

Effectiveness of an Alcohol Relapse Prevention Program Based on the Satir Model in Alcohol-dependent Women

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ABSTRACT

This study aimed to determine the effectiveness of an alcohol relapse prevention program based on the Satir Model on self-esteem, self-efficacy, life congruence and drinking behaviors by measuring heavy drinking days, abstinence days and levels of serum gamma-glutamyl transferase (GGT) in alcohol-dependent women. A randomized controlled trial was designed. Thirty-nine alcohol-dependent women hospitalized at either Suan Prung Psychiatric Hospital or Thanyarak Chiangmai Hospital, in Chiang Mai, Thailand, were randomly assigned into an experimental group of 18 women or a control group of 21 women. Results revealed that immediately following, and at 12 and 16 weeks after completing the alcohol relapse prevention program, participants in the experimental group demonstrated statistically significant increased self-esteem, self-efficacy and life congruence; increased abstinence days; and decreased heavy drinking days compared to the control group. In addition, at 16 weeks after completing the program, the experimental group had statistically significant lower levels of serum GGT than the control group. The alcohol relapse prevention program based on the Satir Model improved psychological health and prevented alcohol relapse among alcohol-dependent women.

Keywords: Alcohol-dependent women, Effectiveness, Relapse prevention, Satir Model

INTRODUCTION

Studies in Thailand and other countries indicate that significant risk factors for alcohol relapse in women include: (1) depression (Gjestad et al., 2011; Snow & Anderson, 2000; Zywiak et al., 2006); (2) stress from marriage and stress caused by an alcoholic spouse (Chansantor, 1998; Kamkan, 2005; Chowwilai, 2006; Walitzer & Dearing, 2006 and Jongchokdee, 2010); (3) low self-esteem (Angove & Fothergill, 2003; Silverstone & Salsali, 2003 and Jakobsson et al., 2008); (4) low self-efficacy (Scott, Foss, & Dennis, 2005; Moos & Moos, 2006; Mensinger