ABSTRACT

This study has been undertaken to assess the personality traits of substance dependent patients. The research design is descriptive and a cross-sectional study. A total of 50 cases of substance dependence were selected, attending outpatient and in patient clinic at Department Of Psychiatry and Mental Health, Tribhuvan University Teaching Hospital. Patients were diagnosed by the consultant neuro-psychiatrist according to ICD-10 system and were included in the study according to inclusion and exclusion criteria. First, a semi structured proforma was used to record socio-demographic variables, and then the 16 pf personality questionnaire was assessed. After the information was obtained, the obtained data were scored and subjected to qualitative analyses by utilizing standard statistical procedures. The result of the socio-demographic characteristics shows that most of the patients fall in the age group 18-25 years, 96% were male, 72% were unmarried, majority of them were from Newar caste (34%), 36% of the cases were with intermediate level of education, 86% were from middle socioeconomic status.

Combining the three groups (opiate, cannabis and multiple substance abuse) the personality factor which are found significant was factor L (tender minded), factor M (imaginative), and factor O (apprehensive) with the P values 0.031, 0,017, and 0.004 respectively. Accordingly while combining the three groups the prominent factors which were found according to the rank order were PFF(happy-go-lucky) was in the first rank with , PFC(emotionally stable) and PFE(assertiveness) in the second and third rank respectively.

The sample size was very small since patients were selected only from the Psychiatry in patient and out patient department of TUTH department which was the major limitation of this study. Though, the result may not be generalized, however, findings may help to understand the relationship between personality traits and substance dependence as well as it will also help to implement better management program for patients with substance dependence.