

Effects of the Solution-Focused Group Intervention on Recovery Process among Thai Male Youth Substance Abusers

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ABSTRACT

Background: Recovery is a significant aspect of abstinence from drug abuse. Thai male youth has a peak prevalence of substance abuse, which is a major public health concern.

Purpose: This study aimed to determine the effects of the solution-focused group intervention (SFGI) on recovery process among Thai male youth substance abusers.

Methods: A two-group pretest-posttest experimental design with follow-up measurement was employed. We randomly assigned 34 participants equally to the treatment and the control groups. SFGI was implemented for 6-weekly sessions with 60-90 minutes per session. The recovery process was measured by the Recovery Process Inventory (Thai version). Repeated measures ANOVA was performed to analyze the data.

Results: Recovery process score of the youth in the treatment group was significantly higher than those in the control group post-intervention. The treatment group also showed significant increases of the recovery process scores after 6 weeks of SFGI and follow-up.

Conclusion: These findings indicate that SFGI is effective on improving the recovery process for Thai male youth substance abusers. Nurses and health care providers involving in caring for young people with mental health and substance abuse problems could utilize this intervention and apply with drug or substance abusers. Consequently, recovery from substance abuse among youths would be achieved.

Keywords

Recovery process, substance abusers, Thai male youth, solution-focused group intervention.

people who engaged in substance abuse are damaged not only biologically but psychosocially as well. Moreover, they become a burden to their family, community, and society [3].

Recovery from substance abuse refers to a process of regaining or returning to a normal state that person who suffers from drug addiction try to be free from drug [4]. Jacobson's recovery model [5] refers to recovery as individuals' attitudes, experiences, and the process of change during recovery; it is highly individual and takes place over time. The recovery process is considered to be a reduction in substance use accompanied by increased life functioning [6]. On the way to recovery, substance abusers, particularly youths, put enormous effort toward overcoming internal barriers that disturb their recovery process. These barriers include insufficient motivation, emotional distress, and

Introduction

Youths who abuse substances require effective prevention and drug treatment programs to improve their recovery process and prevent relapses. However, about 60-70% of young substance abusers relapse during the first 90 days after treatment [1]. Although the Thai government implemented an intensive prevention and treatment policy a few decades ago, the number of Thai youth substance abusers has remained stable as the largest group in drug treatment centers are Thai males aged 18-24 years. In fact, the numbers of young males registered for drug treatment has increased approximately 35% between 2011 and 2014 [2]. Young