



Article

Psychosocial Factors Affecting Drug Relapse among Youth in Punjab, Pakistan

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Abstract: The present study was intended to examine the effect of psychosocial factors on the stigma of mental illness among people addicted to drugs who have relapsed in Punjab, Pakistan. A sample composed of 116 people addicted to drugs and who have relapsed was collected through the purposive sampling technique. Certain self-report measures were used to assess the pertinent study variables. The results elucidated that self-efficacy, social support, and conscientiousness were found to be negative predictors and neuroticism a positive predictor of stigma. The results also confirmed social support as being a significant moderator in the relationship between self-efficacy and stigma, and self-efficacy as being a significant moderator in the relationship between social support and stigma. It was safe to conclude that psychosocial factors such as self-efficacy, social support, personality traits and stigma have a significant role in causing addiction relapse. The conclusions made have been discussed thoroughly.

Keywords: conscientiousness; neuroticism; self-efficacy; social support; stigma



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1. Introduction

The World Health Organization defines a drug as any material that can alter one or more of its functions when administered to a living organism. Drug misuse is a significant and prevalent global health issue [1]. Drugs decrease an individual's ability to reason and distort judgment. Several elements are responsible for the attraction of an individual toward alcohol consumption. Amongst these, hereditary elements, and environmental, mental and societal causes are important [2], as well as psychosocial factors such as loneliness, self-efficacy [3], personality traits, social stigma, and neglect from the parents [4]. Additionally, pressure from peers is a significant cause of addiction [5]. Statistics from the study conducted by [6] indicated that nearly 29.5 million adults globally consume unlawful substances, which accounts for about 5.3 per cent of the worldwide population [7]. Drug dependence and addiction treatment include medication and behavioural therapy [8]. However, like with other medical conditions, treatment and rehabilitation are often followed by relapse [9]. Relapse is a characteristic of addiction that is very common, and it is expected that persons trying to overcome dependence may go through one or through numerous relapses before successfully abstaining [10]. Relapse is, however, considered a phase in the cycle-of-change model [11], which presumes that individuals go through a cycle of avoiding, allowing for abstinence, taking active steps to stop, and then reverting. Psychological co-morbidity, liquor use disorder severity, hankering, consumption of other substances, and health and societal elements were constantly found to be significantly correlated with the relapse of alcohol use disorder. On the other hand, helpful social setup

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