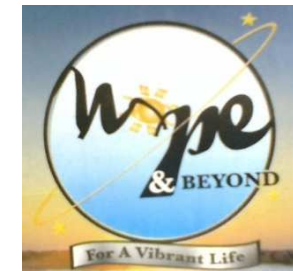




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Towards effective, culturally adapted treatment for alcohol abusers in Uganda

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Content

- Overview of the research
- Preliminary findings on perception towards alcohol (ab)use
- Tentative implications on treatment



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Important Definitions

- **Alcohol addiction:** repeated powerful motivation to use alcohol despite the harm or risk it causes
- **Alcohol misuse:** consumption that puts individuals at increased risk for adverse health and social consequences
- **Alcohol use disorder(s):** Physiological and psychosocial abnormalities arising out of alcohol misuse



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Overview of the research

- Identify existing interventions for the treatment of alcohol abuse
- To map out service users' and treatment providers' perspectives on alcohol addiction, treatment and recovery in Belgium and Uganda
- To examine the role of addiction severity, motivation, retention and psychopathology on alcohol abusers' recovery after residential alcohol treatment
- To formulate recommendations regarding effective treatment for individuals with alcohol abuse problems in Uganda and SSA.

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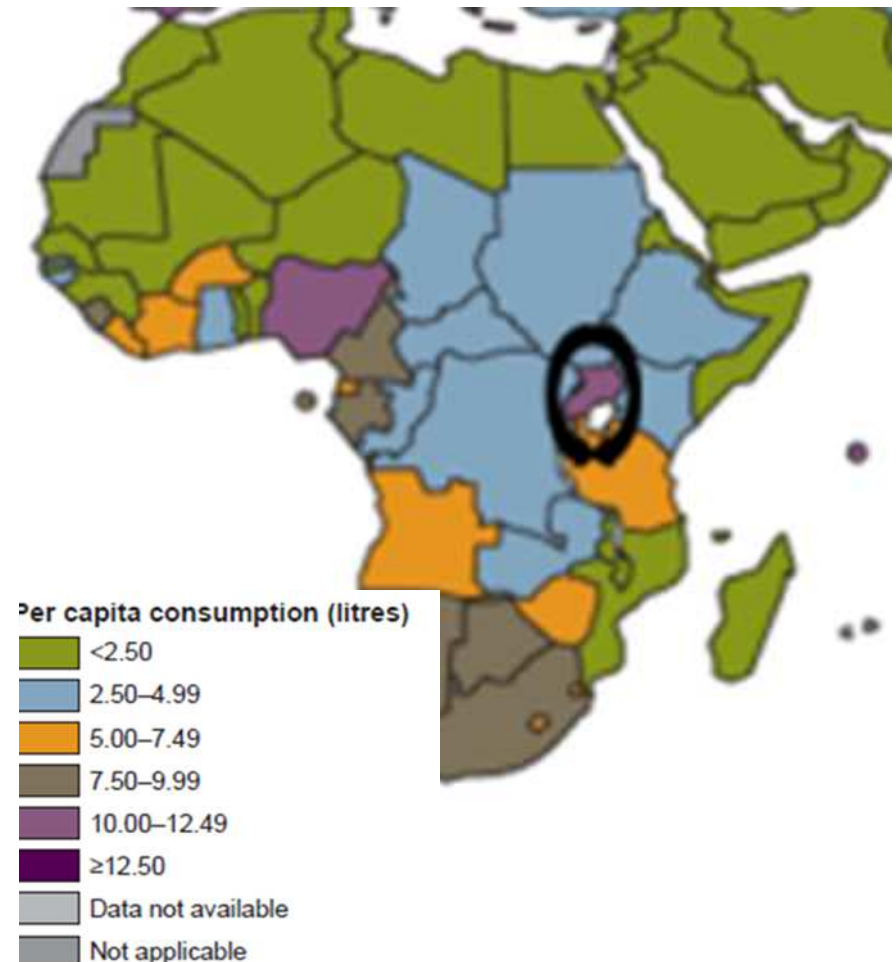
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Alcohol ab(use) in Uganda

- **Heavy consumption:** Even if only 28% of the population drinks, Uganda is 2nd in Africa and in top ¼ of alcohol consuming countries worldwide (WHO, 2014).
- **Informal /unrecorded alcohol:** Estimated at 80%.
- **Bing drinking:** 30% heavy episodic drinking among drinkers is among the highest in the world(WHO, 2014)
- **Underage consumption:** 30% consumption among teenagers



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Drugs: education, prevention, and policy



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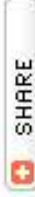


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Commentary

Alcohol misuse, policy and treatment responses in Sub-Saharan Africa: The case of Uganda

Posted online on February 18, 2015. (doi:10.3109/09687637.2015.1006180)

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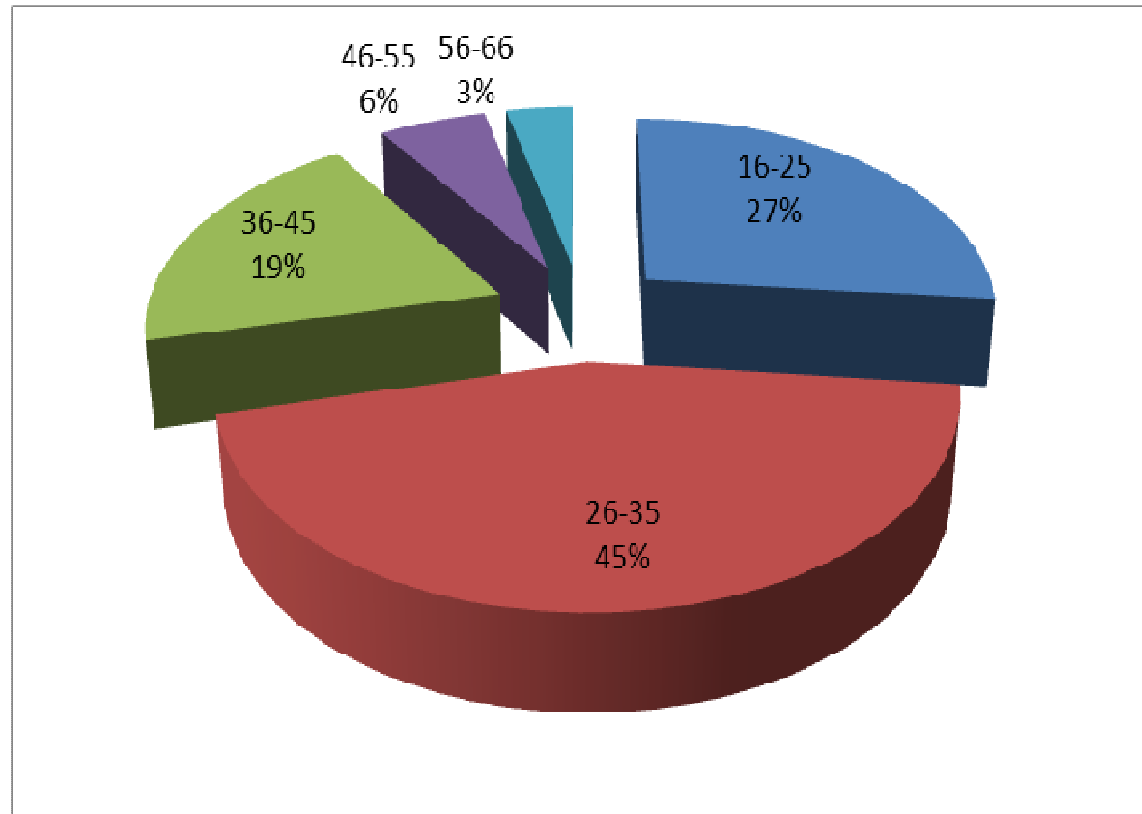
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Alcohol service users in Kampala

Age range: 16 – 60 years

Sample: 140
clients from
ADU -National
mental referral
hospital and
Hope and
Beyond



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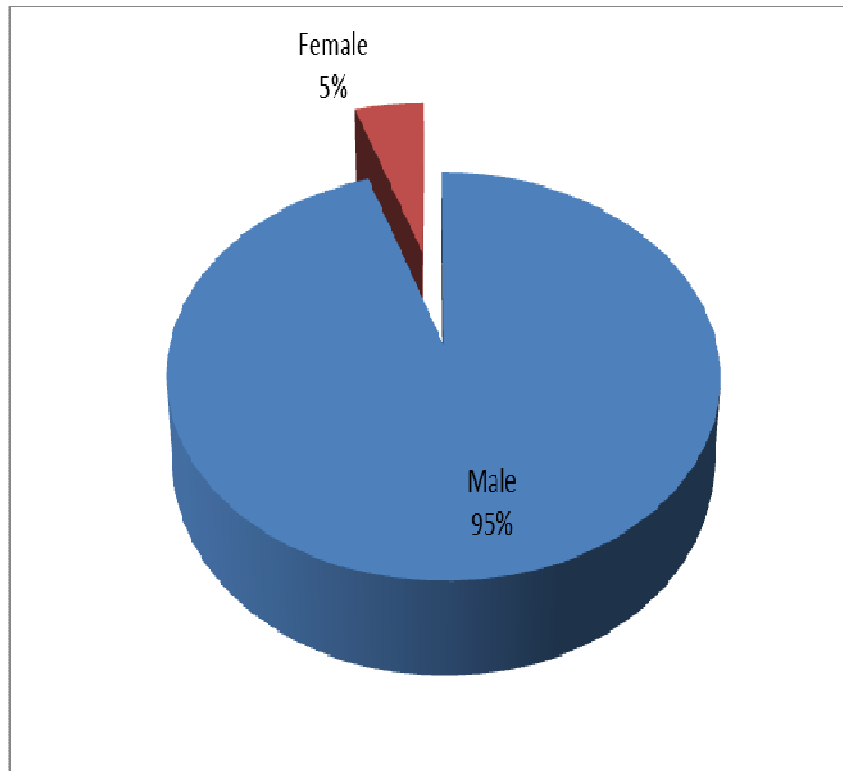
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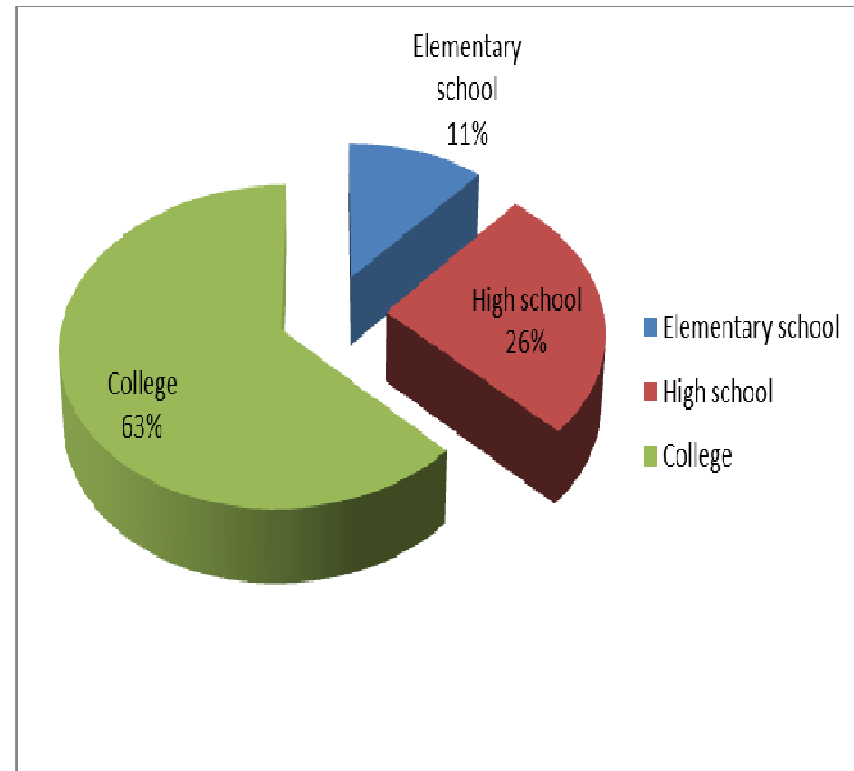
Recommendations

Alcohol service users in Kampala... (Contd.)

Gender



Educational levels



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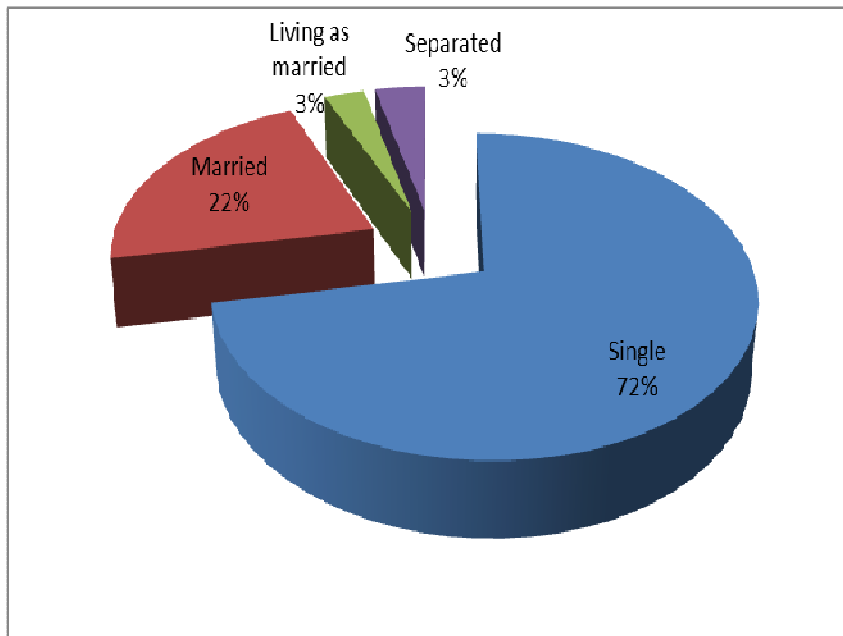
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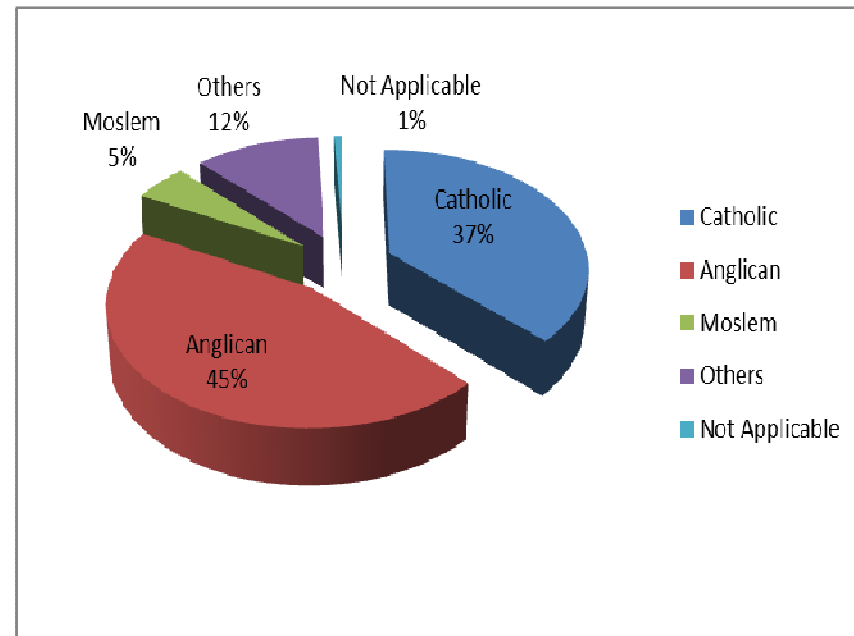
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Alcohol service users in Kampala... (Contd.)

Marital Status



Religion



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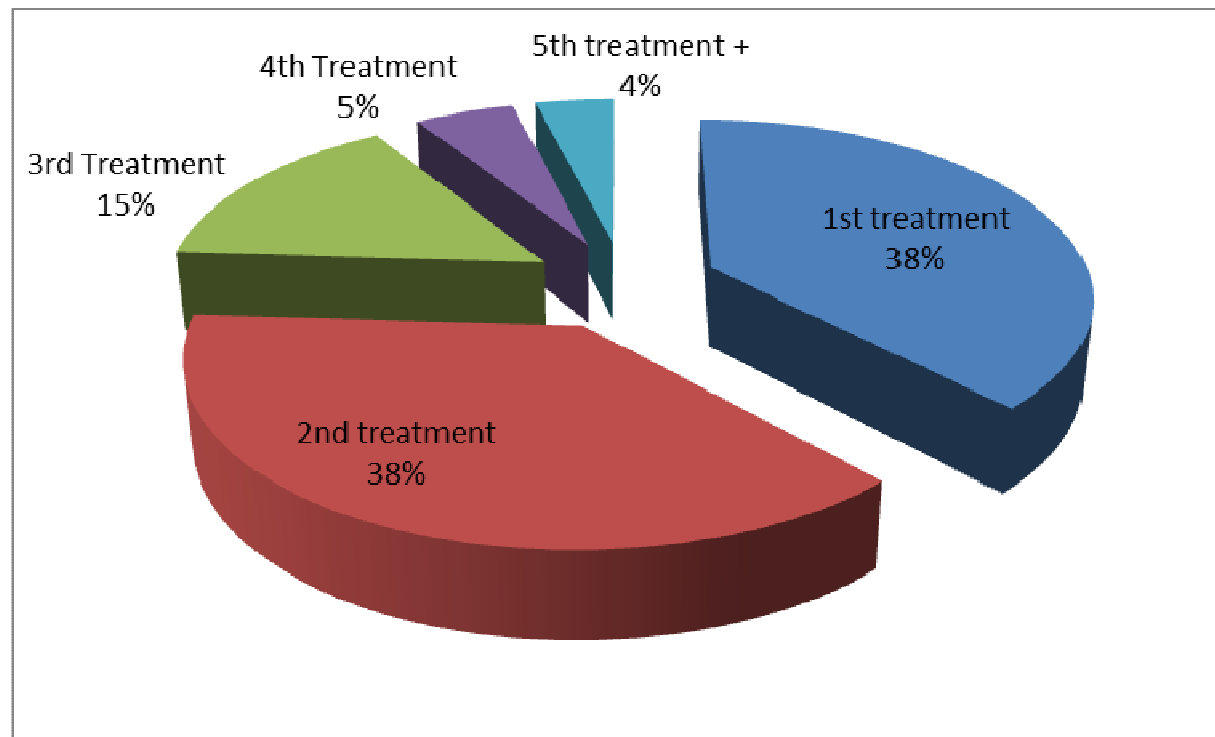
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Alcohol service users in Kampala... (Contd.)

Number of times in treatment: Range; 1-14



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Addiction!!!

- Addiction: controversial = No common and/or permanent definition as it changes with culture, place, profession ... therefore has many/growing theories;
- Biological, Social, Psychosocial, spiritual ... (internal and external factors)
- **COM – B** Model (West, 2013) ; Summarises over 20 different/theories models
 - C**apability: Physical and Physiological capacity
 - O**pportunities: surrounding physical and/or social enablers
 - M**otivation effect: Processes that energise and direct their
 - B**ehaviour

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Recent studies on Addiction

Theories

- Heyman, 2009 (Addiction a choice disorder)
- West, 2013 (Models of Addiction)
- Rantala & Sulkunen, 2012 (Social cultural theory)
- Sulkunen, 2015 (Images theory of addiction)
- Lewis, 2015 (Addiction is not a disease)

Cross cultural studies

- Holma et al., 2011 (Addictions in Europe)
- Sulkunen & Warsell, 2012 (Nordic countries)
- Egerer, 2013 (Gambling)
- Chen & Nath 2016 (Internet)
- Koski-Jannes et al., 2016 (Alcohol)
- Fraser, 2016 (Drinking, Gambling & Eating)

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Qualitative study of Perceptions on Alcohol use/abuse in Uganda by Alcohol service users and service providers

Alcohol Use

- High tolerance/Alcohol is part and parcel of life, low risk perception and influenced by culture/religion & mass media.
- Gender based discrimination

Alcohol abuse

- Frequency of use, volumes and effect of drinking, problems arising and Dependency symptoms
- Associated with manipulating own alcohol and negative spiritual consequences.

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Perception of Alcohol treatment services

- Blamed for being weak/indiscipline, labelled and disowned.
- Addiction is stigmatised due to association with low caste societal members and housing of the alcohol treatment in psychiatry.
- Associated with crime, diseases eg. HIV/AIDS



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Facilitating factors of addiction

- **Inadequate Life skills:** Inadequate resilience and peer resistance skills
- **Accessibility**
 - Availability even in educational institutes
 - Early exposure (low legal threshold of 16/18 years),
 - Affordability, Pricing and packaging
 - Nature of work/ Occupational hazards
 - Factories in communities
 - Absence of restrictions



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Theoretical relevancy on causes of Addiction in Uganda

- **COM – B Model**
- **Opportunity** factors (high availability and absence of restriction)
- **Motivational** factors (a combination of culture, promotional activities by the industry, early exposure, peer influence and social economic hardships)
- Others Models
- **Moral criminal**
- **Socio-cultural** – Norms, functions & meanings attached to pleasure
- **Image** – Advertisement and promotions
- **Self-medication models** – Psychic trauma

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Recommendations and implication to treatment providers

ASSESSMENT:

- Frequency of use,
- Volumes and
- Effect of drinking/use; problems arising and Dependency symptoms

Note: Assessments should consider information on manipulating own alcohol and negative spiritual consequences.



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Recommendations ...TREATMENT

- Empower clients to cope with external pressure (culture) through
- **Life Skills** (Esteem, Resilience and peer resistance),
- **Educate** clients and communities on alcohol use/abuse risks and the difference between use and abuse, Influence mass media,
- **Reduce stigma** by minimising methods that label and describe alcoholics as weak/indiscipline (biological model vs more holistic approaches??).
- Explore spiritual approaches/ involve religious leaders
- Establish programs for special groups such as women, youth

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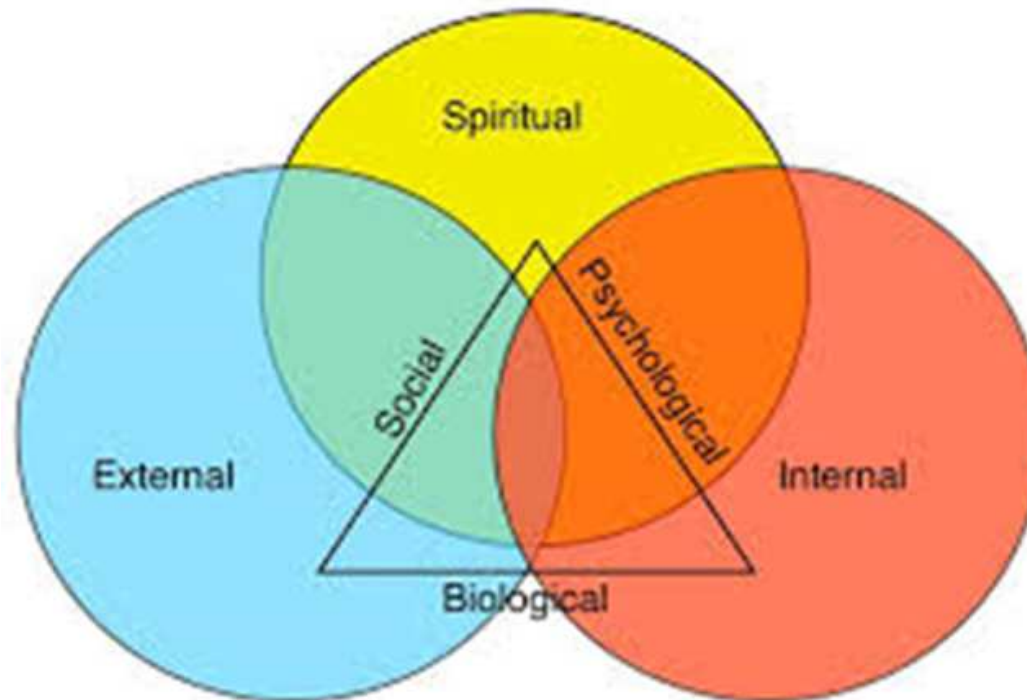
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Bio Psycho Social Spiritual



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END



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