

Modelling body-mind-spirit well-being and risk of relapse in adults who have substance use histories

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PURPOSE

- The purpose of the current path analysis was to examine the relationship between body-mind-spirit health and the risk of relapse, as well as other relevant predictors in people who had a history of substance use.

METHODS

- A cross-sectional survey was used. Participants were recruited in Southern Taiwan between December 2015 and June 2016.
- Data was collected from 467 participants who had a history of substance use including Category 1 and 2 substance users or Category 3 and 4 substance users.
- The inclusion criteria of the sample were (1) having a history of substance use; (2) 20 years of age or older; (3) clear and conscious capacity to complete the questionnaires; and (4) agreement to participate in the study.
- The questionnaires included the Health of Body, Mind, and Spirit Scale (HBMSS), and the Relapse Prediction Scale (RPS).
 - The HBMSS had 15 items. Total scores on the HBMSS range from 15 to 75, higher scores indicate better health in terms of body, mind, and spirit.
 - The RPS had 39 items. Total scores on the RPS range from 0 to 156, with higher scores indicating a greater potential for relapsing among substance users.

RESULTS

- There were 199 participants in substance-use Categories 1 and 2 and 268 in Categories 3 and 4.
 - The average age of the respondents was 32.72 (SD = 10.41) with an age range between 20 and 80.
 - The majority were male (n = 367, 78.6%), single (n = 398, 85.2%), and had a religious belief (n = 333, 71.3%).
 - Commonly used substances in the current sample were Ketamine (n = 317, 67.9%), Amphetamine (n = 157, 33.6%), 3,4-Methylenedioxy-methamphetamine (MDMA) (n = 123, 26.3%), and Heroin (n = 102, 21.8%).
 - Only a small percentage of subjects reported a serious (n = 25, 5.4%) or moderate (n = 60, 12.8%) adverse influence of stress in their daily life.
- Path analysis results revealed that body-mind-spirit health was negatively predictive of the risk of relapse (Figure 1).
 - Out of several predictors, stress influence and duration of substance use had direct effects on body-mind-spirit health and possibility of relapse intention, respectively. Stress influence and duration of substance use were associated with decreased body-mind-spirit health and increased the risk of relapse scores.
 - In addition, a lack of health history and male gender were associated with increased body-mind-spirit health.
 - Compared with Category 1 and 2 drug abusers, Category 3 and 4 drug abusers reported lower risk of relapse scores.

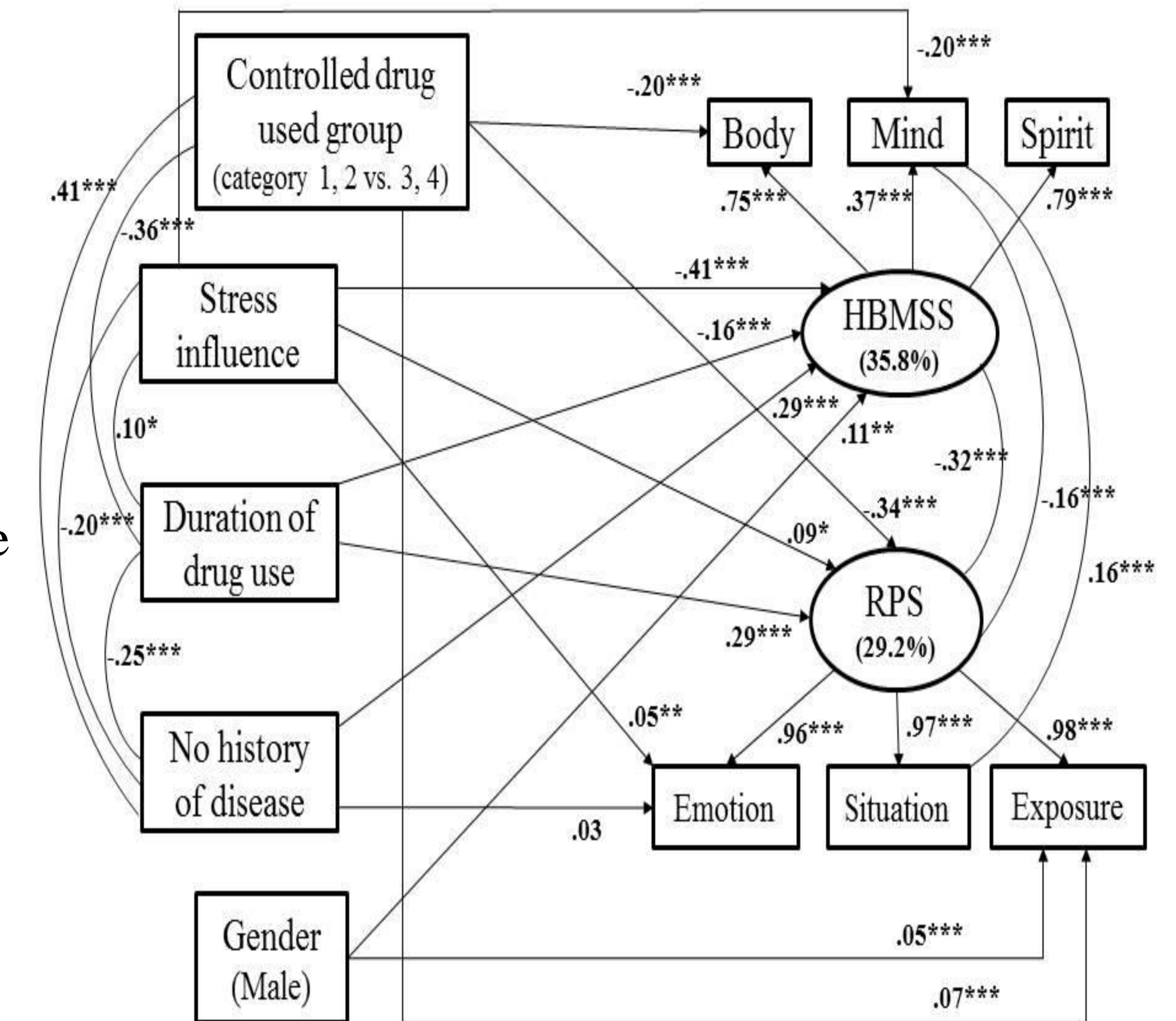


Figure 1. Final path of multiple indicators on the HBMSS and RPS. Note. HBMSS = Health of Body, Mind, and Spirit Scale; RPS = Relapse Prediction Scale. Model fitness index: $\chi^2 = 31.39$, $df = 27$, $p = .26$, CFI = .998, RMSEA = .02. * $p < .05$, ** $p < .01$, *** $p < .001$.

CONCLUSION

- Stress management and the duration of substance use play an important role in body-mind-spirit health in people with a history of substance use.
- Healthcare professionals could teach substance users coping strategies to address their stress and problems, which may improve their health and reduce the possibility of relapse intention.