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MOTIVATION FOR TREATMENT OF ADDICTION MAY DIFFER ACCORDING TO TYPE OF APPLICATION: RESULTS FROM A TURKISH SAMPLE

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Introduction: The motivation of the patient may affect response to treatment and prognosis.

Objectives: The objective of this study was to compare the various types of application of patients in terms of their motivation and sociodemographic variables.

Aims: To demonstrate that patients who apply for treatment themselves have greater motivation and less depression and anxiety.

Methods: Patients who applied or were referred for treatment of addiction to the Elazig Hospital for Mental Disorders were included in this study. Patients diagnosed according to DSM-IV criteria, giving written informed consent and who did not have severe comorbid psychopathology were enrolled. Beck Depression and Anxiety Scales, and Motivation for Treatment Scale (MfT) were used in evaluation. p was set at 0.05.

Results: Forty five male patients with a mean age of 37.9 (S.D. 11.2) were enrolled in the study. The mean scores for Beck Depression and Anxiety Scales and the Motivation for Treatment Scale were 27.7 (S.D. 12.8), 25.2 (S.D. 15.2) and 67.4 (S.D. 11.4); respectively. When the socio-demographic and clinical variables of the patients who applied voluntarily and those who were referred for treatment involuntarily were compared by Mann-Whitney U test, only the total score on the Motivation for Treatment Scale as well as those of its subscales for seeking help and being ready for treatment differed between groups (p : 0.01, 0.05 and 0.01; respectively).

Conclusion: Types of application for treatment may affect levels of motivation in patients for treatment. Techniques for motivational interview may especially be important for patients applying involuntarily.