



Stress, coping and strain of family members in Sao Paulo, Brazil.

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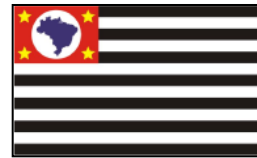
1933

Brazil



26 States
1 Federal District
Pop.:190.732.694

São Paulo



Population 41.262.199
Capital 10.659.386





UNIFESP

Federal University of São Paulo

UNIAD

Unit on Alcohol and Drugs



Aims

The objective of this research was to establish a socio-demographic profile of families and assess the negative impact of addiction.

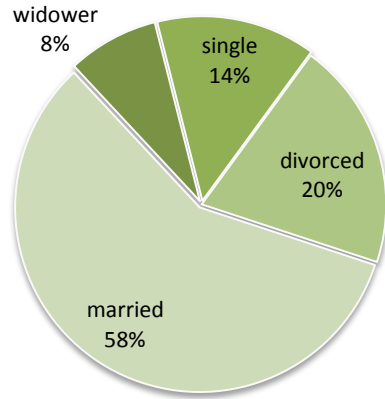
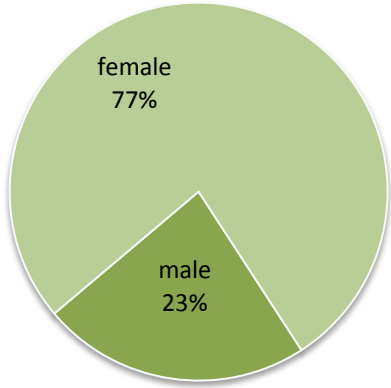
Design

Cross-sectional study. A convenience sample of 500 family members of Addicts in Greater São Paulo.

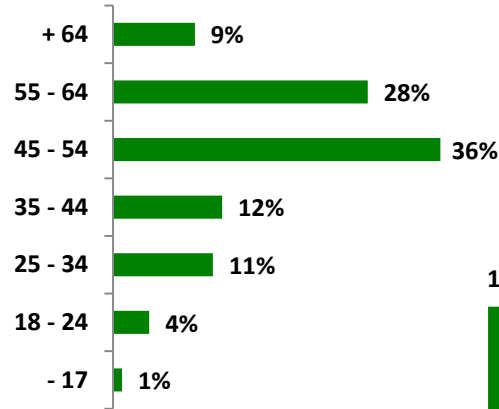
Measurements

The questionnaire based on a British study "Standardised assessments for family members, Methods and technique"-Jim Orford et al and a questionnaire assessing socio-economic and data for dependents and their families.

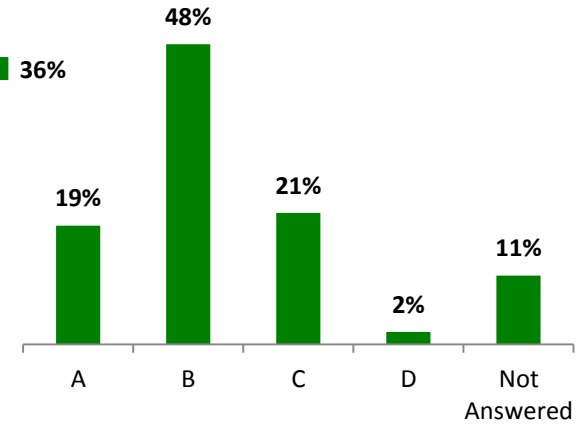
Family Profile



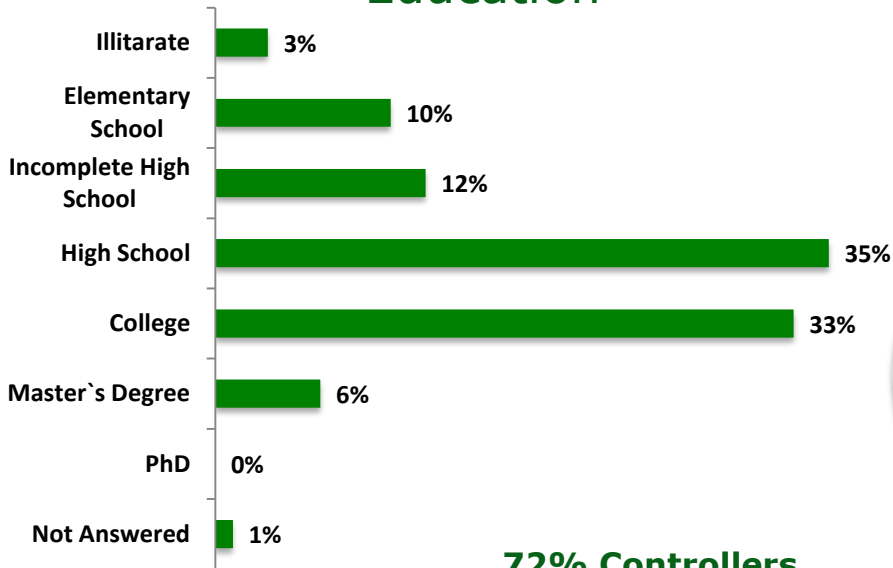
Age



Social Class

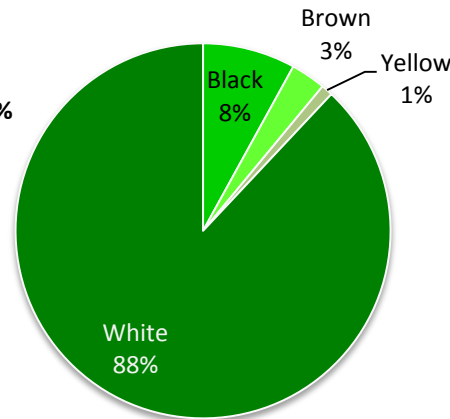


Education

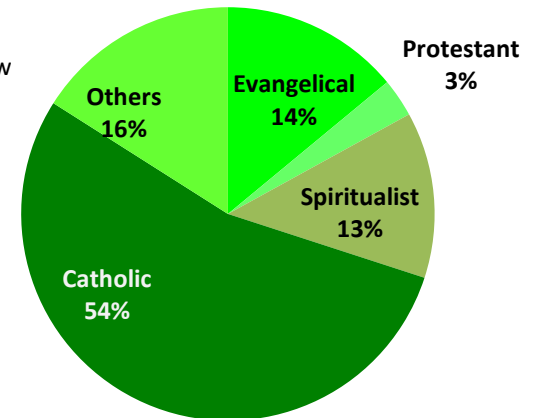


72% Controllers

Ethnicity

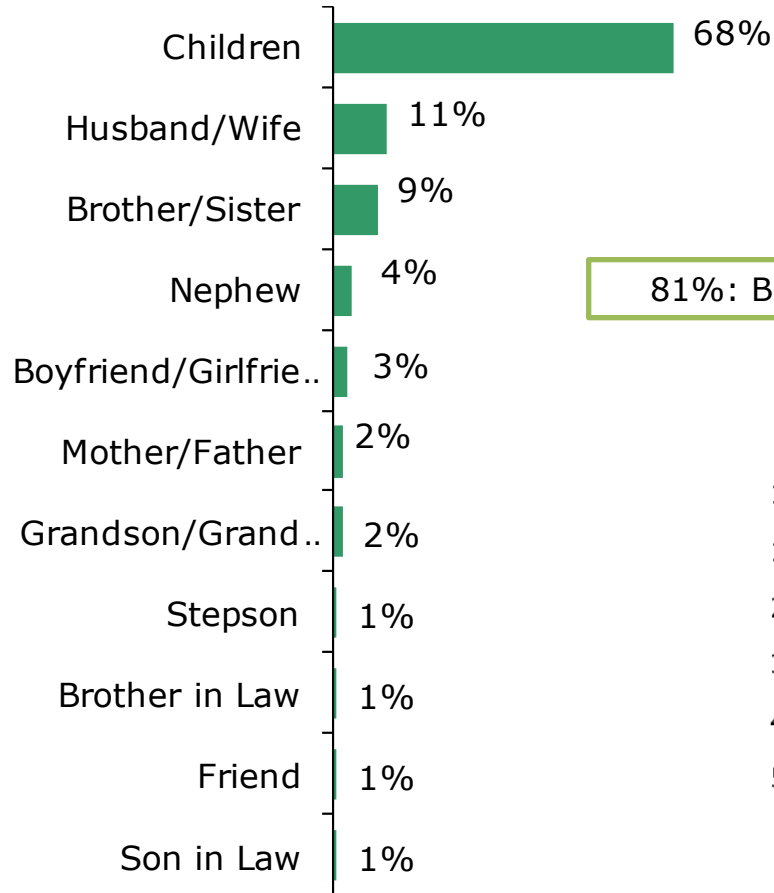


Religion

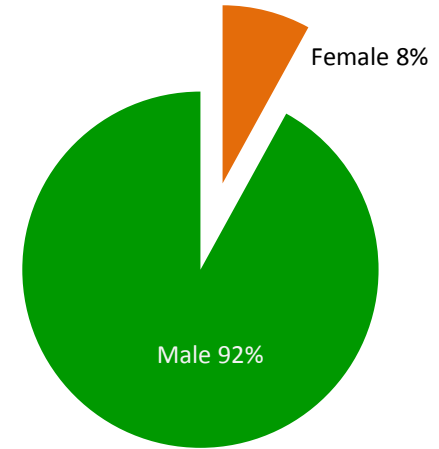


Profile Addict

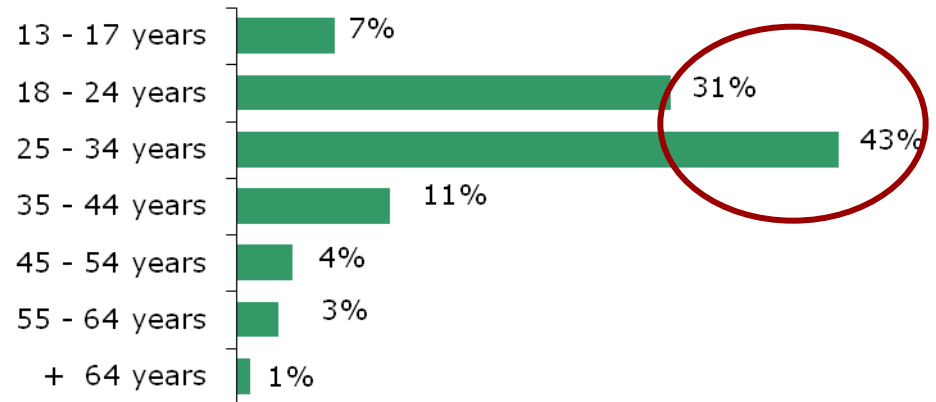
Relationship with the interviewee



81%: Blood Relatives



Age



Time of drug use

Time of drug use

Average	10,1 years
Children	8,9 years
Husband/Wife	16,4 years
Parents	24,8 years



User crack → 10,9 years



Time of Knowledge use

6,4 years
6,1 years
8,8 years
15,2 years



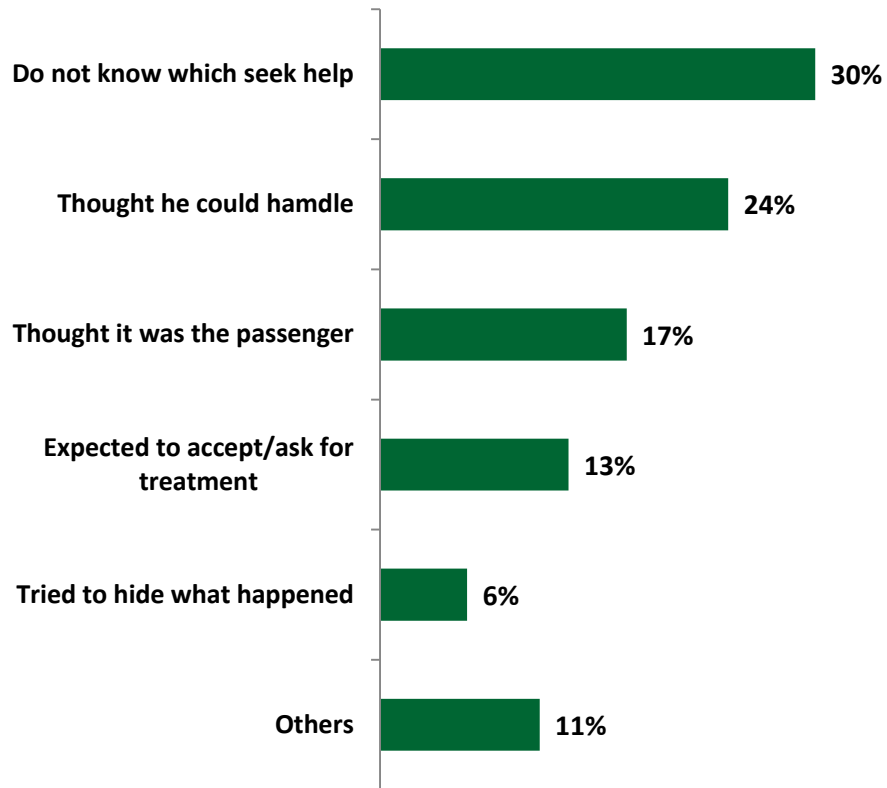
Time to search help

2,6
2,2 years
4,2 years
7,3 years

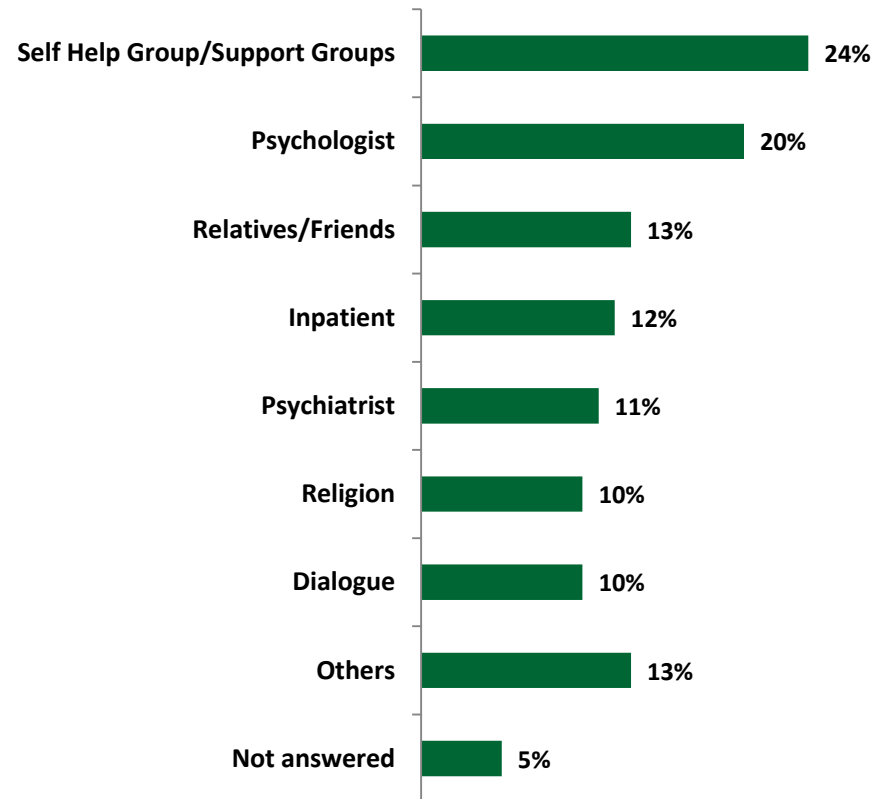
n= 500

Help

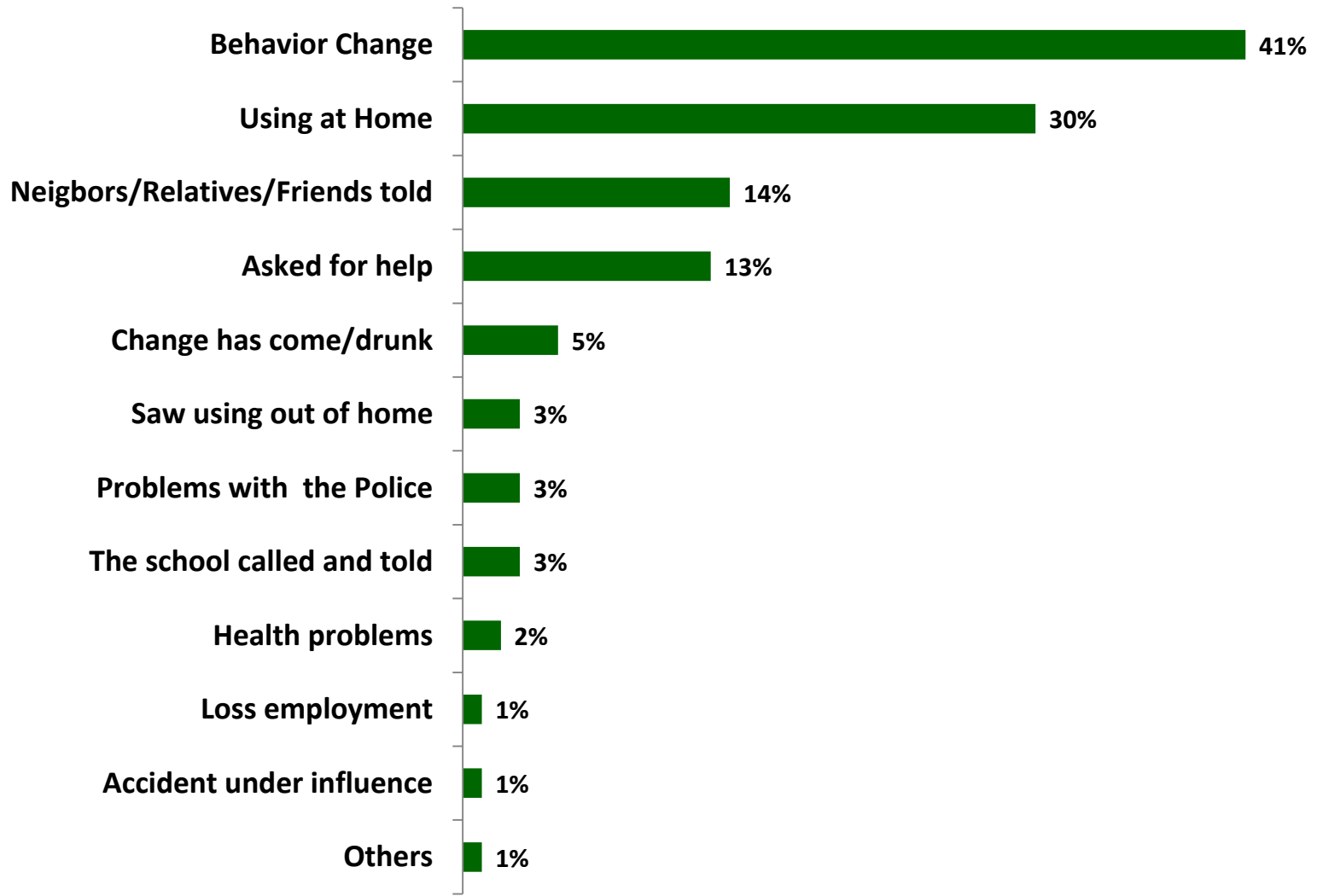
Reasons for the time for the help



First Aid



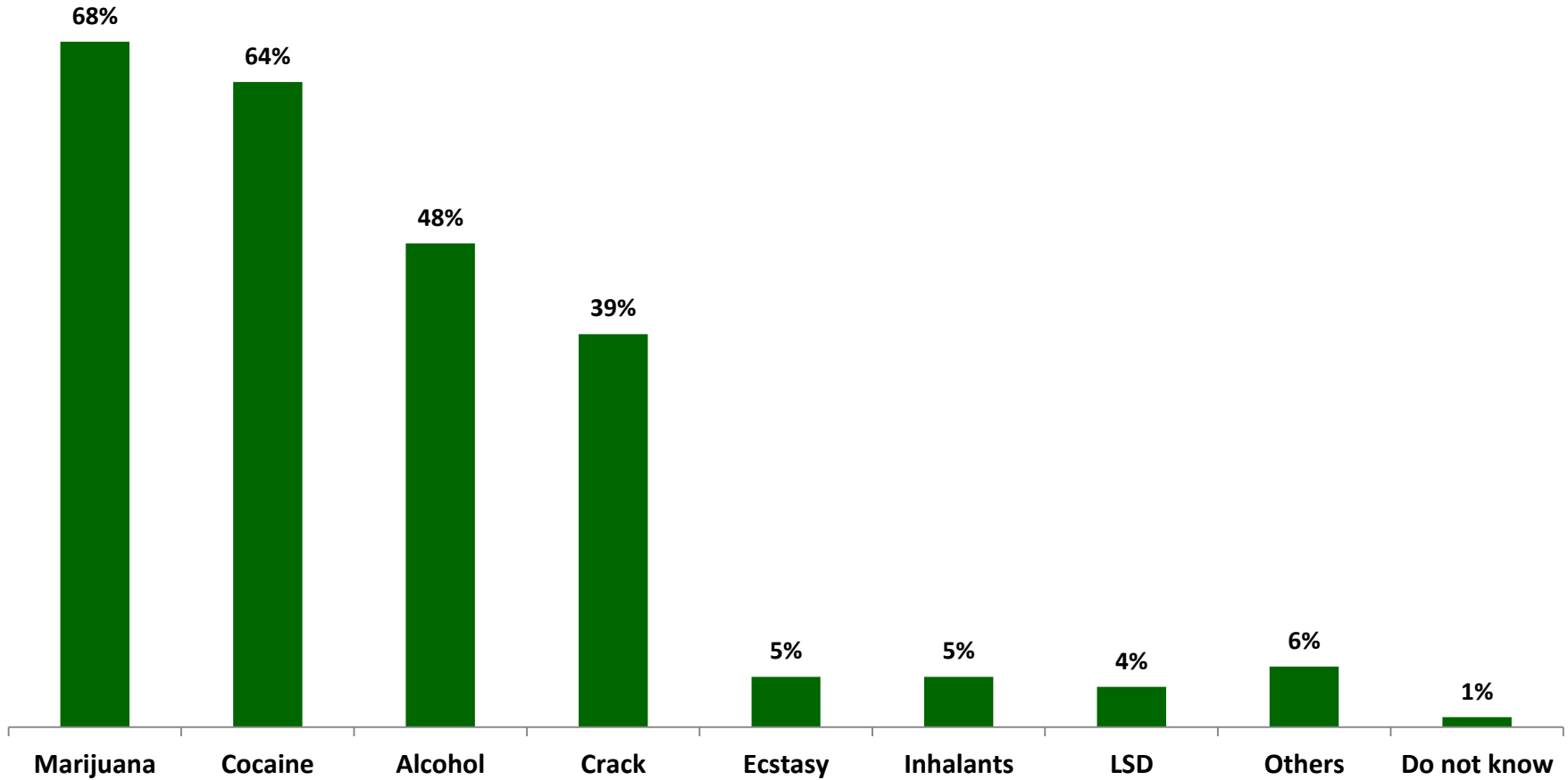
The Discovery of the use



* Pergunta admitia mais de uma resposta

Drug Use

The average use of more than one drug: 2,4.



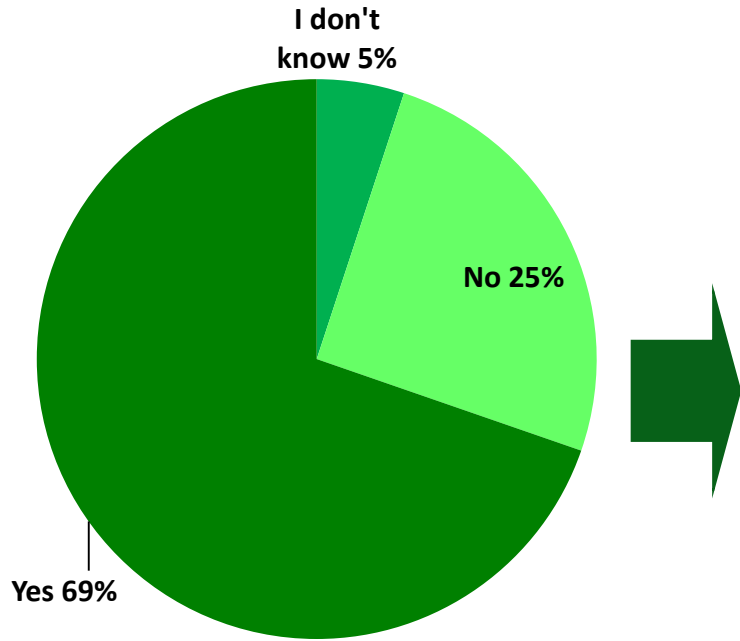
Other (soothing / game / mixed tea, lily, hashish, anabolic, Santo Daime, Opium)

Reasons for USE

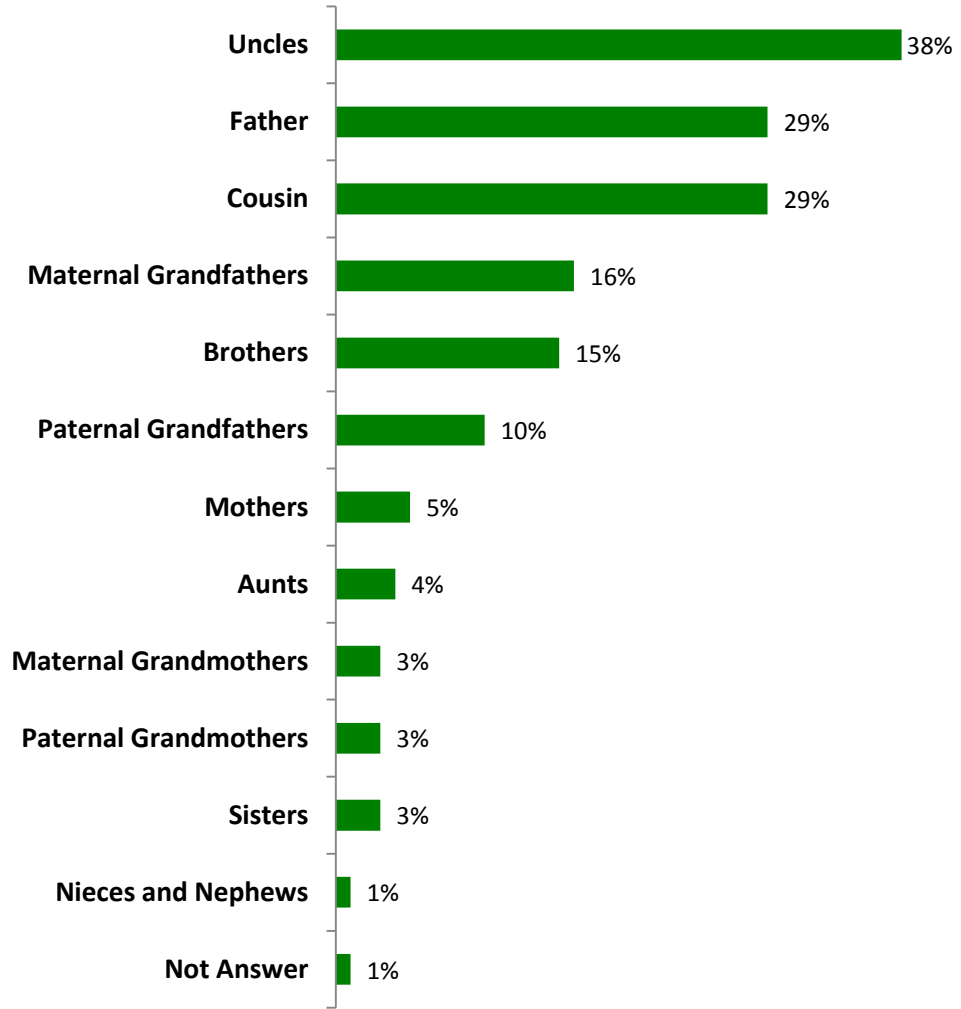
Reasons	TOTAL
Base	(n = 500)
Bad company	39%
Low self-esteem	37%
To fit in	24%
To disinhibit	23%
Absence of the father	21%
He was revolted	18%
In the family, others use	12%
Genetic	10%
Family did not know how to educate	9%
Absence of the mother	7%
Received little attention	7%
Depression / disillusionment	2%
Do not know	3%

* Question admitted more than one answer

Relatives drug users



Among crack users, 74% have at least on relative who has problems with alcohol



n= 347

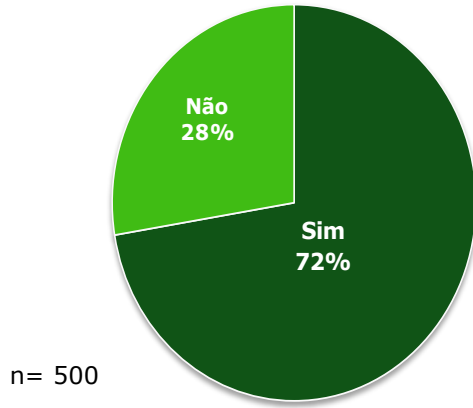
* Question admitted more than one answer

Events over the past 3 Months *

	Total (n=500)
Came in and ou at irregular hours	86%
Ceased to be a trustworthy person	86%
Mood swings	84%
Difficulty communicated with addict	75%
Failed to participate in family activities	75%
Affected the social life of the parent	68%
Stole/It did not pay the loan	63%
Affect the family finances	62%
Provoked fights with you	60%
Others had to get involved	49%
Troubled family gatherings	38%
Threatened you	36%
Physically assaulted a resident	36%

* Question admitted more than one answer

Admission / Inpatient

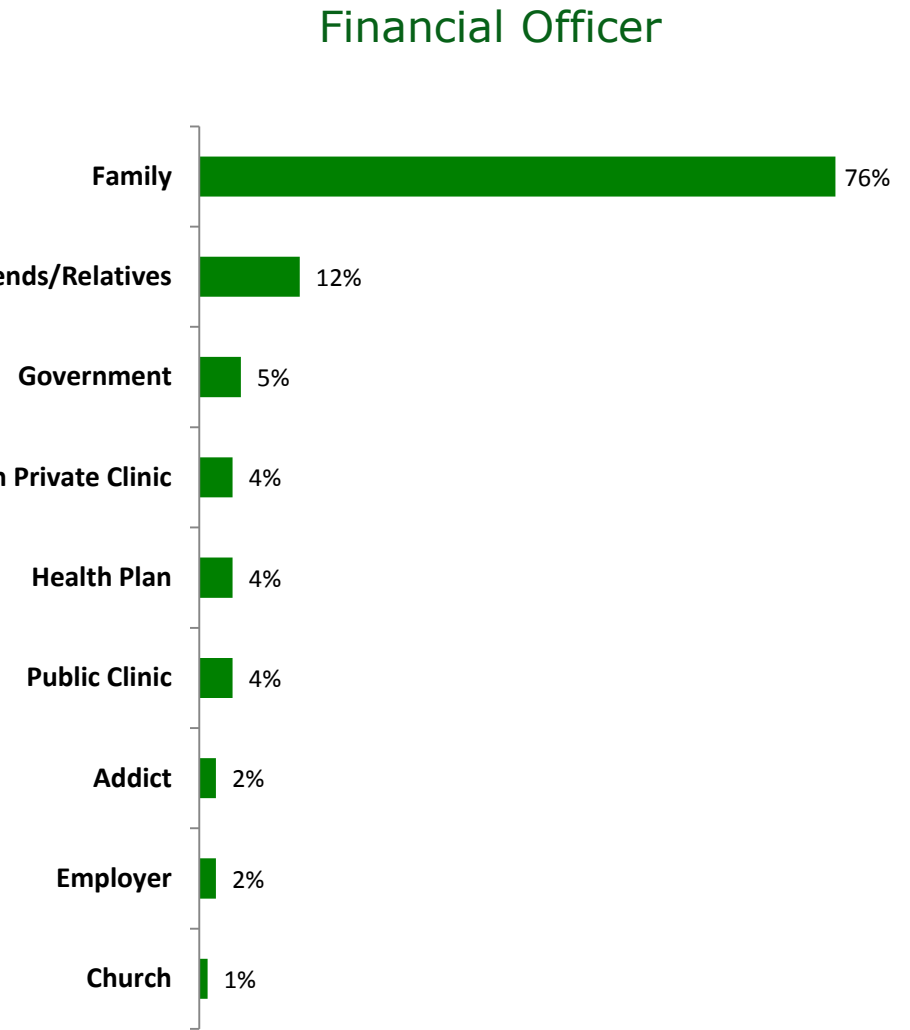


Cracks user: 95%

On average 2,7 times



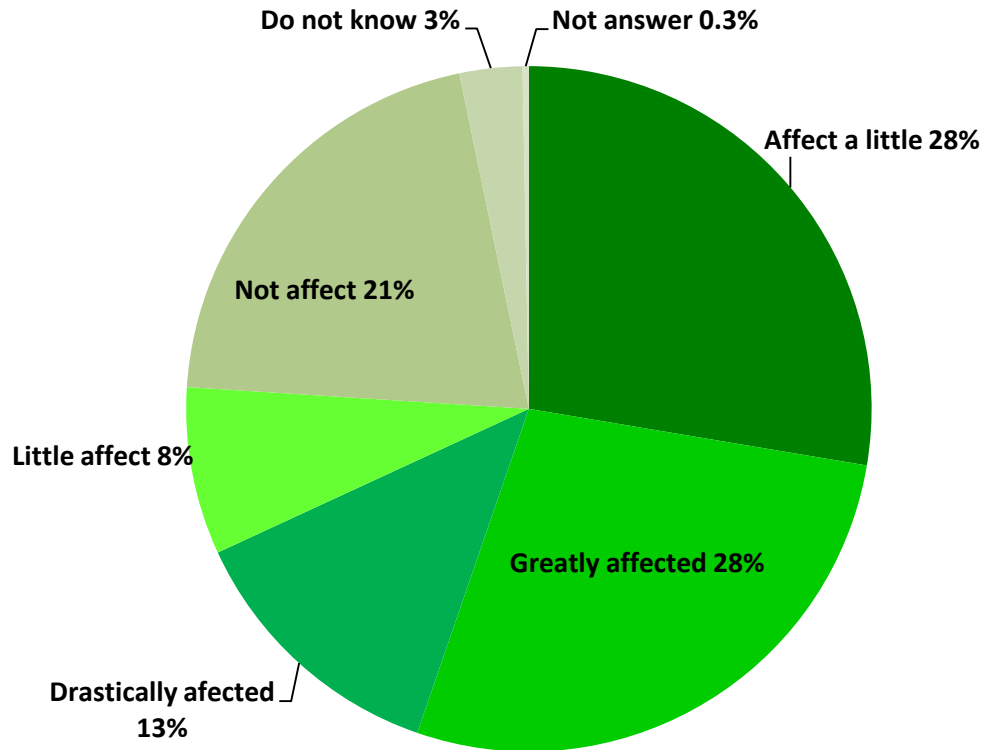
Vague social in Private Clinic



n= 347

Admission/ Inpatient

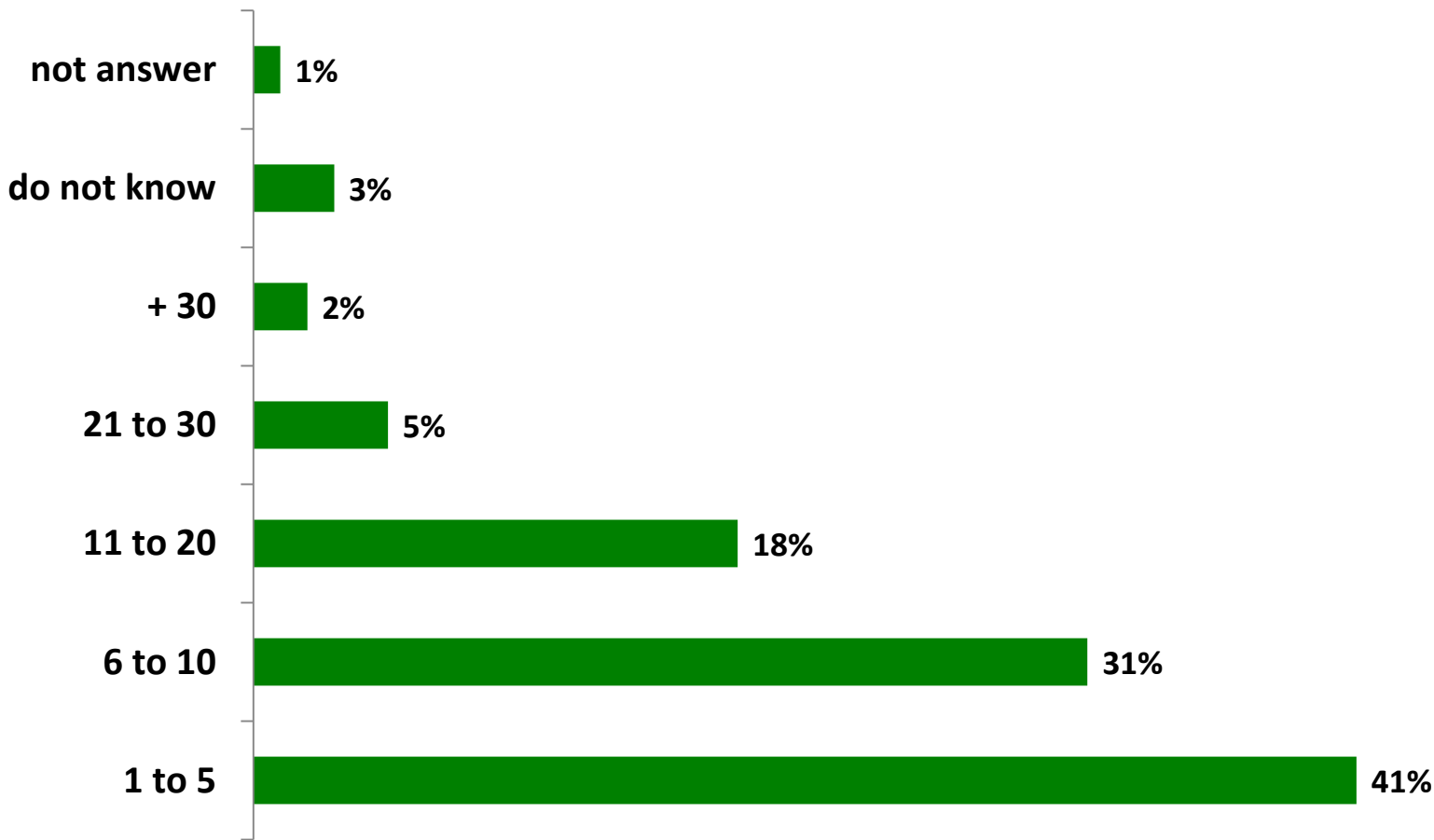
Affected the family finances?



* Social Class= B

n= 347

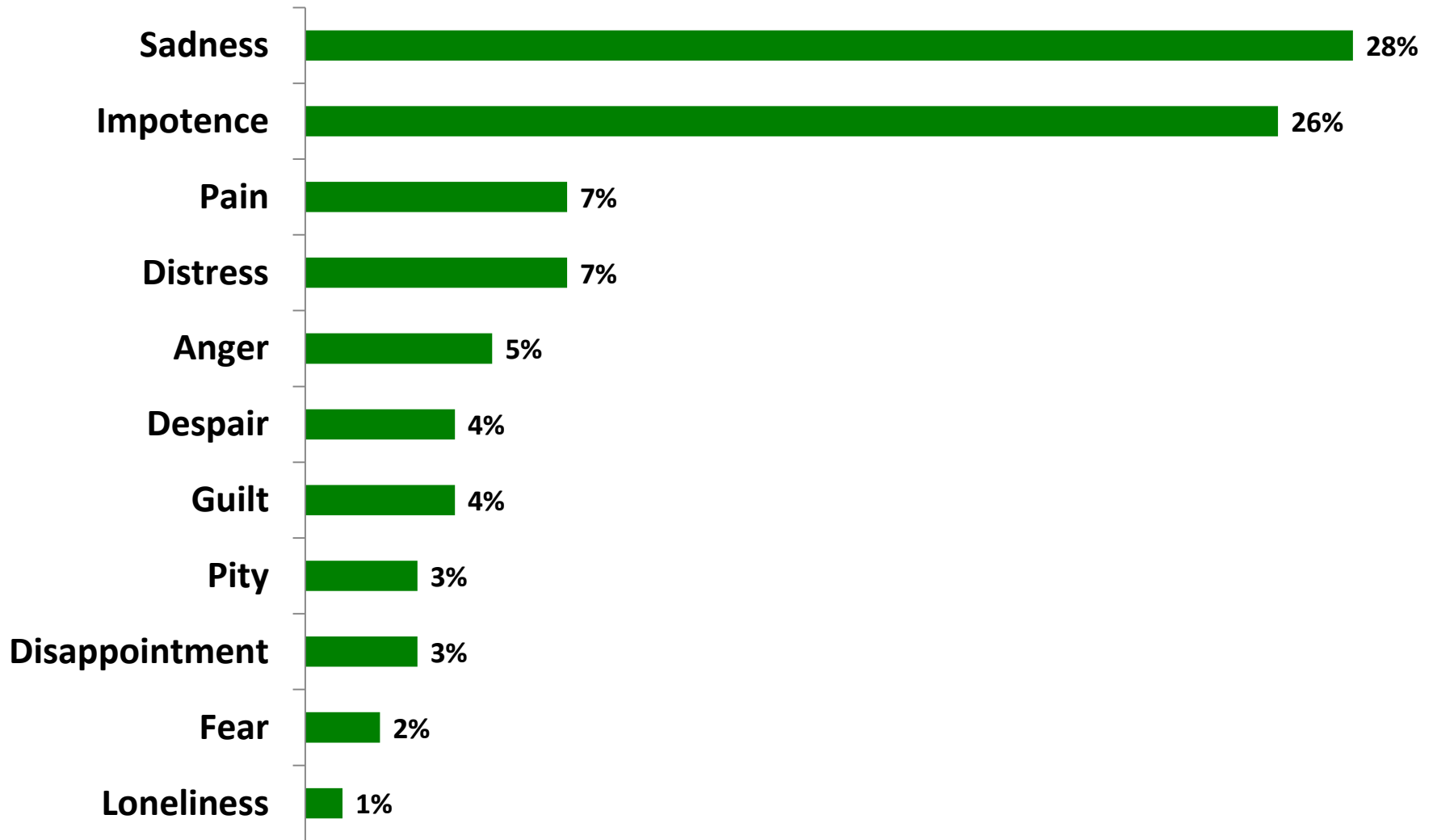
Number of people affected by the addict to consume alcohol and other drugs



Average: 9,94 people
Average household members: 3,35

n= 500

Feeling about the problem

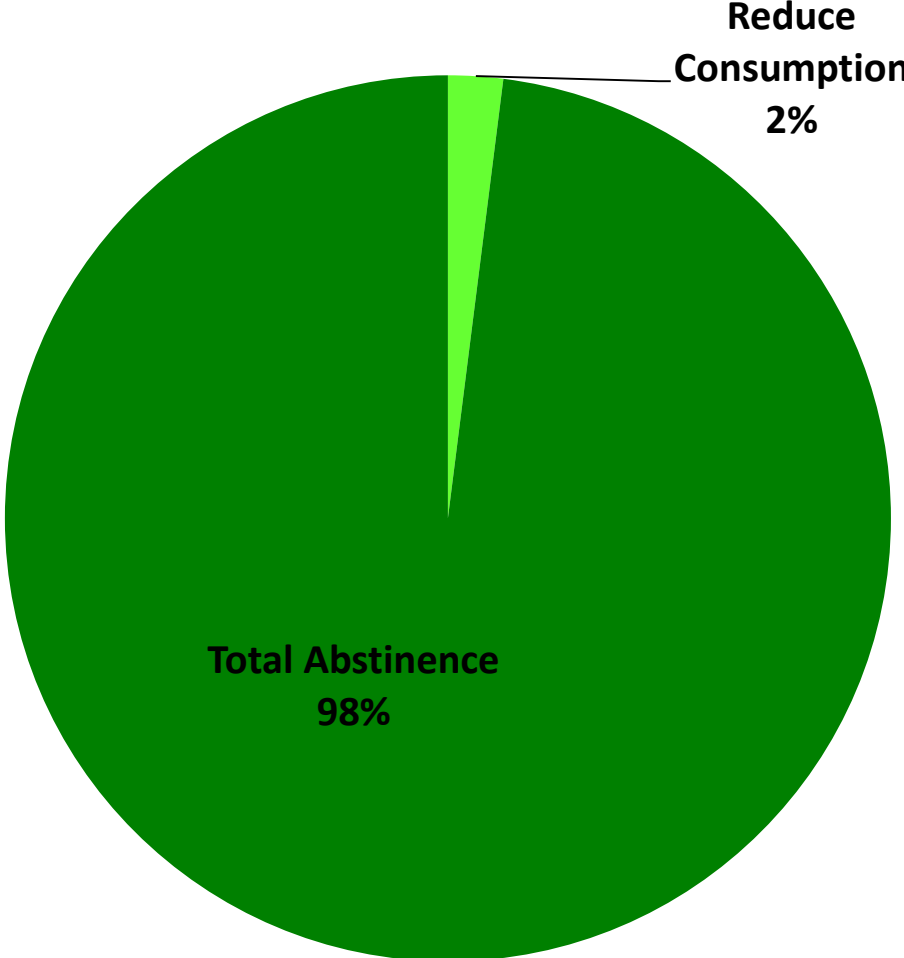


n= 500

Actions to alleviate the suffering

	Total = (n = 500)
Search psychologist / support group	34%
Religion	29%
Conversation with the DQ / Take care of him	12%
Read about it / try to understand	10%
Looking for friends / family	10%
Panics: smoke / cry / calming takes	8%
Distract yourself: play / do crochet	8%
It is optimistic / hopeful	7%
Works more	6%

Expectations regarding the use



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THANK YOU!

OBRIGADA!