

## SECTION 3: DURBAN

### 3a: Specialist Treatment Centres

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**Table 3.1: Proportion of Treatment Episodes**

|   | Jan-<br>June<br>2000 | Jul-<br>Dec<br>2000 | Jan-<br>Jun<br>2001 | Jul-<br>Dec<br>2001 | Jan-<br>Jun<br>2002 | Jul-<br>Dec<br>2002 | Jan-<br>Jun<br>2003 | Jul-<br>Dec<br>2003 | Jan-<br>Jun<br>2004 |
|---|----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|   | %                    |                     |                     |                     |                     |                     |                     |                     |                     |
| SANCA<br>Penthouse                                  | 62                   | 55                  | 64                  | 62                  | 64                  | 55                  | 53                  | 70                  | 52                  |
| SANCA<br>Lulama                                     | -                    | 21                  | 26                  | 24                  | 22                  | 16                  | 39                  | -                   | 19                  |
| Newlands<br>Park Centre                             | 38                   | 19                  | 10                  | 14                  | 9                   | 22                  | 8                   | 30                  | 29                  |
| Underberg<br>Treatment<br>Centre                    | *                    | *                   | *                   | *                   | 5                   | 7                   | -                   | *                   | *                   |
| <b>Persons<br/>treated<br/>over all<br/>centres</b> | <b>N=883</b>         | <b>N=679</b>        | <b>N=585</b>        | <b>N=774</b>        | <b>N=718</b>        | <b>N=910</b>        | <b>N=576</b>        | <b>N=378</b>        | <b>N=413</b>        |

\* Data collection for Underberg (Riverside) Treatment Centre only began in 2001 and is at best sporadic

**Table 3.2: First Admissions (Durban)**

|            | Jan-<br>Jun<br>2000 | Jul-<br>Dec<br>2000 | Jan-<br>Jun<br>2001 | Jul-<br>Dec<br>2001 | Jan-<br>Jun<br>2002 | Jul-<br>Dec<br>2002 | Jan-<br>Jun<br>2003 | Jul-<br>Dec<br>2003 | Jan-<br>Jun<br>2004 |
|------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
|            | %                   |                     |                     |                     |                     |                     |                     |                     |                     |
| <b>Yes</b> | 85                  | 81                  | 84                  | 87                  | 84                  | 79                  | 88                  | 82                  | 89                  |
| <b>No</b>  | 15                  | 19                  | 16                  | 13                  | 16                  | 21                  | 12                  | 18                  | 11                  |

A pattern is noticeable which suggests that there are more repeat admissions that occur in the second half of the year than in the first 6 months.

**Table 3.3: First time admissions**

|                        | %  |
|------------------------|----|
| <b>SANCA Penthouse</b> | 97 |
| <b>Lulama</b>          | 82 |
| <b>Newlands Park</b>   | 78 |

While the overall percentage of first time admissions remains high, closer inspection of these rates shows that they differ markedly between treatment centres.

**Table 3.4: Type of Treatment Received (Durban)**

|                   | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|-------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|                   | %            |              |              |              |              |              |              |              |              |
| <b>Inpatient</b>  | 60           | 52           | 50           | 46           | 48           | 52           | 44           | 34           | 52           |
| <b>Outpatient</b> | 38           | 44           | 50           | 54           | 52           | 47           | 56           | 66           | 48           |
| <b>Both</b>       | 2            | 4            | 0            | 0            | 0            | 1            | 1            | 0            | 0            |

While it looked like inpatient treatment was decreasing rapidly, the convergence shows that trend to be about an equal split between inpatient and outpatient treatment. Note, however, that in sheer numbers, there are a greater number of outpatients.

**Table 3.5: Referral Sources (Durban)**

|                             | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|-----------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|                             | %            |              |              |              |              |              |              |              |              |
| Self/Family/Friends         | 37           | 44           | 52           | 52           | 41           | 46           | 44           | 47           | 43           |
| Social Service/Welfare      | 28           | 15           | 12           | 12           | 10           | 7            | 8            | 9            | 8            |
| Employer/Work               | 19           | 20           | 19           | 22           | 27           | 25           | 24           | 19           | 34           |
| Court/Correctional Services | 7            | 7            | 6            | 3            | 5            | 7            | 7            | 14           | 2            |
| Health Professionals        | 5            | 1            | 2            | 3            | 8            | 8            | 7            | 4            | 7            |
| Hospital/Clinic             | 2            | 2            | 2            | 2            | 2            | 1            | 2            | 1            | -            |
| School                      | 1            | 4            | -            | 4            | 5            | 5            | 5            | 6            | -            |
| Religious Group             | 1            | 4            | 6            | <1           | <1           | <1           | 1            | <1           | -            |
| Other                       | -            | 3            | 1            | <1           | 2            | <1           | 2            | <1           | -            |

Inspection by treatment centre shows some variations. More individuals are self referred or through family and friends at the inpatient treatment facilities (Lulama -46%; Newlands – 51%) than at the outpatient facility (38%). More outpatients are referred by employers (50%). Lulama also has more patients referred by health professionals than the other centres (22% VS 5% -Newlands and 3% Penthouse).

**Table 3.6: Population Profile of Patients (Durban)**

|   | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|---|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|   | %            |              |              |              |              |              |              |              |              |
| <b><i>GENDER</i></b>  |              |              |              |              |              |              |              |              |              |
| Male  | 89           | 81           | 84           | 87           | 85           | 84           | 86           | 89           | 88           |
| Female  | 11           | 19           | 16           | 13           | 15           | 16           | 14           | 11           | 12           |
| <b><i>ETHNIC GROUP</i></b>  |              |              |              |              |              |              |              |              |              |
| Black   | 17           | 21           | 15           | 27           | 29           | 31           | 33           | 22           | 62           |
| Coloured  | 10           | 9            | 12           | 10           | 10           | 11           | 12           | 11           | 5            |
| Indian  | 54           | 37           | 38           | 35           | 31           | 32           | 28           | 46           | 23           |
| White   | 19           | 33           | 35           | 28           | 30           | 26           | 26           | 21           | 10           |
| <b><i>EMPLOYMENT STATUS</i></b>                                   |              |              |              |              |              |              |              |              |              |
| Employed (full-time)  | 45           | 47           | 47           | 49           | 52           | 47           | 47           | 40           | 57           |
| Employed (part-time)  | 6            | 6            | 8            | 5            | 6            | 6            | 5            | 7            |              |
| Not Working   | 31           | 30           | 25           | 22           | 18           | 23           | 23           | 30           | 19           |
| Apprenticeship/ Internship  | -            | <1           | <1           | 4            | 1            | 1            | 1            | <1           |              |
| Student/pupil   | 15           | 13           | 15           | 19           | 20           | 19           | 20           | 20           | 21           |
| Disabled  | <1           | <1           | <1           | 2            | 1            | 1            | 9            | 1            | 1            |
| Housewife   | -            | 3            | 2            | 1            | 1            | <1           | 4            | -            | <1           |
| Other   | 2            | 1            | 3            | 1            | 1            | 2            | 5            | 1            | 3            |
| <b><i>MARITAL STATUS</i></b>                                      |              |              |              |              |              |              |              |              |              |
| Married, living with spouse                                       | 35           | 31           | 33           | 29           | 33           | 30           | 33           | 30           | 27           |
| Married, not living with spouse                                   | 5            | 9            | 7            | 8            | 5            | 4            | 3            | 5            | 7            |
| Living in a non-married intimate relationship                     | 4            | 7            | 8            | 5            | 5            | 5            | 7            | 8            | 11           |
| Divorced  | 10           | 9            | 9            | 8            | 9            | 10           | 9            | 7            | 5            |
| Widowed   | 1            | 1            | 1            | 2            | 1            | 3            | 3            | 2            | 2            |
| Never married (& not living in non-married intimate relationship) | 43           | 43           | 43           | 46           | 46           | 47           | 43           | 48           | 43           |
| Other   | 2            | 1            | <1           | 2            | 1            | 1            | 1            | <1           | 2            |
| <b><i>EDUCATION</i></b>   |              |              |              |              |              |              |              |              |              |
| Pre-Primary   | -            | -            | -            | 3            | 2            | 2            | 1            | <1           | 4            |
| Primary   | 2            | 6            | 13           | 18           | 15           | 12           | 23           | 9            | 36           |
| Secondary   | 90           | 81           | 70           | 61           | 65           | 65           | 63           | 73           | 88           |
| Tertiary  | 8            | 13           | 17           | 18           | 19           | 21           | 11           | 17           | 12           |

The Black population is slightly underrepresented at 62%, while the Coloured population is overrepresented at 5%. Previous data collection periods show huge under and over-representations, related to in large measure to issues of access for the Black population. Note, however that most Blacks are accounted for in the outpatient population, with more Whites and Indians using private treatment facilities. This is unrelated to employment status as over 50% were employed.

**Table 3.7: Age Distribution of the Treatment Population (Durban)**

| AGE Years | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|-----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|           | %            |              |              |              |              |              |              |              |              |
| 10-19     | 19           | 21           | 20           | 23           | 20           | 22           | 23           | 27           | 22           |
| 20-24     | 9            | 9            | 10           | 12           | 11           | 11           | 10           | 14           | 11           |
| 25-29     | 13           | 12           | 14           | 12           | 12           | 11           | 11           | 9            | 11           |
| 30-34     | 14           | 16           | 14           | 12           | 14           | 12           | 12           | 13           | 13           |
| 35-39     | 17           | 16           | 15           | 13           | 16           | 13           | 13           | 11           | 12           |
| 40-44     | 10           | 11           | 10           | 12           | 10           | 12           | 12           | 9            | 13           |
| 45-49     | 10           | 8            | 8            | 8            | 8            | 9            | 9            | 6            | 8            |
| 50-54     | 4            | 5            | 3            | 5            | 5            | 6            | 7            | 5            | 7            |
| 55+       | 4            | 4            | 6            | 4            | 5            | 4            | 3            | 6            | -            |

22% of individuals seeking treatment are under 20 years of age. This pattern is stable over a number of years where about 20% of those in treatment are under 20 years of age. 41% of those under 20 are in inpatient care, and 59% in outpatient care.

**Table 3.8: Race by age of abuse – under and over 20 years age**

|                | Black        |     |              |     | Coloured     |     |              |     | Indian       |     |              |     | White        |     |              |     |
|----------------|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|--------------|-----|
|                | Jul-Dec 2003 |     | Jan-Jun 2004 |     | Jul-Dec 2003 |     | Jan-Jun 2004 |     | Jul-Dec 2003 |     | Jan-Jun 2004 |     | Jul-Dec 2003 |     | Jan-Jun 2004 |     |
|                | n            | %   | n            | %   | n            | %   | n            | %   | n            | %   | n            | %   | n            | %   | n            | %   |
| Under 20 years | 32           | 40  | 50           | 21  | 13           | 31  | 5            | 28  | 51           | 30  | 17           | 21  | 19           | 25  | 4            | 11  |
| Over 20 years  | 47           | 60  | 187          | 79  | 29           | 69  | 13           | 72  | 121          | 70  | 66           | 79  | 56           | 75  | 31           | 89  |
| Totals         | 79           | 100 | 237          | 100 | 42           | 100 | 18           | 100 | 172          | 100 | 83           | 100 | 75           | 100 | 35           | 100 |

**Table 3.9: Primary Substance of Abuse in Rank Order – 1<sup>st</sup> most frequently used (Durban)**

|                                       | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|---------------------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|                                       | %            |              |              |              |              |              |              |              |              |
| <b>Alcohol</b>                        | 57           | 60           | 59           | 58           | 65           | 60           | 64           | 65           | 60           |
| <b>Cannabis</b>                       | 25           | 20           | 21           | 26           | 22           | 26           | 23           | 24           | 23           |
| <b>Mandrax</b>                        | 6            | 3            | 1            | 3            | 2            | 4            | 2            | 4            | 10           |
| <b>Crack</b>                          | 5            | 8            | 8            | 4            | 4            | 2            | 3            | 1            | 2            |
| <b>Cocaine</b>                        | 3            | 4            | 2            | <1           | 3            | 3            | 2            | 3            | 2            |
| <b>Prescription Medicine</b>          | 2            | 2            | 3            | <1           | 2            | 2            | 1            | <1           | 2            |
| <b>Ecstasy</b>                        | 1            | 1            | 3            | 1            | 2            | 1            | 2            | <1           | 1            |
| <b>Heroin</b>                         | 1            | <1           | <1           | <1           | <1           | <1           | <1           | 1            | -            |
| <b>Solvents (glue, thinners, etc)</b> | 1            | <1           | 1            | -            | <1           | <1           | 1            | <1           | -            |
| <b>Cannabis + Cocaine</b>             | <1           | <1           | 3            | 4            | -            | -            | <1           | <1           | -            |
| <b>Cannabis + Mandrax</b>             | <1           | <1           | -            | 4            | -            | <1           | <1           | <1           | -            |
| <b>LSD</b>                            | <1           | <1           | <1           | <1           | --           | -            | <1           | -            | -            |

An increase in the proportion of Mandrax patients was noted in the 1<sup>st</sup> half of 2004.

**Table 3.10: Primary Substance of Abuse by Age Cohort**

| Type of drug    | Under 20 years |              |              |              |              | Over 20 years |              |              |              |              |
|-----------------|----------------|--------------|--------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|
|                 | Jan-Jun 2002   | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 | Jan-Jun 2002  | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|                 | %              | %            | %            | %            | %            | %             | %            | %            | %            | %            |
| <b>Alcohol</b>  | 7              | 9            | 9            | 20           | 6            | 93            | 91           | 91           | 80           | 94           |
| <b>Cannabis</b> | 60             | 59           | 64           | 58           | 55           | 40            | 41           | 41           | 42           | 45           |
| <b>Mandrax</b>  | 27             | 28           | 50**         | 67           | 27           | 73            | 72           | 50**         | 33*          | 73           |
| <b>Crack</b>    | 4              | 26           | 0            | 25*          | 44           | 96            | 74           | 100          | 75**         | 56           |
| <b>Cocaine</b>  | 5              | 9            | 0            | 9*           | 25           | 95            | 91           | 100          | 91           | 75           |
| <b>Ecstasy</b>  | 30             | 55           | 11*          | 0*           | 0            | 70            | 45           | 89**         | 100**        | 100          |
| <b>PRE</b>      | 100            | 7            | 0            | 0            | -            | 0             | 93           | 100**        | 100*         | -            |
| <b>Heroin</b>   | 0              | -            | 0            | 50**         | -            | 100           | 100          | 100*         | 50**         | -            |
| <b>Solvents</b> | 80             | 100          | 80**         | -            | -            | 20            | -            | 20*          | -            | -            |

The numbers for crack, cocaine, and Ecstasy are very small.

**Table 3.11: Secondary Substance of Abuse by Age Cohort**

| Type of drug | Under 20 years |              |              |              |              |              | Over 20 years |              |              |              |              |              |
|--------------|----------------|--------------|--------------|--------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|
|              | Jul-Dec 2001   | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 | Jul-Dec 2001  | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|              | %              | %            | %            | %            | %            | %            | %             | %            | %            | %            | %            | %            |
| Alcohol      | 48             | 42           | 51           | 48           | 45           | 33           | 52            | 58           | 49           | 52           | 55           | 67           |
| Cannabis     | 25             | 23           | 29           | 23           | 49           | 26           | 75            | 77           | 71           | 77           | 51           | 74           |
| Mandrax      | 46             | 39           | 54           | 33           | 43           | 41           | 54            | 61           | 46           | 67           | 57           | 59           |
| Crack        | 40             | 33           | 22           | 8*           | 25*          | 29           | 60            | 67           | 78           | 92           | 75**         | 71           |
| Cocaine      | 20             | 9            | 32           | 0            | 17*          | 29           | 80            | 91           | 68           | 100**        | 83**         | 71           |
| Ecstasy      | 60             | 30           | 36           | 35**         | 50**         | 55           | 40            | 70           | 64           | 65           | 50**         | 45           |
| PRE          | 0              | 0            | -            | 50*          | 0            | -            | 100           | 100          | 100          | 50*          | 6**          | -            |
| Heroin       | 100            | -            | -            | 0            | 0            | -            | 0             | -            | 100          | 100**        | 100**        | -            |
| Solvents     | 100            | 100          | 100          | 100**        | -            | -            | 0             | 0            | -            | 0            | -            | -            |

The numbers for crack, cocaine and ecstasy are small and should be treated with caution.

**Table 3.12: Mean Age by Primary Substance of Abuse (Durban)**

| Primary Substance of Abuse | Years        |              |              |              |              |              |              |              |              |  |
|----------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--|
|                            | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |  |
| Alcohol                    | 38           | 37           | 37           | 37           | 38           | 38           | 36           | 35           | 38           |  |
| Cannabis                   | 23           | 21           | 21           | 23           | 21           | 24           | 22           | 22           | 22           |  |
| Mandrax                    | 28           | 25           | 28           | 30           | 25           | 24           | 22           | 22           | 23           |  |
| Crack                      | 29           | 29           | 30           | 29           | 30           | 26           | 31           | 32**         | 26           |  |
| Cocaine                    | 30           | 28           | 28           | 26           | 28           | 29           | 36           | 29           | 24           |  |
| Ecstasy                    | 24           | 21           | 25           | 19           | 22           | 21           | 24           | 36*          | 37           |  |
| PRE                        | 34           | 32           | 37           | 30           | 37           | 39           | 43           | 35*          | 36           |  |

Note: \*n=1; \*\*n=<10

**Table 3.13: Primary Substance of Abuse by Race (Durban)**

|          | Black        |              |              | Coloured     |              |              | Indian       |              |              | White        |              |              |
|----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|          | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|          | %            | %            | %            | %            | %            | %            | %            | %            | %            | %            | %            | %            |
| Alcohol  | 37           | 23           | 68           | 12           | 11           | 3            | 27           | 44           | 18           | 24           | 22           | 12           |
| Cannabis | 37           | 17           | 68           | 15           | 14           | 3            | 27           | 54           | 23           | 22           | 16           | 5            |
| Mandrax  | 8            | 47**         | 36           | 17           | 13**         | 17           | 58           | 33**         | 45           | 17           | 7*           | 2            |
| Crack    | 11           | 25**         | -            | 11           | 25**         | -            | 22           | 50**         | -            | 56           | 0            | -            |
| Cocaine  | 0            | 18**         | -            | 18           | 9*           | -            | 36           | 46**         | -            | 45           | 27**         | -            |
| Ecstasy  | 11           | 0            | -            | 11           | 0            | -            | 11           | 50*          | -            | 67           | 50*          | -            |
| PRE      | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            |
| Heroin   | 0            | 0            | -            | 0            | 0            | -            | 0            | 50**         | -            | 100          | 50**         | -            |
| Solvents | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            | -            |

\*n=1 \*\*n=<10

Black patients stand out for all the major substances, with Mandrax commonly used by Indians and very few Whites.

**Table 3.14: Sources of Payment – Treatment Expenses (Durban)**

|                           | Jan-Jun 2002 |            | Jul-Dec 2002 |            | Jan-Jun 2003 |            | Jul-Dec 2003 |            | Jan-Jun 2004 |            |
|---------------------------|--------------|------------|--------------|------------|--------------|------------|--------------|------------|--------------|------------|
|                           | n            | %          | n            | %          | n            | %          | n            | %          | n            | %          |
| <b>State</b>              | 51           | 7          | 84           | 9          | 30           | 5          | 29           | 9          | 12           | 3          |
| <b>Employer</b>           | 111          | 16         | 170          | 19         | 106          | 19         | 57           | 19         | 127          | 32         |
| <b>Self</b>               | 192          | 27         | 207          | 23         | 150          | 26         | 45           | 15         | 64           | 16         |
| <b>Medical Aid</b>        | 143          | 20         | 139          | 16         | 107          | 19         | 21           | 7          | 53           | 13         |
| <b>Family</b>             | 206          | 29         | 265          | 30         | 157          | 28         | 147          | 48         | 143          | 35         |
| <b>Friends</b>            | 4            | <1         | 13           | 2          | 4            | <1         | 4            | 1          |              |            |
| <b>Other/<br/>Unknown</b> | 4            | <1         | 13           | 1          | 16           | 2          | 4            | 1          | 3            | <1         |
| <b>Total</b>              | <b>718</b>   | <b>100</b> | <b>891</b>   | <b>100</b> | <b>570</b>   | <b>100</b> | <b>307</b>   | <b>100</b> | <b>402</b>   | <b>100</b> |

The most common sources of payment are family or the employer.

**Table 3.15: Treatment Population: Suburb of Residence (Durban)**

|  | Jan-Jun 2000 | Jul-Dec 2000 | Jan-Jun 2001 | Jul-Dec 2001 | Jan-Jun 2002 | Jul-Dec 2002 | Jan-Jun 2003 | Jul-Dec 2003 | Jan-Jun 2004 |
|--|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
|  | %            |              |              |              |              |              |              |              |              |
| <b><i>Metro Substructure</i></b>               |              |              |              |              |              |              |              |              |              |
| Durban   | 36           | 43           | 51           | 55           | 22           | 23           | 40           | 7            | 4            |
| South Central Region                           | 21           | 12           | 10           | 12           | 25           | 29           | 4            | 13           | 31           |
| North Central Region                           | 25           | 18           | 22           | 19           | 22           | 19           | 12           | 14           | 18           |
| Inner West                                     | 6            | 7            | 6            | 5            | 5            | 3            | 21           | 29           | 16           |
| Outer West                                     | 1            | 2            | 3            | 2            | 9            | 11           | 7            | 30           | 24           |
| Other parts                                    | 11           | 6            | -            | -            | <1           | -            | 2            | -            | -            |
| <b><i>From other parts of the province</i></b> |              |              |              |              |              |              |              |              |              |
| Other provinces                                | -            | -            | 5            | 5            | <1           | 5            | 0            | 2            | -            |
| Eastern Cape                                   | 1            | 7            | 1            | <1           | <1           | 0            | 0            | -            | -            |
| Western Cape                                   | <1           | -            | <1           | <1           | 0            | 0            | 0            | -            | -            |
| Gauteng  | <1           | 1            | <1           | <1           | 2            | 0            | 0            | -            | -            |
| Other countries                                | -            | -            | -            | -            | -            | 1            | 0            | -            | -            |
| <b>Total on whom information was available</b> | <b>N=840</b> | <b>N=679</b> | <b>N=349</b> | <b>N=741</b> | <b>N=718</b> | <b>N=910</b> | <b>N=576</b> | <b>N=361</b> |              |

## PATIENTS YOUNGER THAN 20 YEARS

Table 3.16: Primary substance of abuse of patients <20 years

|                           | Jan-Jun 2003 |            | Jul-Dec 2003 |            | Jan-Jun 2004 |            |
|---------------------------|--------------|------------|--------------|------------|--------------|------------|
|                           | n            | %          | n            | %          | n            | %          |
| <b>Alcohol</b>            | 33           | 26         | 48           | 42         | 14           | 17         |
| <b>Cannabis</b>           | 81           | 64         | 51           | 45         | 51           | 60         |
| <b>Mandrax</b>            | 6            | 5          | 10           | 9          | 11           | 13         |
| <b>Cocaine</b>            | -            | -          | 1            | 1          | 2            | 2          |
| <b>Crack</b>              | -            | -          | 1            | 1          | 4            | 5          |
| <b>Ecstasy</b>            | 1            | <1         | 0            | 0          | -            | -          |
| <b>OTC/PRE</b>            | -            | -          | 0            | 0          | -            | -          |
| <b>Heroin</b>             | -            | -          | 2            | 2          | -            | -          |
| <b>Inhalants/Solvents</b> | 4            | 3          | 0            | 0          | 3            | 3          |
| <b>Rohypnol</b>           | 2            | 2          | -            | -          | -            | -          |
| <b>TOTAL</b>              | <b>127</b>   | <b>100</b> | <b>113</b>   | <b>100</b> | <b>85</b>    | <b>100</b> |

Table 3.17: Gender of patients abusing substances younger than 20 years

|               | Jan-Jun 2004 |            |
|---------------|--------------|------------|
|               | n            | %          |
| <b>Male</b>   | 74           | 87         |
| <b>Female</b> | 11           | 13         |
| <b>Total</b>  | <b>85</b>    | <b>100</b> |

Table 3.18: Race of patients younger than 20 years

|                 | Jan-Jun 2004 |            |
|-----------------|--------------|------------|
|                 | n            | %          |
| <b>African</b>  | 57           | 67         |
| <b>Asian</b>    | 19           | 22         |
| <b>Coloured</b> | 5            | 6          |
| <b>White</b>    | 4            | 5          |
| <b>Total</b>    | <b>85</b>    | <b>100</b> |

## 3b: The relationship between sensation-seeking and adolescent risky behaviour

Ms Thola Bennie, Prof Arvin Bhana,  
Ms Leane Ramsoomar

### *Preliminary findings from the pilot study.*

Research team: Arvin Bhana, Thola Bennie, Leane Ramsoomar, Musa Zondi, HSRC  
Bronwyn Myers, MRC  
Rick Zimmerman, Pam Cupp, Sonja Feist-Price, USA

The study is part of a collaborative effort between the HSRC, MRC and researchers from the University of Kentucky (USA).

### **Project background**

As part of the larger HAPS intervention, this project seeks to identify the predictors and barriers of risky sexual behaviour in SA youth.

Sensation seeking (SS) has been implicated in risky behaviour. Previous research has established that adolescents and young adults who have higher *needs for novelty and sensation* and are *impulsive decision-makers* are more likely to engage in behaviors that place them at substantially greater risk.

High Sensation Seekers (HSS) defined as a trait involving “the seeking of varied, novel, complex, and intense sensations and experiences, and the willingness to take physical, social, legal, and financial risks for the sake of such experience” (Zuckerman, 1994).

“Impulsive decision-making (impulsivity, impulsive decision-making style) is defined as not as a trait, but as one end of a continuum which varies from those styles that can be considered very rational to those which are consistently impulsive.” SS and IDM are highly related.

### **Theoretical Bases:**

Adolescents who have higher needs for novelty and sensation (HSS) and those who are impulsive decision-makers (IDM) are more likely to initiate early sex, have multiple sex partners, and have sex following the use of alcohol and other substances (Donohew et al., 2000).

SS & IDM are complementary components with interactive effects that could place individuals at a higher risk for alcohol/sexual behaviours (Donohew et al., 2000).

### **Bases for intervention**

HSS are receptive to stimuli that are intense, novel and arousing (Donohew, et al., 2000).

Health campaigns designed for high sensation-seekers/impulsive decision-makers attract, hold and persuade both groups to engage in safer health practices (Zimmerman, et al., 1997).

Given the relationship of early alcohol and sexual behaviours, we anticipate that a combined alcohol and HIV prevention curriculum is likely to have synergistic effects on both alcohol and sexual risk-taking behaviours that place adolescents at risk of HIV.

### HAPS Programme

Novel programme that is aimed at HSS and IDM: Programme content is delivered through CD played in the classroom where characters talk about the different pressures they face in terms of drinking alcohol / having sex.

Learners then brainstorm ways of dealing with these risky situations.

### AIM

- To examine the relationship of SS and IDM in the context of sexual risk taking and health decisions by SA youth.
  - Specifically, to examine sensation seeking and impulsive decision-making in relation to alcohol attitudes, condom use attitudes and alcohol and drug use in relation to risky sex

### Methodology

- SAMPLE: 945 Grade 9 learners from eight schools in Pietermaritzburg were surveyed in November 2003.
- Quasi-experiment - 4 schools randomly assigned to intervention and 4 to comparison conditions.
- Intervention schools received HIV and alcohol prevention skills-based curriculum.
- Comparison schools received only modified knowledge-based curriculum.
- A post test only design was used for this study.

Learners were surveyed in October after the implementation of the intervention.

### SURVEY INSTRUMENTS

- Sensation-seeking scale: 8-item scale adapted from Donohew et al.'s (2000) 14-item scale - measures boredom susceptibility, thrill and adventure seeking. Alpha = .56 (.63)
- Impulsive decision-making scale: 11-item scale (Donohew et al., 2000) – measures impulsivity and rational decision-making. Alpha = .43 (.68)

Alphas presented in parentheses are the alphas based on the baseline study.

- Attitudes towards condom use – 5 items Alpha = .49
- Attitudes towards alcohol use – 6 items Alpha = .55
- Alcohol risky behavior – 5 items measuring alcohol / drug use before sex, Alpha = .98
- All scales scored such that a high score indicates risky behaviour.

A high score on attitudes to condoms indicated a negative attitude towards using condoms thus risky behaviour.

**Table 3.19: Results Correlations: SS**

| <b>** <math>p &lt; .01</math></b> | <b>Intervention</b>           | <b>Comparison</b> |
|-----------------------------------|-------------------------------|-------------------|
|                                   | <b>Sensation Seeking (DV)</b> |                   |
| Condom Attitudes                  | .29**                         | .23**             |
| Alcohol Attitudes                 | .28**                         | .20**             |
| Alcohol Risky Behavior            | .26**                         | .23**             |

**Table 3.20: Results Correlations: IDM**

| <i>* p &lt;.01; ** p &lt;.001</i> | Intervention                          | Comparison |
|-----------------------------------|---------------------------------------|------------|
|                                   | <b>Impulsive Decision-Making (DV)</b> |            |
| Condom Attitudes                  | .13*                                  | .15**      |
| Alcohol Attitudes                 | .17**                                 | .13**      |
| Alcohol Risky Behavior            | .25**                                 | .16**      |

**Table 3.21: Mean Differences by Gender (Intervention Group)**

| SS         | N   | Mean | SD  | F-value  |
|------------|-----|------|-----|----------|
| Male       | 219 | 2.98 | .60 |          |
| Female     | 232 | 2.72 | .57 | 22.09*** |
| <b>IDM</b> |     |      |     |          |
| Male       | 224 | 2.70 | .47 |          |
| Female     | 231 | 2.50 | .45 | 22.26*** |

**Table 3.22: Mean Differences by Gender (Comparison Group)**

| SS         | N   | Mean | SD  | F-value  |
|------------|-----|------|-----|----------|
| Male       | 202 | 3.03 | .62 |          |
| Female     | 264 | 2.69 | .54 | 39.91*** |
| <b>IDM</b> |     |      |     |          |
| Male       | 203 | 2.71 | .49 |          |
| Female     | 266 | 2.53 | .48 | 14.53*** |

**Results**

## Multiple Regression: Models

- SS=constant + gender + alcohol attitudes +condom use attitudes + alcohol risky behaviour.
- IDM= constant + gender + alcohol attitudes +condom use attitudes + alcohol risky behaviour.
- Regressions were run separately for the two groups given that it was a post-test design.

**Table 3.23: Results – Sensation Seeking**

| Intervention Group     | SE  | Beta | t      |
|------------------------|-----|------|--------|
| Gender                 | .09 | -.15 | -1.99* |
| Alcohol Attitudes      | .06 | .20  | 2.69** |
| Condom Attitudes       | .06 | .24  | 3.34** |
| Alcohol Risky Behavior | .08 | .17  | 2.27*  |

**Table 3.24: Results – Impulsive Decision Making**

| Intervention Group     | SE  | Beta | t       |
|------------------------|-----|------|---------|
| Gender                 | .07 | -.21 | -2.70** |
| Alcohol Attitudes      | .05 | .31  | .40     |
| Condom Attitudes       | .05 | -.03 | -.37    |
| Alcohol Risky Behavior | .07 | .19  | 2.40*   |

**Table 3.25: Results – Sensation Seeking**

| Comparison Group       | SE  | Beta | T       |
|------------------------|-----|------|---------|
| Gender                 | .07 | -.17 | -2.91** |
| Alcohol Attitudes      | .05 | .09  | 1.65    |
| Condom Use Attitudes   | .05 | .15  | 2.69**  |
| Alcohol Risky Behavior | .06 | .14  | 2.35*   |

**Table 3.26: Results – Impulsive Decision Making**

| Comparison Group       | SE  | Beta | t      |
|------------------------|-----|------|--------|
| Gender                 | .06 | -.13 | -2.07* |
| Alcohol Attitudes      | .04 | .04  | .74    |
| Condom Use Attitudes   | .04 | .04  | .64    |
| Alcohol Risky Behavior | .05 | .11  | 1.80   |

**Discussion**

- Sensation-seeking and impulsive decision-making appear to have an important and differential relationship to determining risk among adolescents
- These preliminary results tend to support the theoretical basis of the HAPS intervention that:
  - individuals who are high SS and / or high IDM are most likely to engage in risky behaviours.
  - Gender is a critical mediating factor in determining risk
- Initial indications suggest that targeting individuals with these characteristics is likely to impact on specific risk-taking behaviours

**Further analysis**

- Further analysis will examine differences on key variables on test-retest for the same cohorts
- SS and IDM characteristics of those who are sexually active
- SS and IDM characteristics in relation to extent of substance use, e.g., light drinkers, Vs moderate to heavy drinkers

## 3c: Alcohol and Fatal Injuries: Durban 2001-2003

Mr Anesh Sukhai

NIMSS produces and disseminates descriptive epidemiological information for deaths due to non-natural causes.

- 2003 national coverage
  - ◆ 36 mortuaries in 8 provinces
- 70 000 – 80 000 n/n deaths per annum
- 12 – 15% of more than ½ million deaths from all causes
- NIMSS 2003
  - ◆ 31 921 cases
  - ◆ about 40% of all n/n mortality
- Durban
  - ◆ full coverage, 3 mortuaries, 2001 to 2003

### OVERVIEW

**Table 3.27: Gender**

|         | 2001 | 2002 | 2003 |
|---------|------|------|------|
|         | %    | %    | %    |
| Males   | 82   | 82   | 82   |
| Females | 18   | 18   | 18   |

**Table 3.28: Age**

|      | 2001         | 2002         | 2003         |
|------|--------------|--------------|--------------|
|      | Years        | Years        | Years        |
| Mean | 32.2 (±13.7) | 32.6 (±14.0) | 32.3 (±14.1) |

**Table 3.29: Race**

|          | 2001 | 2002 | 2003 |
|----------|------|------|------|
|          | %    | %    | %    |
| Black    | 82   | 81   | 81   |
| Asian    | 11   | 12   | 12   |
| White    | 5    | 5    | 5    |
| Coloured | 2    | 2    | 1    |

**Table 3.30: Cause of death**

|                | 2001 | 2002 | 2003 |
|----------------|------|------|------|
|                | %    | %    | %    |
| Homicide       | 57   | 54   | 54   |
| Transport      | 27   | 27   | 28   |
| Suicide        | 9    | 10   | 12   |
| Other unintent | 7    | 8    | 7    |

**Table 3.31: BAC overall**

|                   | 2001 |       | 2002 |       | 2003 |       |
|-------------------|------|-------|------|-------|------|-------|
|                   | n    | %     | n    | %     | n    | %     |
| Sample Tested     | 943  | 29    | 1690 | 42    | 2051 | 53    |
| BAC Positive      | 383  | 41    | 706  | 42    | 892  | 44    |
| ≥0.05g/100ml      | 324  | 34    | 638  | 38    | 820  | 40    |
| Mean positive BAC | 0.17 | ±0.10 | 0.17 | ±0.09 | 0.18 | ±0.09 |

**Table 3.32: Blood alcohol levels**

|      | Number | 0    | 0.01-0.04 | 0.05-0.14 | 0.15-0.24 | ≥0.25 |
|------|--------|------|-----------|-----------|-----------|-------|
|      |        | %    | %         | %         | %         | %     |
| 2001 | 943    | 59.4 | 6.3       | 9.4       | 15.4      | 9.5   |
| 2002 | 1690   | 58.2 | 4         | 12.7      | 16.1      | 8.9   |
| 2003 | 2051   | 56.5 | 3.5       | 13.4      | 16.3      | 10.3  |

**Table 3.33: Age by alcohol positive**

|      | <18   | 18-29 | 30-39 | 40-49 | 50-59 | ≥60  |
|------|-------|-------|-------|-------|-------|------|
|      | Years |       |       |       |       |      |
| 2001 | 27.3  | 42.8  | 42    | 43.8  | 34.3  | 21.4 |
| 2002 | 21.6  | 42.8  | 44.4  | 43.1  | 41.9  | 23.6 |
| 2003 | 15.6  | 44    | 47.1  | 48.9  | 41.4  | 20.7 |

**Table 3.34: Gender by alcohol positive**

|      | Number | Male | Female |
|------|--------|------|--------|
|      |        | %    | %      |
| 2001 | 941    | 44.5 | 19.4   |
| 2002 | 1687   | 44.5 | 24.4   |
| 2003 | 2051   | 46.8 | 23.3   |

**Table 3.35: Race by alcohol positive**

|      | Black | Asian | White | Coloured |
|------|-------|-------|-------|----------|
|      | %     | %     | %     | %        |
| 2001 | 40.7  | 26.4  | 48.3  | 65.2     |
| 2002 | 41.6  | 41    | 39    | 56.7     |
| 2003 | 43.6  | 40.2  | 44.7  | 56.7     |

**Table 3.36: Manner by alcohol positive**

|      | Homicide | Transport | Other Unintentional | Suicide |
|------|----------|-----------|---------------------|---------|
| 2001 | 40.8     | 44        | 32.6                | 31.3    |
| 2002 | 40       | 48.8      | 39                  | 34.3    |
| 2003 | 43.6     | 50.2      | 28.1                | 30.8    |

**Table 3.37: Homicide by alcohol positive**

|      | Firearm | Sharp Object | Blunt Object |
|------|---------|--------------|--------------|
|      | %       | %            | %            |
| 2001 | 28.4    | 67.1         | 52           |
| 2002 | 29.6    | 66.4         | 36.9         |
| 2003 | 32.7    | 65.8         | 51.2         |

**Table 3.38: Transport by alcohol positive**

|      | Pedestrian | Passenger | Driver |
|------|------------|-----------|--------|
|      | %          | %         | %      |
| 2001 | 46.8       | 51.8      | 40     |
| 2002 | 52.8       | 37.5      | 55.8   |
| 2003 | 55.5       | 42.3      | 62.3   |

### **Alcohol-Injury Risk**

Relative Risk of being involved in a collision as a driver: 30 at 0.15 g/100ml (Grande Rapid Study).  
Probability of a fatal crash – >80 at 0.15 g/100ml (Zador, Krawchuk & Voas, 2000).

### **SUMMARY**

AGE: increasing trend in 30-39 year group, particularly high levels in groups from 30-59 years.

GENDER: highest prevalence among males but increasing trend among females, higher levels among females than males (except 2002).

RACE: highest percentages among Coloureds, sharp increase in the percentage and levels of consumption among Asians.

MANNER: increasing trend among both transport and homicide, highest percentages and levels of consumption among transport cases.

HOMICIDE: increasing trend among firearm-related injury but highest percentages & levels of consumption among sharp object cases.

TRANSPORT: increasing trend among pedestrian and driver cases, highest levels of consumption among pedestrians followed by drivers.

# 3d: The relationship between self-efficacy, decisional balance and readiness to change among inpatient substance abusers

Ms Leane Ramsoomar

## Background to the study

- ◆ Change is a process and not an event

Historically viewed as an event

Success only measured if someone stopped a behaviour, eg. smoking

Inpatients are not homogenous in readiness to change, self-efficacy and decisional balance

- ◆ Treatment programs assume patients are homogenous in readiness to change
- ◆ Prochaska & Norcross (1992) used Trans-theoretical Model to explain behavior change.

## Stages of change (Prochaska, 1992)

|                  |   |
|------------------|---|
| Precontemplation | no intention to change behaviour in foreseeable future                        |
| Contemplation    | considering change  |
| Preparation      | intending to change and have a specific plan to change the intended behaviour |
| Action           | actively engaging in change   |
| Maintenance      | sustaining the change   |

## Rationale

- ◆ Aside from readiness to change, a variety of factors influence treatment success.
- ◆ Readiness to change addictive behavior has been found to be closely related to motivation, self-efficacy and decisional balance (pros and cons)
- ◆ The aim of the study is to examine readiness to change and its relationship to these variables

## Study hypotheses

|  |                             |
|--|-----------------------------|
| Patients in the earlier stages of change   | low levels of self-efficacy |
| Patients with high levels of self-efficacy | later stages of change      |
| Patients who are in the earlier phase      | high cons, low pros         |
| Patients who are in later stage of change  | high pros, low cons         |

## Methodology

- ◆ Cross-sectional survey design was used.
- ◆ Convenience sample : 88 inpatient substance abusers recruited from a public treatment facility in Durban
- ◆ Race: Blacks: 43%, Asians, 36%, Coloured, 13% and Whites, 8%
- ◆ 80 males and 8 females (not included in analysis)
- ◆ Decision based on the finding that: “women enter treatment for different reasons and under differing circumstances than men” (Kassebaum, 1999)

## Instruments

- ◆ Three established measures were used
  - Decisional Balance scale
  - SOCRATES
  - General Self-efficacy scale
  - Demographic Questionnaire and survey of substances used

## Analysis

- Univariate and bivariate analysis conducted on demographic data.
- Bivariate correlational analysis used to determine the relationships between the self-efficacy, readiness to change and decisional balance scales.

**Table 3.39: Primary substances of abuse by Race**

|          | <b>African</b> | <b>Asian</b> | <b>Coloured</b> | <b>White</b> |
|----------|----------------|--------------|-----------------|--------------|
|          | <b>%</b>       | <b>%</b>     | <b>%</b>        | <b>%</b>     |
| Alcohol  | 43             | 37           | 13              | 7            |
| Cannabis | 42             | 37           | 13              | 8            |
| Mandrax  | 42             | 37           | 12              | 9            |
| Crack    | 41             | 38           | 14              | 8            |

The overall substances of abuse in this sample of inpatients: Cannabis (71%); Mandrax (66%); Alcohol (62%).

**Table 3.40: Stages of Change**

|                    | <b>n</b>  | <b>%</b>   |
|--------------------|-----------|------------|
| Precontemplation   | 18        | 29         |
| Contemplation      | 7         | 11         |
| Preparation        | 27        | 44         |
| Action/Maintenance | 10        | 16         |
| <b>TOTAL</b>       | <b>62</b> | <b>100</b> |

**Table 3.41: Correlation Coefficients**

| <b>*p&lt;.05</b>    | <b>DB</b> | <b>SE</b> | <b>EDU</b> |
|---------------------|-----------|-----------|------------|
| Readiness to change | .131      |           | .27*       |
| Decisional-Balance  |           | .25*      | -.202      |

### **Discussion: Readiness to Change**

- ◆ 29% of inpatients are in the pre-contemplation stage of change and have therefore no intention of changing their addictive behaviour in the foreseeable future.
- ◆ 44% are in the preparation stage and have a specific plan in mind to execute the change.
- ◆ 16% have executed some change and need help to persist and prevent backsliding.

*40% need brief motivational therapy*

*NEED increased self-efficacy*

*Need increased knowledge of benefits of treatment and quitting.*

### **Discussion**

- ◆ DB and S-E correlations: high levels of s-e are likely to rate the benefits of being in treatment higher than the losses.
- ◆ Education and RTC correlations: education has an overall impact on readiness to change.

### **Implications for treatment**

Education has an impact, but not sure whether it is more or less education that impacts on RTC.

- ◆ Treatment interventions –accommodated to specific stages related to patient self-efficacy, decision-making and readiness-to-change is likely to produce better outcomes.
- ◆ Standardized treatment interventions may be missing some key psycho-social elements of inpatient substance abusers.
- ◆ One size does not fit all.

## **3e: Methamphetamine use in Cape Town**

**Prof Charles Parry**

See Section 2f on page 29.

## **3f: Treating the alcohol and other drug (AOD) dependent woman**

**Ms Shaahida Cassim-Saib**

### **Special characteristics of AOD women**

- History of abuse – physical, emotional, sexual
- The presence of psychiatric problems – particularly mood disorders
- Low levels of social support both prior to and after treatment
- Social stigma

Marlatt contends that AOD dependents maintain abstinence until they encounter a high-risk situation with which they are unable to cope.

## **Determinants of Relapse**

### *Intrapersonal determinants*

- Internal to the individual – feelings and moods

### *Interpersonal determinants*

- External to the individual - recent interaction with another person

## **Research Design**

- Qualitative
- Semi-structured Interview
- Thematic Content Analysis

## **Participants**

### *Criteria*

- AOD dependent females
- Received in-patient AOD treatment  
One of two treatment centres in Durban
- Relapsed after treatment
- Minimum abstinence from AODs-1 week

## **Research Findings**

### Marlatt's Categorisation

- Intrapersonal Determinants - Frustration, anger, loneliness, boredom, shame, guilt, sadness, low self-esteem, depression, suicidal ideation
- Interpersonal Determinants - Social pressure to use and interpersonal conflict
- History of Abuse - physical, emotional, sexual
- Psychiatric Disorders
- Social support

## **Concurrence with international findings**

- **History of Abuse**

All participants experienced abuse

Sexual abuse – as children 5  
as child & adult 1

Physical abuse 3

Emotional abuse 1

Low self-esteem, depression, anxiety, embarrassment, shame, guilt.

- **Psychiatric Disorders**

- **All participants-prior symptoms**

5 - History of psychiatric/psychological treatment

2 – receiving psychiatric/psychological treatment at time of research interview

Depression, anxiety, low self-esteem, suicidal ideation  
 Social Support  
 Poor social support common to all participants  
 Pressure to use  
 Interpersonal factors – spousal anger, family conflict (siblings & extended family), suspiciousness, high social demands.

- **Gender Differentiated Treatment**
  - Single gender groups
  - Intensive individual therapy
  - Family therapy
  - In-patient treatment of longer duration

### Implications for Treating AOD Dependent Women

- South African AOD dependent women are similar to their international counterparts
- Post treatment social environment places women at risk of relapse, in-patient treatment of longer duration, family involvement in treatment, family therapy, coping skills.
- History of abuse - identification, intensive individual therapy.
- Psychiatric disorders-identification & treatment.
- Single gender groups

**Table 3.42: Participant Characteristics**

| <b>Age</b>                                   |               |
|--|---------------|
| Between 28 and 50 years                      | Mean age 36.5 |
| <b>Marital status at the time of relapse</b> |               |
| Married                                      | 3             |
| Stable relationship                          | 2             |
| Single/not in relationship                   | 1             |
| <b>Education</b>                             |               |
| Tertiary education                           | 3             |
| secondary school education                   | 1             |
| junior secondary level school education      | 2             |
| <b>Employment status</b>                     |               |
| Formal employment                            | 3             |
| Self-employment                              | 1             |
| Housewives                                   | 2             |
| <b>Population group</b>                      |               |
| White  |               |

**Table 3.43: Drugs of dependence**

| <b>Drugs</b>    | <b>%</b> |
|-----------------|----------|
| Alcohol         | 1        |
| Poly drugs      | 5        |
| Crack cocaine   | 2        |
| Morphine        | 1        |
| Wellconal       | 1        |
| Benzodiazepines | 1        |