ABSTRACT

The present study was done to assess the socio-demographic profile of the alcohol dependent individuals and demographic risk factors and causes of relapse within 6 months of detoxification. This is a retrospective and cross-sectional study. For the socio-demographic profile, a total of 50 patients with alcohol dependence were taken who came as inpatients at Department of Psychiatry and Mental Health, Tribhuvan University Teaching Hospital. Patients were diagnosed by the consultant neuro-psychiatrist according to ICD-10 and were included in the study according to inclusion and exclusion criteria. For the assessment of the causes of relapse, again 50 relapsed individuals were taken who were admitted as inpatients. The soico-demographic profile was obtained from records of admission procedures. Telephone interview was done to assess the relapse status.

After the information was obtained, the obtained data were scored and subjected to qualitative analysis using standard statistical procedures. The result of socio-demographic profile shows that most patients were of 34 to 41 years. Chhetris were admitted in majority. 80% were working, 90% were married, 80% were Hindu,10% were females. All total, 44% were relapse free during the 6 months following detoxification. The study shows that older age groups were significantly relapse free. Caste, education, socioeconomic status, religion, occupation were insignificant in terms of relapse free status.

42% of the patients took to drinking to enhance positive emotional state. 36% resumed alcohol unable to tolerate negative emotional state. 16% took drinking again unable to resist temptation or urge.

The sample size was very small since patients were selected only from the Psychiatry in-patients which were the major limitation of the study. Though, the result may not be generalized, however, findings may help to understand about the relapse status in detoxified individuals and may pave the way for further study.