

Educational Program on Quality of Life and Self-esteem Among Addict Patients

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Abstract

Background: Substance abuse disorders are one of the major health and social problems today in Egypt. **Aim** of the study is to evaluate the effect educational program on quality of life and self- esteem among addict patients. **Research design:** a quasi-experimental design used in this study. Setting: the Psychiatric Medical Center, Ain Shams University, affiliated to Ministry of higher education, **Sampling** A purposive sample were used in this study consisted of 60 addict patients, from the total number (400) were selecting according to certain criteria. **Tools:** An interviewing questionnaire was used to assess socio demographic characteristics and medical data sheet for addict patients. Quality of life scale to assess addict patient's physical, social. Psychological aspects and self –esteem scale, **Results:** the study revealed a significant improvement in all aspects of patients' quality of life and their self -esteem after attending the educational program sessions for four months, there were a highly statistically significant differences between substance abuse related knowledge of addict patient pre/post the program at $p < 0.001$. **Conclusion:** increasing addict patient awareness regarding addiction, causes, and hazards of different types, withdrawal symptoms and relapse symptoms could improve patient's quality of life and enhance their self-esteem. **Recommendations:** further follow up of the participants after 2 and 6 months is needed to assess the sustainability effect of the program.

Key: Addiction patient, Quality of life, Self – esteem, Educational program