

Differences in Motivation to Undergo Addiction Treatment among Inpatients in Psychiatric Hospitals and Therapeutic Communities



HORÁK, M.¹, SOMERLÍKOVÁ, K.²

¹ Department of Languages and Cultural Studies, Faculty of Regional Development and International Studies, Mendel University in Brno, Czech Republic

² Department of Demography and Applied Statistics, Faculty of Regional Development and International Studies, Mendel University in Brno, Czech Republic

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AIMS: The aim of this research study was to verify if there are differences in motivation among inpatients in Czech psychiatric hospitals and clients of therapeutic communities. The research was conducted among all the new referrals to the Jihlava Psychiatric Hospital ($n = 255$) and the clients of the Sejrek, Renarkon, Kladno-Dubi, and Vrsicek therapeutic communities ($n = 50$). **DATA COLLECTION:** The data was collected between 1 March 2015 and 31 March 2016. To measure motivation, we always distributed the Czech version of the CMRS Scale among the respondents within their first week of treatment. **METHODS AND RESULTS:** In the statistical data processing, we performed a frequency distribution of the answers to each statement on the scale and then calculated their mode. In relation to circumstances, the frequency distribution demonstrated that the clients of the therapeutic communities scored slightly better than the inpatients in the psychiatric hospital. Their opinions were also more convincing with regard to

motivation and readiness. With regard to suitability for treatment, the clients of the therapeutic communities displayed higher awareness of their addiction problem.

CONCLUSION: The patients in the psychiatric hospital emphasized rather the need to change the environment in order to achieve abstinence and the importance of individual sacrifice in completing the therapeutic programme. When the results of the frequency distribution from the psychiatric hospital and therapeutic communities were compared, a remarkable consensus was identified, despite the significant difference in the number of respondents from various types of rehab. This result was also confirmed by the mode calculation.

There are no fundamental differences in motivation between the inpatients of psychiatric hospitals and clients of therapeutic communities. Both groups show similarities in seeking rehabilitation, regardless of the type of treatment.

KEY WORDS: THERAPEUTIC COMMUNITY – PSYCHIATRIC HOSPITAL – ADDICTION TREATMENT – MOTIVATION

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Address for correspondence: Miroslav Horák, Ph.D. / miroslav.horak.ujks@mendelu.cz / Department of Languages and Cultural Studies, Faculty of Regional Development and International Studies, Mendel University in Brno, Zemědělská 1/1665, 613 00 Brno, Czech Republic