

7th World Congress on **Addictive Disorders & Addiction Therapy**
&
29th International Conference on **Sleep Disorders and Psychiatry**

July 16-18, 2018 London, UK

Early trauma, coping, perceived social support and self-efficacy in adults addicted to substances

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Chronic exposure to traumatic events in childhood has been linked to mental disorders in adulthood, such as substance addiction. Previous studies affirm that early trauma predicts the effectiveness of psychological and psychiatric treatments. Coping at stress using strategies focus on the problem and emotion facilitate recovery in patients with substance abuse disorders. There are few studies about effectiveness of Alcoholic Anonymous (AA) 12-step program in Mexico. In this regard we evaluated the relationship between early traumatic events, perception of social support, self-efficacy, mental state and coping strategies in 39 adults with substances abuse disorder, 24 of them received treatment in a AA 12-step program and other 15 received formal treatment in the Youth Integration Centers (YIC). Psychometric scores were compared between the 24-hours AA groups' patients and YIC's patients, using t test for independent groups, the categorical variables were compared using the Chi² test, finally a correlation between the early traumatic events and the psychometric scores. The results obtained showed 24-hours AA groups' patients had higher levels of dysfunctional coping (32.33 ± 6.42 , $p < 0.01$) and a greater presence of early traumatic events (14.82 ± 5.16 , $p < 0.03$). On the other hand, YIC's patients consume more cocaine ($\chi^2 = 8.92$, $p < 0.003$) and have received more professional treatments ($\chi^2 = 12.05$, $p < 0.001$). The number of traumatic events was negatively associated with the mental state ($r^2 = 0.59$, $\alpha = 0.49$, $p < 0.001$), the perception of family support ($r^2 = 0.59$, $\alpha = 0.28$, $p < 0.02$) and coping focus on the problem ($r^2 = 0.59$, $\alpha = 0.39$, $p < 0.002$); furthermore, a direct association with dysfunctional coping ($r^2 = 0.56$, $\alpha = 0.28$, $p < 0.05$).

Biography

Diana Laura López Navarro has completed her undergraduate studies from University of Guanajuato, one of the best public universities in the country. Since then, as a Clinical Psychologist, the area of addiction research has been the line for which she has begun to develop professionally, collaborating in the university's molecular biology and behavioral genetic laboratory, and developing a thesis whose protocol has been supported by the Guanajuato's Ministry of Health for its contribution in the matter of addictions.

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