

THE EFFECTIVENESS OF STRESS MANAGEMENT TECHNIQUES ON ALCOHOLIC PATIENTS



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STRESS

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- ***Stress is what you experience when you feel overwhelmed by things happening in your life. As a result you feel powerful emotions which you may find difficult to manage.***

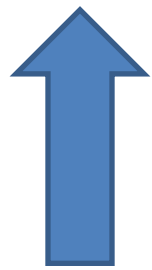




RELATIONSHIP STRESS

ALCOHOL

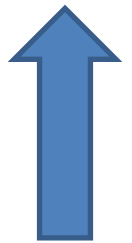




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ALCOHOL

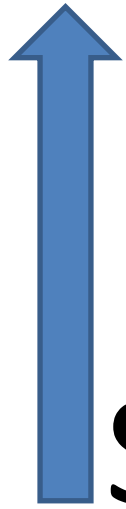


Pohorecky, L.A.(1991) In a review investigating the connection between alcohol consumption and stress, it was noted in several studies where researchers sampled individuals from areas affected by natural disaster. Studies indicate that people drink as a means of coping with economic stress, job stress, and marital problems, often in the absence of social support, that the more severe and chronic the stressor, the greater the alcohol consumption.

Norman (2002) conducted study on schizophrenic patients who received the stress management program did have fewer hospital admissions and but it did not reduce schizophrenia symptom level. The author's hypotheses that stress management training may provide people with coping skills that reduce the likelihood of acute exacerbation of symptoms reducing hospitalization.



PROBLEMS



STRESS



ALCOHOL



ALCOHOLIC STRESS



STRESS MANAGAMENT TECHINQUES HAS TO BE A PART OF ALCOHOLISM TREATMENT



Stress management techniques are integral part of alcoholism treatment programs, although it is difficult to specifically ascertain the value of these techniques (Kathleen T.Brady and C.Sone, Pharm.D 1999)

These are

- Progressive Muscular Relaxation Exercise(Jacobsen)
- Aerobics
- Autogenic training
- Deep breathing exercise
- Meditation
- Communication skills
- Laughter
- Time management
- Verbalization

OBJECTIVES

- To determine the effectiveness of stress management program among alcoholics in the rehabilitation setup.
- To identify the level of stress.

Methodology

Inclusion criteria

- a) Clients should be addict for alcohol in more than one year.
- b) Clients who are habituated of having alcohol three times a week or more
- c) Regular customs of arrack shop/bar/toddy
- d) Clients who were complained of being chronic alcoholics by the family members.

Exclusion criteria: alcoholics not having any associated psychiatric complications
alcohol dependent only

Sample size: 121 alcoholic patients, age group of 18 -59 years studies are conducted at various de addiction centers.

Duration of alcoholism is 15 years, patients at rehabilitation setup

Tentative period 3 Months

Statistical tool Paired 't' test

Stress questionnaire are used in this study Stress questionnaire - Test retest reliability of 0.87, Good concurrent validity

Score interpretation

0 -17 **low stress**

18 – 35 **moderate stress**

36 – 52 **high stress**

Progressive Muscular Relaxation Techniques (Jacobsen)



Progressive Muscular Relaxation Techniques (Jacobsen)

PMR has two processes one is tensing the muscle groups and the other one is relaxing the tightened muscle groups. The following steps are

Step 1. Assume a comfortable position. You may lie down; loosen any tight clothing, close your eyes and be quiet.

Step 2. Assume a passive attitude. Focus on yourself and on achieving relaxation in specific body muscles. Tune out all other thoughts.

Step 3. Tense and relax each muscle group as follows:

- Forehead - Wrinkle your forehead, try to make your eyebrows touch your hairline for five seconds. Relax.
- Eyes and nose - Close your eyes as tightly as you can for five seconds. Relax.
- Lips, cheeks and jaw - Draw the centers of your mouth back and grimace for five seconds. Relax. Feel the warmth and calmness in your face.
- Hands - Extend your arms in front of you. Clench your fists tightly for five seconds. Relax. Feel the warmth and calmness in your hands.
- Forearms - Extend your arms out against an invisible wall and push forward with your hands for five seconds. Relax.

- Upper arms - Bend your elbows. Tense your biceps for five seconds. Relax. Feel the tension leave your arms.
- Shoulders - Shrug your shoulders up to your ears for five seconds. Relax.
- Back - Arch your back off the floor for five seconds. Relax. Feel the anxiety and tension disappearing.
- Stomach - Tighten your stomach muscles for five seconds. Relax.
- Hips and buttocks - Tighten your hip and buttock muscles for five seconds. Relax.
- Thighs - Tighten your thigh muscles by pressing your legs together as tightly as you can for five seconds. Relax.
- Feet - Bend your ankles toward your body as far as you can for five seconds. Relax.
- Toes - Curl your toes as tightly as you can for five seconds. Relax.

Step 4. Focus on any muscles which may still be tense. If any muscle remains tense, tighten and relax that specific muscle three or four times

Step 5. Fix the feeling of relaxation in your mind. Resolve to repeat the process again

Aerobic Exercise

Early morning it is done for 20 – 30 minutes. It involves repetitive, rhythmic contractions of the large muscles of the legs and arms. Aerobic exercise appears to be an effective mood regulating behavior (Thayer, Newman and McClain, 1994).



Autogenic Training

- It uses self-hypnosis and mental imagery to achieve relaxation. It typically involves imagining sensations of physical heaviness and warmth to achieve muscle relaxation and vasodilatation.
- Imagining oneself in settings where one would feel warm, comfortable, and heavy can facilitate these autosuggestions.
- Autogenic training is an effective adjunctive treatment for stress-related conditions (Ehlers et al, 1995).



Communication Skills

- Clarifying expectations, defining needs honestly and providing tactful and constructive feedback, can decrease the number of stressful understandings.
- Social skills training and assertive training programs are an important part of stress management for certain client populations ([Willard and Spackman](#))

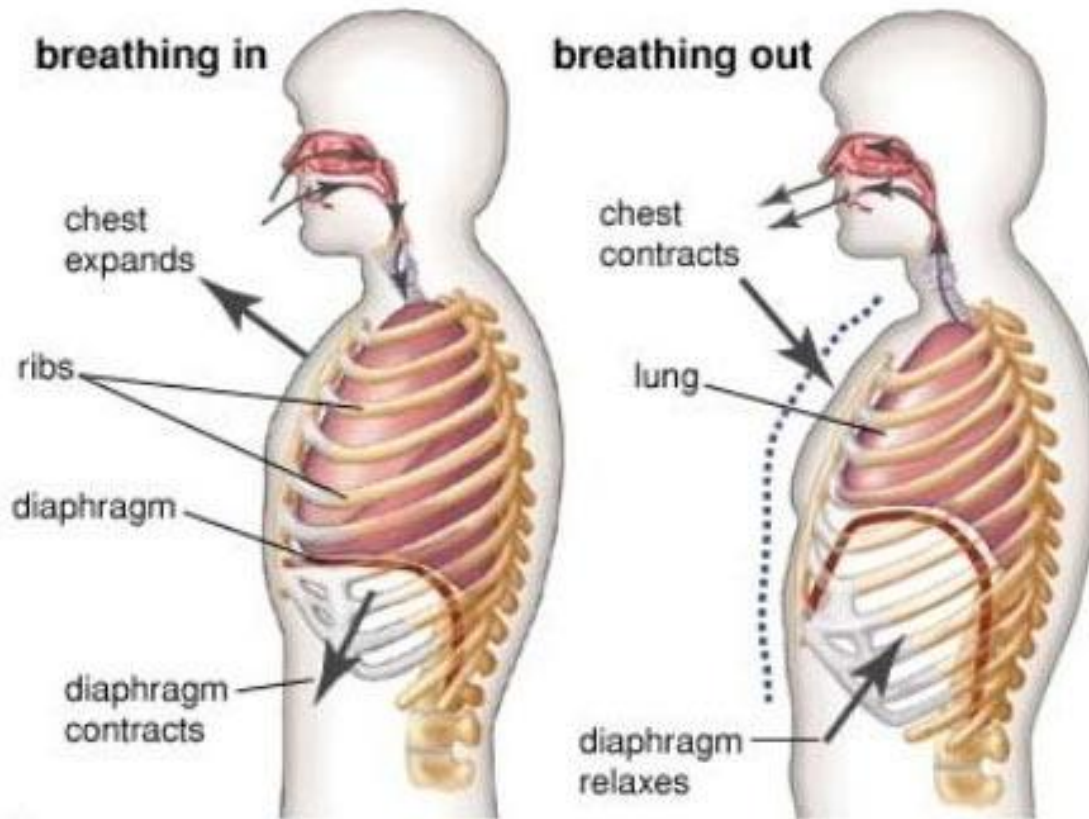


Deep Breathing



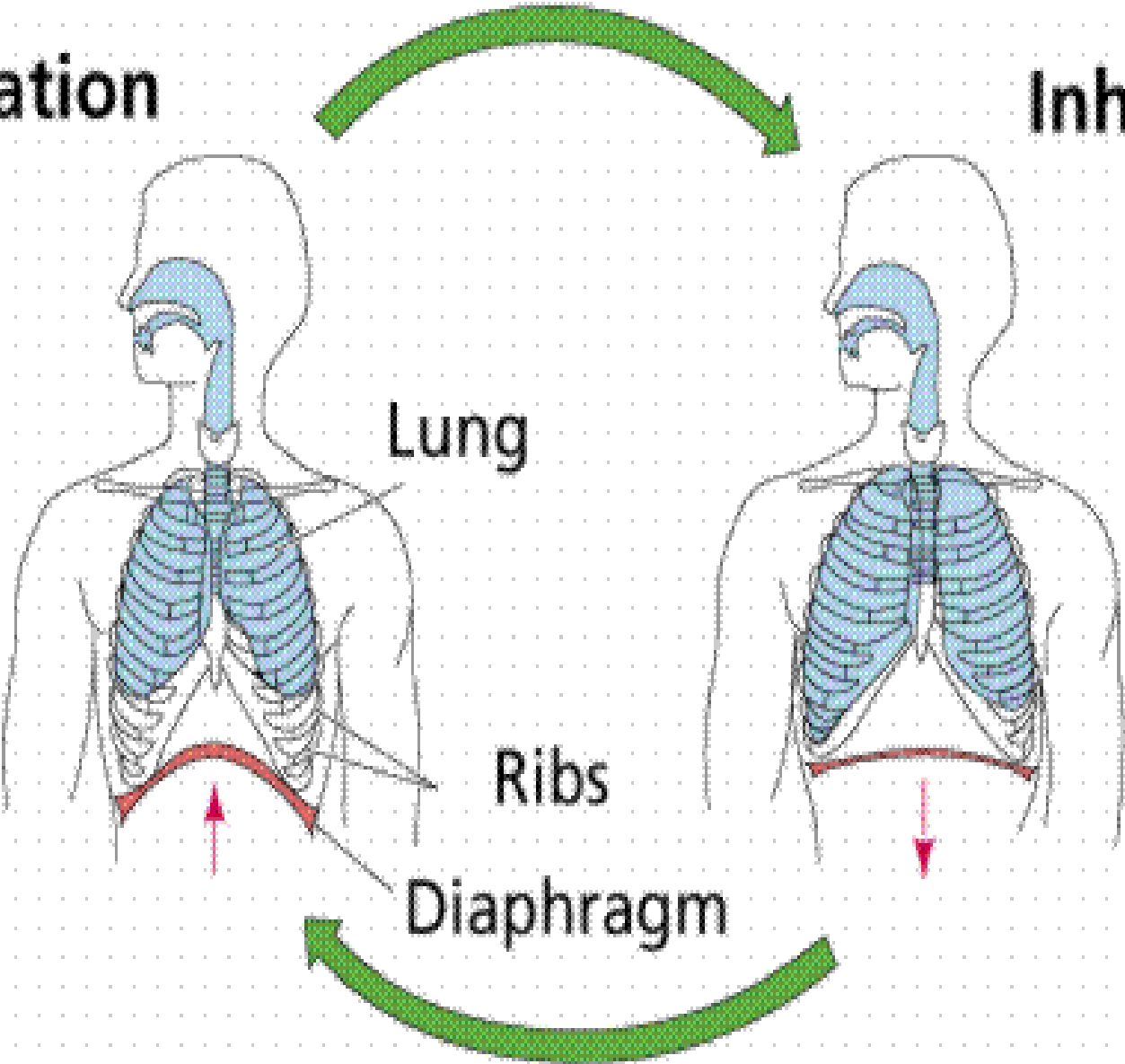
- Deep breathing involves slowly inhaling and exhaling to reduce tension in the shoulders, trunk and abdomen. The process begins with focusing on normal breathing in a quiet and comfortable place. This is followed by a period of deep inhalation and slow exhalation. During inhalation, the abdominal muscles should be relaxed. During exhalation, the abdominal muscles should be contracted. It is often helpful to rest a hand lightly on the abdomen during this process.
- Deep abdominal breathing has been demonstrated to reduce physiological responsiveness (**Forbes and Pekala, 1993**) 15 minutes with 2 – 3 minutes interval.

Deep Breathing



Exhalation

Inhalation



Laughter

Laughter's may stimulate the release of endorphins, the brain's endogenous opiates, thereby helping to alleviate pain and stress (Cousins, 1979).



Meditation

Meditation involves focusing attention on a rhythmic, repetitive word, phrase or sensation (e.g. breathing, heart rate) to achieve relaxation. Benon (1975) has suggested that this mental process blocks the stress response of the sympathetic nervous system by activating the anterior hypothalamus which controls the parasympathetic nervous system. Each one has to teach the patient for more than twenty minutes up to forty five minutes for twenty patients at a time in one set up per day. This has to continue minimum eight to twelve weeks sessions.

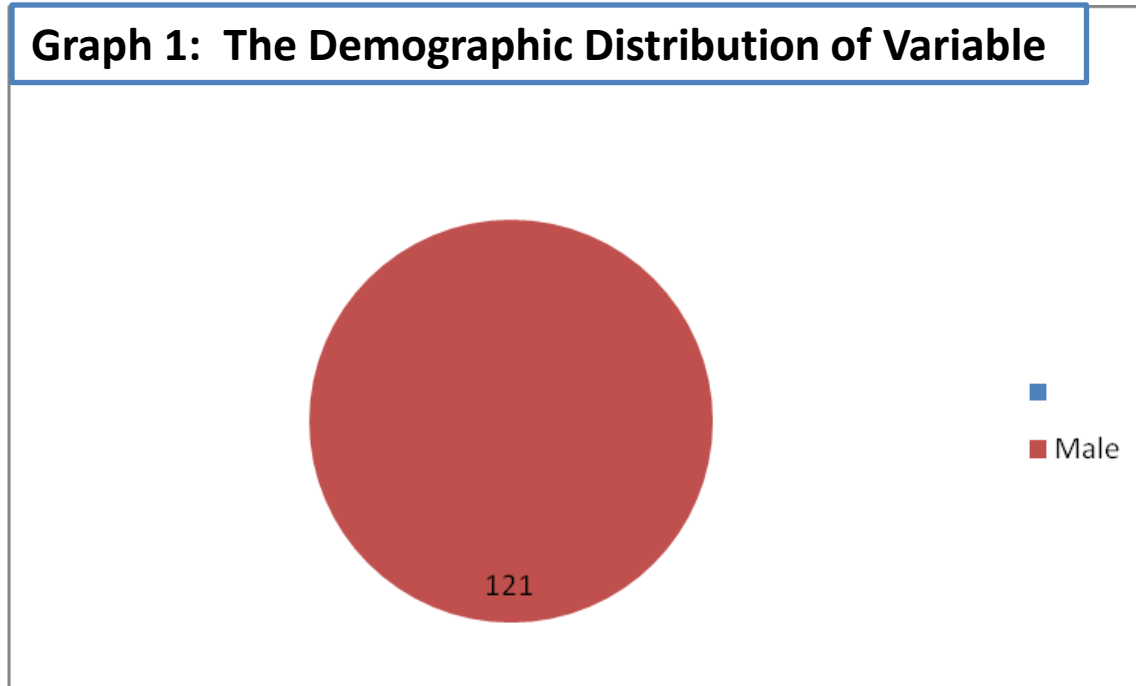


Results and interpretations

Table 1: The Demographic Distribution of values

Gender	Sample size
Male	121

Graph 1: The Demographic Distribution of Variable



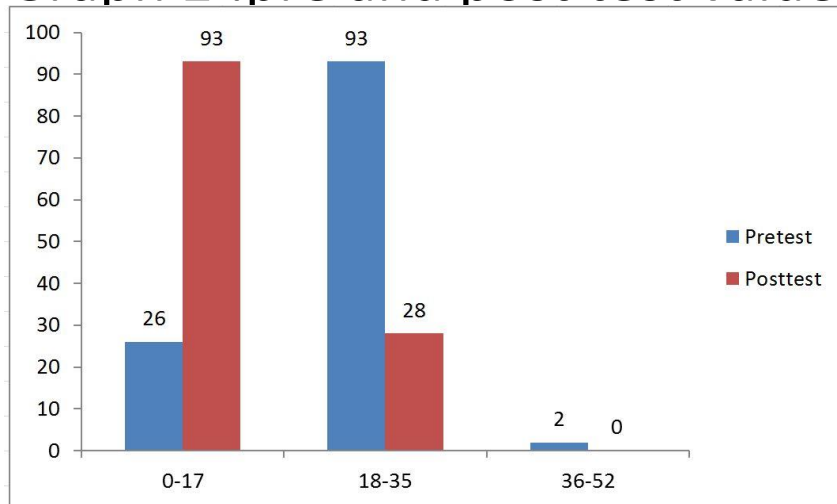
Results and interpretations

Data analysis carried out uses SPSS (version 16).

- Table 2 :pre and post test values of all ranges

Range	Pretest	Posttest
0-17	26	93
18-35	93	28
36-52	2	0

- Graph 2 :pre and post test values of all

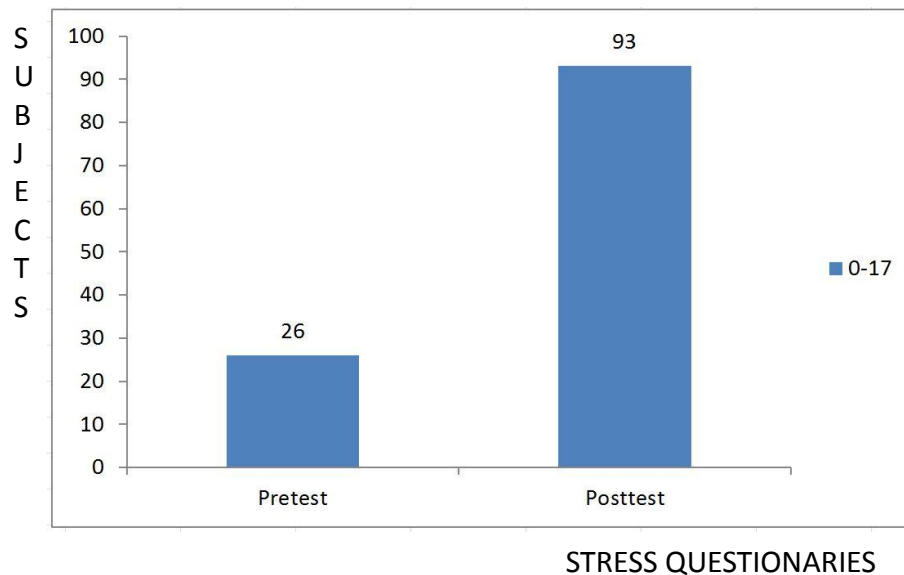


Data analysis carried out uses SPSS (version 16).

Table-3: Pre and Post values of low range

Range	Pretest	Posttest
0-17	26	93

Graph-3: Pre and Post values of low range

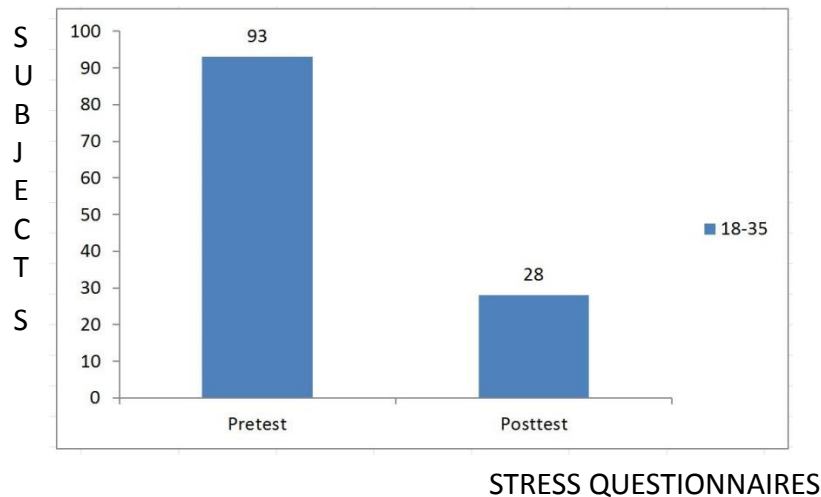


Data analysis carried out uses SPSS (version 16).

Table-4: Pre and Post values of Medium range

Range	Pretest	Posttest
18-35	93	28

Graph -4: Pre and Post values of Medium range

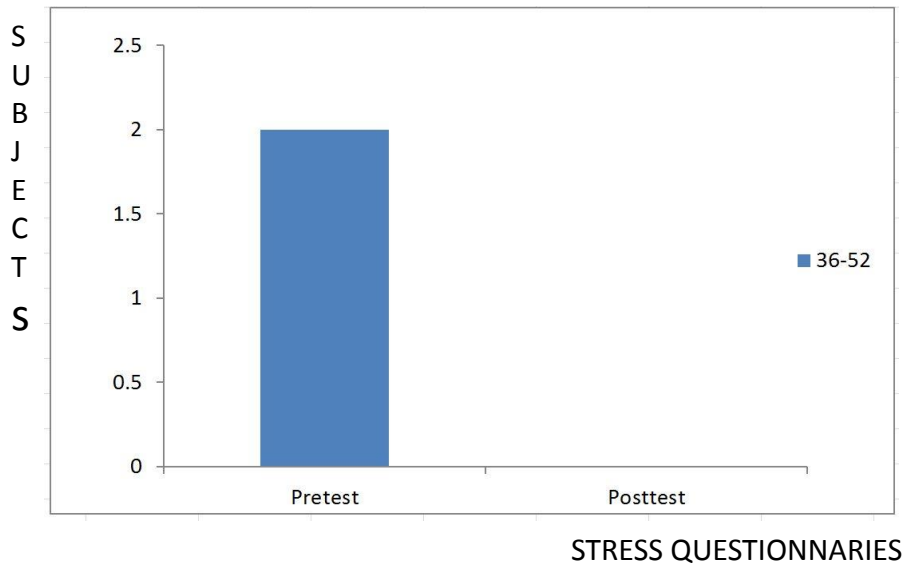


Data analysis carried out uses SPSS (version 16).

Table-5: Pre and Post values of High range

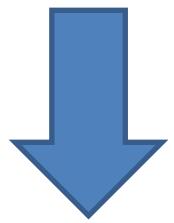
Range	Pretest	Posttest
36-52	2	0

Graph-5: Pre and Post values of High range



Intervention	Mean	S.D	't'	P
Before (n=121)	22.39	7.272	14.106	< 0.001
After (n=121)	13.47	6.634		

CONCLUSION



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**GOOD
HEALTHY
AND LONG
LIFE**

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THANK YOU