
TREATMENT FOR ALCOHOL DEPENDENCE IN POLAND. IS THERE A BETTER OPTION?

A. Szczegielniak¹, M. Urbanski¹, S. MrŹz¹, J. Bracik¹, L. Cichoblazinski², K. Krysta¹

¹Department of Psychiatry and Psychotherapy, Medical University of Silesia, Katowice, Poland ; ²Faculty of Management, Czestochowa University of Technology, Czestochowa, Poland

In Poland, the problem of alcohol dependence according to various statistics cover from 5 to 7% of the population, hence the number of centers for such people is growing. The most common method of the treatment of addiction at the moment is integrative psychotherapy of addiction based on psycho-social model. It turns out, however, that the method of BSFT has many advantages that make it effective and less expensive than traditional methods used.

The aim of this study was presentation of patients' and therapists' needs as well as identification of existing barriers.

64 therapists were examined in total; 37 women (57%) and 27 males (43%). The study involved also 191 patients, 160 men (83.77%) and 31 women (16.23%). All the surveys were anonymous and were collected in health centers within the province of Silesia.

As it turns out, type of education and skills learned in the process of therapists' training is the main factor in the choice of the form of therapy proposed to patients. When it comes to barriers for alcohol addiction treatment, the therapists often pointed to cultural barriers, such as shame of admitting the addiction or fear of stigmatization. As reasons why the alcohol addiction treatment centers' do not change their treatment programs surveyed indicated as the most important answer 'patients do not care what methods are used in' (16.75%).

This points to the need for more programs tailored to the needs of respondents, since the standard treatment regimens lead to more frequent treatment failure.