

Study on the Influencing Factors and Countermeasures of Drug Addicts' Relapse

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Abstract: The relapse of drug addicts is a global problem and has serious effects on social and personal health. The purpose of this study was to investigate the influencing factors and countermeasures of drug addicts. By reviewing the literature method, the research results are summarized and analyzed. In terms of individuals, the degree of addiction and mental health status have important effects on relapse behavior; in terms of families, the quality of family relationships and family economic status are related to relapse behavior; in terms of society, social rejection, social networks, and employment barriers are related to relapse. Based on the research results, we propose systematic prevention and intervention measures, such as strengthening mental health services, strengthening government supervision and support, and strengthening family and social support. This study provides a comprehensive perspective and solution to the relapse problem of drug addicts, and provides a scientific basis for relevant policy making and improving the success rate of drug rehabilitation.

Keywords: Drug addicts, relapse, mental health, family relationship, social support.

1. Introduction

The problem of drug addicts is a worldwide problem, which not only brings huge social costs, but also has a serious impact on personal health.[1]Drug abuse seriously affects public security. Drug abuse not only brings serious harm to drug users themselves and their families, but also induces a series of illegal and criminal activities such as theft, robbery and fraud. Long-term abuse of synthetic drugs also easily leads to mental illness, and the resulting self-injury, violent injury to others, and "drug driving" still occur from time to time in various places, bringing risks and hidden dangers to public security.[2]In practice, "it is easy to remove drugs, but difficult to consolidate", and drug addiction is recurrent. At present, one of the difficulties of compulsory isolation for drug rehabilitation is that the relapse rate of drug addicts is still very high after returning to society. This problem has been troubling governments and social workers in various countries.[3]Studies show that in western countries with advanced drug rehabilitation conditions and methods, the relapse rate is more than 80%, and in China, the withdrawal rate of drug users in drug rehabilitation institutions is close to 100%, with the relapse rate after discharge generally as high as 90%, most commonly occurring within 3 to 6 months post-treatment.[4] How to effectively prevent relapse, has become an important aspect of drug rehabilitation efforts. Therefore, determining accurate and reliable predictors of relapse is important for improving the effectiveness of detoxification.

At present, the research on the relapse problem of drug addicts mainly focuses on the psychological and physiological mechanisms, and insufficiently discusses the social factors such as social support, family environment and employment barriers, failing to form a comprehensive prevention strategy. Therefore, through systematic combing, a systematic understanding and grasp of the causes and countermeasures of drug addicts can be formed. The main

objectives of this study are to analyze the key factors affecting relapse among drug addicts and to explore effective prevention and intervention measures. This study intends to use the literature review method to summarize and analyze the research results of drug addicts in recent years, provide a dialectical perspective on and effective solutions for the problems faced by drug addicts, provide scientific basis for relevant policy formulation, improve the success rate of drug rehabilitation, and plays an important role in promoting social harmony and stability.

2. Definition and Status Quo of Relapse Among Drug Addicts

2.1. Definition of relapse in drug addicts

Relapse, also known as relapse of drug abuse, is often seen as a failure in detoxification. Occasional drug use is not considered relapse; rather, it is the reestablishment of a new dependence that qualifies as a relapse. The definition of relapse behavior can be based on different criteria, such as the frequency, dose, and duration of drug use. In general, relapse is defined as the use of a drug user over a period of time (usually for days or weeks)[5]. According to Wu Zhimei et al., relapse refers to the process of stopping substance abuse and the formation of dependence.[6]It emphasizes the reformation dependence on this feature. In summary, relapse can be defined as the situation in which individuals, who have completed drug treatment and have been free from addiction, return to drug use at a later stage.

2.2. Current situation of relapse of drug addicts

Rehabilitation among drug addicts is a common and serious problem. According to the recent statistical data and research results, the relapse rate of drug addicts is still quite high, and there are certain regional differences and individual

differences. The study found that relapse rates among drug addicts varied significantly between regions. For example, in the developed city of Shanghai, which is at the forefront of drug rehabilitation work, the relapse rate is also about 50%, and the relapse rate in less developed areas is as high as 90%.[8] These differences may be related to factors such as the socioeconomic status of the region, the quality and persistence of detoxification programs. In addition, different drug rehabilitation programs and different drug types also have an impact on relapse rates. The relapse rate of long-term inpatient drug treatment is relatively low, but higher in community and home drug rehabilitation programs. In addition, relapse rates are generally higher for certain drug types, such as heroin (80-90%+) and cocaine (90%+). The overall relapse rate of female drug addicts is lower than that of male drug addicts.[9]

3. The Influencing Factors of Drug Addicts' Relapse

3.1. Personal Factors

Personal factors have an important influence on the relapse behavior of drug addicts. Among them, the degree of addiction is a key factor, and the deeper the addiction degree, the higher the risk of relapse of drug addicts.[10] Individual mental health status is also an important related factor. Drug addicts are often accompanied by psychological problems, such as depression, anxiety, etc., which may become the inducement or aggravating factors for relapse. The risk of relapse among those with the diagnosis is 2 times higher than that of those without the diagnosis of mental illness.[11] Li Xinyi found that negative emotions and risk cognition had a significant impact on the relapse tendency of drug addicts, while risk cognition played a mediating role between sensory seeking and negative emotions. This highlights the importance of emotional and cognitive factors in relapse in addicts.[12] In addition, self-efficacy and a sense of life meaning are also associated with relapse, tendency, and relapse behavior. Individuals with lower self-efficacy had a significantly higher relapse rate than those with higher self-efficacy body, [13] Drug addicts with a strong sense of life meaning have a clearer understanding of the goals and meaning of life, enhance their motivation and willingness to quit, and reduce the possibility of relapse.[14]

3.2. Social factors

Social factors play an important role in the occurrence and development of drug addicts. Among them, social exclusion is a key factor.[15] Receiving support from family, friends and community is essential to maintaining drug addiction. Social support can provide emotional support, informational support and substantive support to help drug addicts cope with temptation and relapse risks. Drug addicts with higher social support had lower relapse rates, and those with lower social support did higher relapse rates.[16] Wang Dan found that the failure to obtain effective social support and recognition and the most basic safety and attribution needs are one of the main reasons for the high relapse rate.[17]

Social networks are also an important factor affecting relapse among drug addicts. The presence of drug-related

people and circumstances in the social networks of drug addicts will directly affect their risk of relapse. If addicts return to drug-related social networks, they will face more temptation and stress and have an increased risk of relapse. Instead, actively healthy social networks can provide support and encouragement, reducing the likelihood of relapse.[18]

Employment opportunities are also an important aspect of the social factors. Employment is very important for the rehabilitation of relapse prevention and social adaptation of drug addicts. Stable employment can provide economic support, identity and social support, which can help drug addicts to establish stable living and social connections. Studies have shown that drug addicts have a lower risk of relapse with stable employment.[19]

3.3. Family Factors

Family factors have an important influence on the relapse behavior of drug addicts. First, family relationship quality plays a key role in the risk of relapse. Studies show that family factors have a significant effect on the relapse behavior of drug addicts. The relapse rate of drug addicts with poor quality family relationship was significantly higher than those with better quality family relationship.[22] In the family environment of drug addicts, the intimate relationship, communication and support between family members have a direct impact on the relapse risk of drug addicts, and the relapse rate of drug addicts with better family relationship quality is low. [20]

The support and participation degree of family members are also the important factors affecting the relapse of drug addicts. The understanding, support and participation of family members in the drug rehabilitation process can provide emotional support and substantial support required by addicts, helping them to maintain drug rehabilitation and coping with relapse risks. Conversely, poor comprehension, apathy or negative attitudes of family members may increase the risk of relapse among drug addicts. The level of support and participation of family members was negatively associated with the relapse behavior of drug addicts.[21] The lack of motivation to stop using drugs causes them to relapse easily when they leave rehab without supervision.[22] Marriage has a great influence on relapse. Good marriage and having children in the family relationship have a positive effect on reducing relapse rate. [23]

In addition, the economic situation has an impact on the relapse behavior of drug addicts. Economic difficulties may lead drug addicts to face life stress and financial difficulties, increasing the risk of relapse. Lack of economic resources may make it difficult to meet basic needs, and may also limit access to effective drug rehabilitation support and follow-up rehabilitation services. The study found a positive relationship between economic difficulties and the risk of relapse among drug addicts.[24]

4. Countermeasures for Recovering Drug Addicts

4.1. The provision of mental health services

Providing counseling and treatment to help the rehabilitated person deal with psychological disorders and learning strategies to cope with stress is important for building a positive mindset and staying awake for the long-term. The psychological circle believes that the main reason

for relapse is the heart addiction, and advocates the use of psychological treatment, psychological rehabilitation and other means for intervention treatment.[25]Wang Xiaohong and Chen Lisuan believe that the method of preventing relapse is that drug users continue to receive scientific psychological treatment and psychological counseling after physiological detoxification, and put forward several specific psychological treatment strategies of cognitive acceptance method, emotional communication method, social care method and self-guidance method.[26]For compulsory addicts, group counseling is an effective method due to their environment. Zeng Xiaoqing investigated the intervention effect of the group counseling of meaningful treatment on the relapse tendency of drug addicts, and found that the group counseling of meaningful treatment can effectively improve the creative value source and life meaning sense of drug addicts, and significantly reduce their tendency of relapse.[27-28]PLA and other studies show that group psychotherapy designed based on cognitive behavioral therapy can effectively reduce the relapse rate of new drug dependence.[29]By actively guiding the concept and value system of drug addicts, paying attention to the education of life meaning, and then reducing the level of hostility to help them to restore the function of social adaptation.[30].

4.2. Strengthen government supervision and support

Strengthen management and oversight. The government should establish a sound management and supervision mechanism, strengthen the supervision of the drug rehabilitation institutions, and ensure the safety and legality of the rehabilitation institutions. At the same time, the management and supervision of drug addicts should be strengthened to prevent them from indulging in drugs again and ensure their treatment effect and social adaptability. Publicity and education activities will be carried out to raise the public's awareness and understanding of drug rehabilitation people, encourage them to pay attention to and support drug rehabilitation, eliminate discrimination and prejudice against rehabilitation personnel, so that they can be better recognized and respected in the society. Provide vocational training and employment assistance to increase their employment opportunities and economic stability, feel their self-worth, and then establish a positive attitude towards life, and reduce the risk of relapse. Research shows that vocational training and employment assistance can improve the self-esteem and self-confidence of drug addicts and increase their chances of social integration, thereby reducing the likelihood of relapse.[31]

4.3. Strengthen family and community support

Strengthening family and community support is critical to the rehabilitation process for drug addicts. Measures such as family treatment, family education and community rehabilitation resources can provide support and guidance for drug addicts in the home and in the community. Establish a social support network to let all sectors of society join in the attention and support for drug rehabilitation people, provide them with more help and support, and promote their better integration into society. Family and community support can reduce the sense of isolation of drug addicts, help them

establish stable social relationships, and provide their guidance and supervision in the rehabilitation process.[32]Without the supervision and assistance of their families, it is difficult to achieve the purpose of complete drug rehabilitation by relying only on the strength of the drug addicts themselves.[33]A remote visit system has been established to help drug addicts repair the family support system, and also effectively alleviate the specific difficulties that the families of distant drug addicts cannot come to visit, and avoid the journey.[34]For family conflicts, family support network weak sick addicts, with family visits, family counseling, family meetings to help strengthen the family support network, guide the family members know family support for the positive effect of sick addicts, and guide families set up positive treatment consciousness, actively participate in sick addicts rehabilitation plan.[35]Enhance the interaction and communication between drug addicts and their family members, and improve the intimacy between them, so as to establish a good family support system, and truly improve the bad family relations of drug addicts.[36]

5. Conclusion

Through a comprehensive study on the relapse problem of drug abusers, we can draw the following conclusions. The factors affecting the relapse of drug abusers include individual, family, and social factors. In terms of individuals, the degree of addiction and mental health status have important effects on relapse behavior; in terms of families, the quality of family relationships and family economic status are related to relapse behavior; in terms of society, social rejection, social networks, and employment barriers are related to relapse. Based on the research results, we propose systematic prevention and intervention measures, such as strengthening mental health services, strengthening government supervision and support, and strengthening family and social support.

Acknowledgment

This work was financially supported by: Innovation and Entrepreneurship Training Program of Shaoguan University (No.S202310576035).

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