

“Ready or Unready?” Factors Related to the Motivation for Change among Drug Dependents Admitted in a Government Drug Treatment and Rehabilitation Center in Metro Manila

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- Background:** A substantial number of individuals with addictive disorders do not enter treatment. In the 2005 US National Survey on Drug Use and Health – only 10% of the 23.2 million individuals (age 12 or older) received treatment for an illicit drug or alcohol use problem. In the Philippines, there is an estimated 0.9M-1.7M drug users nationwide (2008, DDB) but underutilization of treatment and rehabilitation services has been consistently declining in the past several years (DOH-Dangerous Drug Abuse Prevention and Treatment Program). This would suggest that those with drug abuse problems do not seek help. Perceived need for treatment, a construct indicating problem recognition is an important predictor of help-seeking behavior. Clients with high motivation are more likely than those with low motivation to become actively involved in treatment and to have better outcomes following treatment. Identifying predictors of motivation may also be beneficial in order to improve intervention approaches. This is the first study in the local setting.
- Aims:** To determine the factors related to the motivation for change among drug dependents currently admitted in a government-run facility in Metro Manila.
- Methodology:** Research Design: Cross-sectional analytic study
Research Site: Government-run treatment and rehabilitation center in Metro Manila
- Data Collection:** Information Checklist, Questionnaire using SOCRATES 7AS (Alcohol) and 7DS (Drugs), Interviewer-assisted
- The Subjects:** Of the 503 residents/patients of the facility, 402 were eligible and a total of 101 were excluded: street children abusing rugby, with

comorbid psychiatric diagnosis, with incomplete answer/s administered pretest, refused.

Data Processing and Analysis: Data was entered and analyzed using SPSS 17.0. Descriptive statistics were done using measures of central tendency and frequency. Parametric tests were done for normally distributed variables. *Pearson r correlation* was used to assess correlation for continuous variables and Chi Square for nominal variables to establish correlation. *Multinomial regression analysis* was used to determine predictors among factors associated with outcomes of interests. The level of significance was set at α 0.05.

Results: 76% of the study subjects have low scores in Recognition, 60% has high scores in Ambivalence but 73% got high scores in Taking Steps. Factors such as age, gender, education, income, birth order, type of drug/s used, duration and frequency of drug used were related to the readiness for change of subjects. Other factors such as the pattern or nature of drug use and status and the number of times admitted for treatment were also noted to affect readiness for change. Predictors for low scores for the 3 subscales of SOCRATES were also determined in this study.