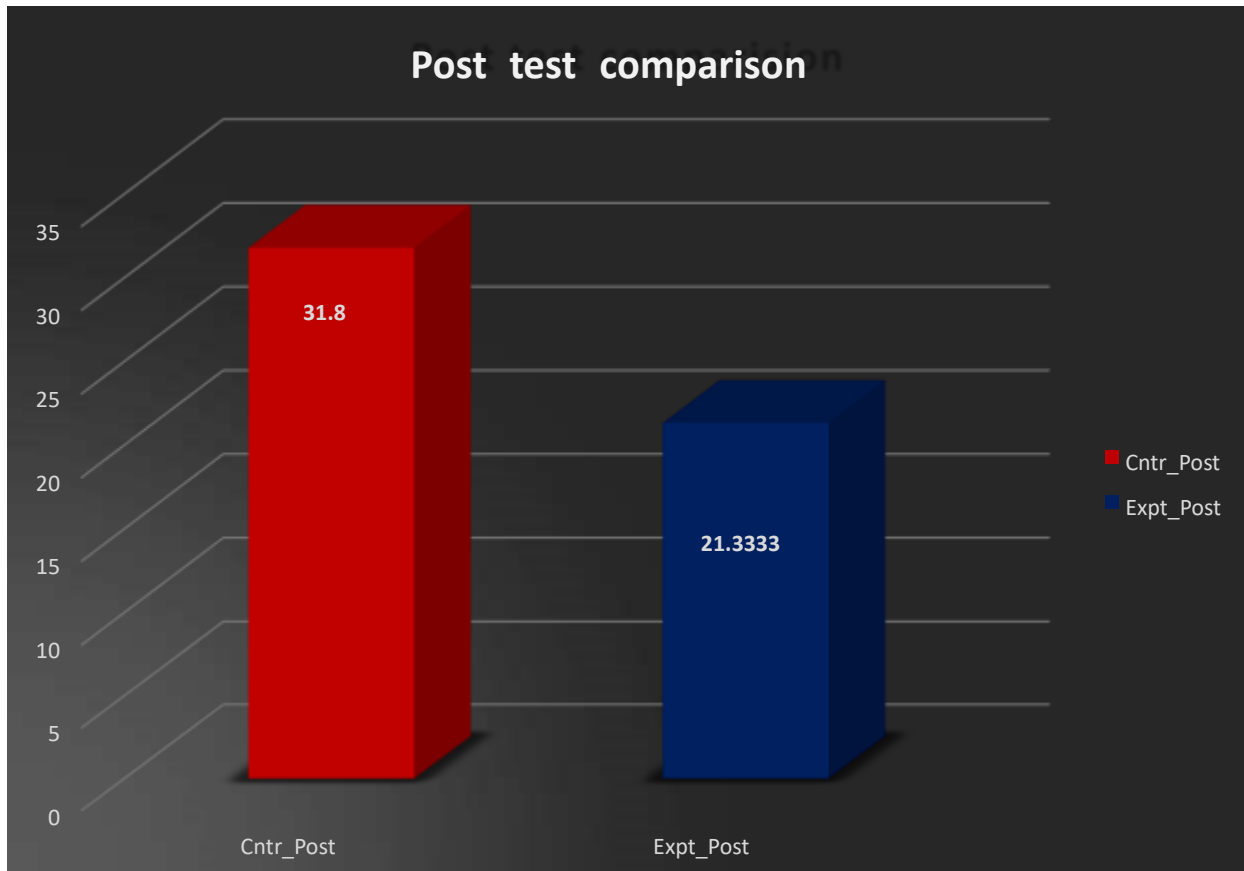
Table 4.3 Statistical analysis between the post- test scores of the control and experimental group

Group	Mean	SD	N	Z value	p value
Cntr_Post	31.8	6.94056	15	3.629	0.00*
Expt_Post	21.3333	4.18614	15		

* Significant at 5% alpha level

Since the p value of 0.00 is lesser than 0.05, alternate hypothesis is accepted.

Hence, there is statistically significant difference in post test scores between Experimental and Control Group of the BDIS. This suggests that the intervention received by the experimental group had more improvement when compared to the control group.

Table .4.3 Statistical analysis between the post- test scores of the control and experimental group

DISCUSSION

The purpose of this study was to examine the effective dialectical behavioral Therapy to reduce alcohol craving and depression for person with alcohol dependent Syndrome. The study was conducted for 3 months, with 36 sessions.

A total of 30 samples were selected for the study were randomly allocated to The experimental and control group, these samples were picked up after the pre-test. The pre-test results of two groups were statistically significant difference between the Pre-test scores of two groups.

The experimental group was under Dialectical behavioral therapy whereas the Control group had not undergoes any specific intervention, the post-test evaluation Was done for both groups and scores were calculated and results were analyzed.

Table 1 and Graph 1 show the statistical analysis between the pre-test and post-test of the control group. The mean Value of the pre-test is 33.5333 and the mean value of the post-test is 31.8 and the Z value is -3.473 and the p-value is 0.001 and which indicates that there is a statistically significant difference between pre-test and post-test scores in the control group. This indicates that there was a statistical improvement in the control group after conventional occupational therapy.

The results were similar to previously conducted study R1. et.al Linda A. Dimeff, Ph.D.; ADDICTION SCIENCE & CLINICAL PRACTICE—JUNE 2008 dialectical behavioral therapy for substance abusers .Dialectical behavior therapy (DBT) is a well- established treatment for individuals with multiple and severe psychosocial Disorders, including those who are chronically suicidal. Because many such patients have Substance use disorders (SUDs),the authors developed DBT for Substance Abusers, which Incorporates concepts and modalities designed to promote abstinence and to reduce the length And adverse impact of relapses.

Table 2 and Graph 2 show the statistical analysis of the pre-test and post-test of the experimental group. The mean Value of the pre-test is 29.9333 and the mean value of the post-test is 21.3333 and the Z value is -3.473 and the p-value is 0.001 and which indicates that there is a significant improvement between the pre-test and post-test in the experimental Group.

The results were similar to previously conducted study R2.et.al Zohreh Balagabri Feb 4 2021 -the effect of dialectical behavioral therapy on emotion Regulation distress tolerance, craving and depress in patients with opioid Dependence disorder. (The present study was a randomized controlled clinical trial With two groups of intervention (MMT with Dialect-Behavioral Therapy (DBT)) and Control group (MMT). 50 men who referred to the methadone treatment clinic were Randomly assigned to two groups of the present study.

Table 3 and Graph 3 show the statistical analysis of the post-test between the control group and the experimental Group. The mean value of the control group is 31.8 and the mean value of the experimental group is 21.3333 and the Z Value is 3.629 and the p-value is 0.000* and this indicates that there is a significant improvement in the Experimental when compared to the control group. This shows that Dialectical Behaviour Therapy shows significant Improvement in experimental when compared to the other conventional occupational therapy programs.

These findings are supported by Valeria Bianchini (2018) R1, this study was conducted to evaluate DBT with a group of male offender patients in the forensic psychiatry department to control traits associated with violent and antisocial Behaviors. The results indicate that there was a significantly greater reduction in motor impulsiveness at the end of 12 Months of standard DBT.

CONCLUSION

The study was conducted for 3months. Totally Thirty (30) individuals were selected, fifteen (15) samples were in the Control group and fifteen (15) samples were in the experimental group. The pre-test and post-test were conducted using The Perceived stress scale. The experimental group underwent Dialectical behavior therapy, whereas the control group Underwent conventional occupational therapy

The results showed that there was a significant Improvement in the Experimental Group than the control group after Dialectical behavioral therapy. Thus, the study Proved the effect of dialectical behavioral therapy to reduce Alcohol Craving and Depression in Alcohol dependent syndrome. This results of Present study indicated That Dialectical behavioral therapy training can be useful For Alcohol craving and Depression Management. It helps the Alcohol dependent Patient to over – come the Depression in their day-to-day life.

LIMITATIONS:

- The study was done on small size.
- The study was done only for the age group of 12-19.
- The study was done in small duration.

RECOMMENDATIONS:

- The study can be done with a larger sample size.
- The study can be done for the other persons with psychological conditions or Disorder.
- Study can be done for different age groups.

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