



PERSONAL ATTRIBUTES AND SITUATIONS OF RELAPSE AMONG SUBSTANCE ABUSERS

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ABSTRACT: *Relapse of substance abuser is a global alarming issue. Many countries struggle to reduce the number of addicts around the world. Different studies have revealed significant variation in the situations and factors that lead addicts to relapse after treatment and rehabilitation. This study was designed to examine the personality attributes and conditions of substance abusers that affect their relapse. Random sampling was adopted in which 41 male substance abusers of relapses were enrolled in this study. To collect data, this study adopted Al-Khartoum Scale Mutawakkil Mahid and Relapse Situations Scale (Askar, Diddy and Askar). Results of the study revealed that the seven personality attributes among substance abusers showed steady decrease, while the eagerness and stimuli of substance, ability to control, and compression of addiction friends among substance abusers showed steady increase. Also, a significant difference existed in the personal attributes and situations of relapses among the participants based on marital status. Moreover, a significant difference was found in the personal attributes among the participants based on the type of substance that is used in favor of ecstasy causes. Finally, the results showed a positive correlation between self-confidence attribute and ability to control situation of relapse.*

KEYWORDS: Personal Attributes, Relapse, Situations of Substance, Substance Abusers

INTRODUCTION

Misuse of substance is a serious global social and psychological phenomenon, which has been associated with humanity since ancient times. This alarming behaviour has been evolved into becoming one of the most serious social dilemmas at the present time due to the advancement of technology and social media around the world (Barakat and Hallak, 2011). Substance abusing as a social problem has begun to affect the stability of societies of all classes and trends and is threatening civilization by causing stress, anxiety and confusion. Statistics of the World Health Organization indicated that the estimated number of drug substance abusers in the world is more than fifty million people and this number is constantly increasing if we do not face this phenomenon by all possible ways and means. The statistics revealed a number of factors and causes of misuse of substance, including social, family, psychological, economic reasons (Kurdi and Saeed, 2014).

The risk level of substance misuse and its effects are determined by the type of the drugs used, the doses taken by the addict, and the delay in undergoing medical or psychological treatment. From an emotional and psychological point of view, substance misuse may appear in the initial or late stage of addiction. Symptoms of substance misuse may include cognitive and emotional disturbances (e.g., reckless thinking, irritability, auditory, visual and sensory hallucinations).



Furthermore, loss of mental equilibrium may appear, leading to falling into the world of crime (Barnett et al, 2012).

Substance abuse is defined as mental and behavioural disorder caused by the use of psychoactive substances. This includes acute poisoning, harmful use, dependence syndrome, withdrawal state, withdrawal state with delirium, psychotic disorder and amnesia syndrome. For a specific substance, these conditions may be grouped together, such as alcoholic disorders, cannabis use disorders and stimulant use disorders (Barakat and Hallak, 2011). The addiction state is characterized by an urgent desire or a compelling need to continue using the drug and obtain it by any means. It can include the tendency to increase the dose psychologically and sometimes physically over the effects of the drug (Nebhinani, 2013). The misuse of the material arises from a deficiency in the individual's functional awareness in in different areas (e.g., socially, professionally and domestic). The gradual deterioration begins at the social and economic level which leads to the abandonment of caring for the educational and health aspects of life, and hence will lead to the collapse of the family structure and threatens its future (Muheisen, 2013).

The misuse of the material is a cultivated behaviour, which the individual acquires through the feelings of anxiety or stress, Therefore, one may have a certain substance to feel calm and reassured. In this case, anxiety or stress will be stimuli to have these material substances for multiple times. As having substance continues, the individual establishes this behaviour as a habit in order to reduce the disturbing effects of withdrawal. The individual may misuse the substances by his will or compulsion, or as a result of his ignorance or difficult circumstances. Consequently, this individual may be considered mentally and socially ill and may represent a danger to himself as well as the lives of others (Stamp and Hudson, 2011).

The addicted individual is well-known by the persistent compulsive desire to use drug and obtain it by any means. The addicted individual will also have a desire to increase the doses taken and will be contingent on these doses. Furthermore, the emergence of psychological and physical symptoms is possible when sudden abstinence and immediate discontinuation of the drug happens, whether in an optional or compulsory manner. It is argued that more than half of the addicts' problems are related to the nature of their personalities, who suffer from a number of intertwined and coherent symptoms, including anxiety, low self-esteem, lack of adaptation, miscommunication with others, a gap between verbal and practical intelligence, inability to make decisions and severe aggression (Dunne et al., 2015; Rabee, 2010).

In order for addicted individuals to get rid of substance abuse, they must be directed to the psychological and medical care and treatment they need. However, it is expected that many substance abusers do not have inner real desire or commitment for treatment. This can be attributed to their motivation for treatment of addiction which can differ from one addict to another (Becker et al., 2016). The stage that follows the end of addiction withdrawal symptoms and the beginning of future planning is considered an important stage in the treatment process. During this stage of treatment, the addict is trained and equipped with the skills he will need to protect himself from the occurrence of relapse, and thus return to addiction. Such feeling may persist for several months after treatment which requires greater efforts from the addict to contain it (Muheisen, 2013; Rabee, 2010). To avoid the negative impact of the relapse stage, the addict individual must continue staying clean and away from drugs, and he must further resist the urgency and desire to return to substance use. The addict needs to understand the risks the entail returning to misuse substance, even if it is only one small dose because it will remind



the addict and encourage him to return to addiction. During the initial stages of the treatment, substance abusers need to deal carefully with the pressures of those who use drugs from family and friends (Muheisen, 2013).

Previous Studies

A line of previous studies on substance abuse indicated that the major situations for relapsing and returning to substance abuse are related to the inability to control family problems, avoid the addict friends, and facing the psychological problems (Barakat and Hallak, 2011). It was also found that the substance abusers suffered setbacks took more doses and used injections more commonly (Chalana, Kundal, Gupta and Malhari, 2016). Another study found that substance abusers had high level of emotional attributes, and significance differences were captured between the personal attributes of the tendency to forgive, tolerance and a sense of responsibility and the variable of marital status of substance abusers (Kurdi and Saeed, 2014). This study further found no statistical differences regarding personal attributes of substance abusers according to the period of abuse.

Qabqoub and Saidi (2015) argued that the situations that affect substance abuse of adolescent, represented in social introversion, meaningless life, fragility, relationships and family problems. Other studies showed that the variables that predict relapse and abuse among those recovering are eagerness and stimuli to smoking hookah, taking drugs and ecstasy pills (Rabee, 2010). Moreover. Other studies reported that the factors that are positively related to drug use are social and domestic or linked to world crime (Dunne, Burrell, Diggins, Whitehead, and Latimer, 2015). Also, Muheisen (2013) posited that the substance abusers suffer from distrust feeling, feeling of guilt, helplessness, despair, lack of love, family disputes and social integration.

However, previous studies did not focus on investigating whether the relationship between personality attributes of feeling of responsibility, emotional control, tolerance, social tendency, tendency to leadership, trusting others, and self-confidence are differentially important regarding the situations of relapse of eagerness and stimuli of substance, ability to control, compression of addiction friends, pleasant and unpleasant feeling, relationships disorder, family problems, and psychological and physical disorders. Since the involvement in different forms of personal attributes and relapse situations may have different explanations and underlying roots, this study will explore these relationships in more detail. In addition, previous studies failed to focus on exploring whether the direct effects of personality attributes on situations of relapse and substance abuse are moderated by marital status, time period of substance use, and the type of substance that is used. Thus, the current study is an attempt to address this gap.

Problem of Study

Statistics issued in a report by the Jordanian Drug Enforcement Agency in 2019 confirmed that the increase in substance abuse amounted to 32%, and the report stated that 47% of substance abusers are between the ages of 18 and 22 years. The report revealed that there are great efforts from governmental institutions and non-governmental organizations working to provide awareness programs for citizens about the dangers of substance abuser. It is worth noting that Jordan is one of the few countries that offers addiction treatment and rehabilitation services in its centres. In the same report, the director of the Reform and Rehabilitation Centres in Jordan



stressed that reform process starts from the intrinsic motivation of the abuser himself to take treatment and accept reform efforts. The report revealed that most of the substance abusers have psychological and emotional dependency characteristics making them unable to bear social responsibility, lack of self-confidence, lack self-esteem, and withdraw from situations that require taking personal decisions.

Therefore, this complex problem of a significant importance that requires more collaboration and efforts from all parties in any society to confront and contain its negative consequences. It is assumed that the substance abuse problem is related the addicts' emotional, psychological and social traits, as well as their lifestyle and economic style, which reflect negatively on the addict's family members and society. Such complex picture necessitates the whole society to deal with this issue as a main priority.

Significance of Study

This study derives its importance from its attempts to explore an important topic in the field of addiction treatment based on its negative effects on the substance abusers and people surrounding them. A number of scholars and researchers in the field of psychology argue that the emotional psychological characteristics are relatively constant, and that it is inferred through the behaviour of the individual which differ from one person to another. In addition, it is assumed that these characteristics are hereditary or acquired, and thus they can be physical, cognitive, or emotional related to different social situations. Therefore, the emotional psychological characteristics are among the factors that contribute to and prepare an individual to become a substance abuser.

The importance of the current study is also signified as a good attempt to emphasize the scientific and practical interest in the emotional characteristics and demographic factors accompanying the addicts' relapse. The findings of this study can serve the social development goals of all developing societies to achieve the highest level of welfare of individuals. The significance of this study theoretically and practically can be summarized as follow:

1. Lack of studies on the issue of emotional characteristics and demographic factors associated with relapse among substance abusers.
2. The importance of the study of personal attributes, mental and physical health and quality of life of substance abusers.
3. Enriching theoretical psychological frameworks and focusing on the psychological and social personality traits of substance abusers.
4. Provide those interested in the field of psychology and mental health with information and data on the emotional properties and demographic factors associated with the relapse of the substance abusers.
5. Preparing individual and group therapy programs and strategies to improve addicts' psychological treatment and face potential relapses that generate psychological stress and frustration for relapsing addicts.



The Objectives

1. Identifying the personality attributes, i.e. *feeling of responsibility, emotional control, tolerance, social tendency, tendency to leadership, and trusting others, self confidence* that distinguish the substance abusers who suffer from relapse after treatment and rehabilitation.
2. Identifying the conditions or situations that stimulate the occurrence of relapse for substance abusers after treatment and rehabilitation.

The Questions

1. What are the main personality attributes of substance abusers after rehabilitation and treatment?
2. What are the most important situations that stimulate relapse for substance abusers after rehabilitation and treatment?
3. Is there a relationship between the dominant personality attributes and situations of relapse for substance abusers after treatment or rehabilitation?
4. Are there significant differences between personality attributes and relapse situations in light of the independent variables (marital status, time period since substance use, and the type of substance used)?

MATERIAL AND METHOD

A descriptive correlational approach was used to relate the problem of the current study and its objectives. Relevant data were collected by administering two scales. The gathered data were then entered into the SPSS program, and a set of statistical tests were run to analyse the data and answer the research questions.

Participants

The population of the study consists of substances abusers in the Southern Jordan Valley in Jordan. The sample (41 individuals) was randomly selected from those who received psychological and medical treatment and rehabilitation at a number of hospitals or addiction centers (Al Rashid Hospital Center for Psychiatry and Addiction, the Center for Addiction Treatment and Narcotics Control, Arjan Center for Addiction and Al Karama Hospital for Psychological Rehabilitation). The participants were chosen during the period of Sep 2019 to Jan 2020. The substances abusers who participated in this study belong to different social classes with age range between 18 to 50 years.

Measures

The researcher examined a number of personality measurements such as Eysenck Scale, Cattell Scale, Minnesota Scale (MMPI), and the personality measure of Mahaid Al-Mutawakkil (The Khartoum Scale). The researcher adopted the personality measure of the Mutawakkil Mahid (Khartoum Scale, 2003) which consists of 91 positive and negative items. The questionnaire



items were distributed on seven dimensions (feeling of responsibility, emotional control, tolerance, social tendency, tendency to leadership, self-confidence, and trusting others).

The researcher also adopted another scale for relapse situations (Askar, Diddy and Askar, 2006). The scale consists of 100 items distributed on eight dimensions: *eagerness and stimuli of substance, ability to control, compression of addiction friends, pleasant feelings, unpleasant feelings, relationships disorder, family problems, psychological and physical disorders*. This questionnaire covers the dangerous situations that lead to a relapse of the use of drugs or psychotropic substances after giving up as a result of receiving special treatment inside or outside a therapeutic institution or giving up himself due to health, psychological or social conditions. Five alternatives were identified (always, often, sometimes, rarely, never happens) which were weighted (5, 4, 3, 2, 1) respectively. Higher scores mean that the respondent has this property or trait, while lower scores will mean that the respondent has smaller degrees of the traits.

Reliability and Validity

The researcher relied on checking the validity and reliability of the scales on a group of experts of psychology and psychometry to judge suitability of each item of the scales. The judges agreed that the expressions used in all items are clear and appropriate for what they intend to measure, and hence the scales are valid for application. The researcher also used the method of internal consistency by calculating the correlation coefficient between the degree of each item in each instrument with the overall degree of the tool. All correlations were statistically significant at ($\alpha \leq 0.01$). The researcher also used the discriminant/divergent validity method by applying the t-test for two independent samples to test the difference between them. The results indicated a statistical significance difference between the two groups in each tool and in favor of the higher group, which indicates the discriminatory strength of the tool. The half-split and Alpha Cronbach methods were calculated. The results indicated that the value of the Alpha Cronbach and the half-split of the two tools were high, indicating the validity of the two tools for field application.

Procedures

The current study pursued the criteria guidance of scientific research involving human members. The criteria procedure was authorized by the Ministry of Health in Jordan. During data collection, the researcher confirmed the privacy of the participants and confidentiality of the gathered data. The participants were acknowledged the right to drop out from the study at any time. All the substance abusers who participated in the research read and signed an information sheet which involved the research definition and a consent form. The participants in the research were given a brief introduction about the study. The tools were administered individually, and total time taken by each participant varies from 45 minutes to one hour. After that the data was tabulated and entered to SPSS program for analysis. Statistical analyses were used in accordance to various objectives and questions of study. Descriptive analysis, one-sample t-test, Tukey Test for multiple comparisons, One-way ANOVA, and Pearson Correlation test were run.



RESULTS

Results of research question one: What are the main personality attributes of substance abusers after rehabilitation and treatment? T-test for one sample was calculated to find out the most prevalent attributes between the participants.

Table 1: T-test results for one independent sample for personality scale.

Personal attributes	Mean	Hypothetical mean	Standard deviation	T	df	Sig
Feeling of responsibility	38.5	39	0.85	5.19	40	*0.00
Emotional control	38.7	39	0.96	7.73	40	*0.00
Tolerance	37.9	39	0.92	7.88	40	*0.00
Social tendency	36.9	39	0.84	3.99	40	*0.00
Tendency to leadership	35.0	39	0.84	2.89	40	*0.03
Trusting others	38.8	39	0.85	11.76	40	*0.00
Self-confidence	34.6	39	0.82	8.21	40	*0.00

*Significant at ($\alpha \leq 0.05$)

The results in table (1) indicated that the attributes of feeling of responsibility, emotional control, tolerance, social tendency, tendency to leadership, trust in others, and self-confidence were less than the hypothetical mean indicating that the participants did not have such personality attributes.

Results of the research question two: What are the most important situations that stimulate relapse for substance abusers after rehabilitation and treatment?

T-test for one sample was calculated to find out the most important situations that stimulate relapse for substance abusers.

Table 2: T-test results for one independent sample for relapse situations scale.

Personal attributes	Mean	Hypothetical mean	Standard deviation	T	df	Sig
Eagerness and stimuli of substance	51.01	45	0.73	6.21	40	*0.01
Ability to control	39.4	27	0.68	4.74	40	*0.00
Compression of addiction friends	38.6	21	0.56	5.47	40	*0.00
Pleasant feeling	37.5	51	0.63	4.22	40	*0.00
Unpleasant feeling	35.5	54	0.50	6.05	40	*0.03
Relationships disorder	38.4	45	0.51	6.01	40	*0.00
Family problems	27.9	15	0.81	5.92	40	*0.00
Psychological and physical disorders	33.9	39	0.58	4.08	40	*0.00

*Significant at ($\alpha \leq 0.05$)



The results in Table (2) indicated that the most common of relapse situation were: eagerness and stimuli of substance, ability to control, compression of addicted friends, and family problems. The mean value was higher than its hypothetical means. While, the mean value of relapse situations related to pleasant feeling, unpleasant feeling, relationship disorders, and psychological and physical disorders were less than their hypothetical means. This would indicate that these attributes do not affect the relapse among substance abusers after rehabilitation and treatment.

Results of research question three: Is there a relationship between the dominant personality attributes and situations of relapse for substance abusers after treatment or rehabilitation?

Table 3: Results of Pearson Correlation between dimensions of two scales

Variables	Eagerness and stimuli of substance	Ability to control	Compression of addiction friends	Pleasant feeling	Unpleasant feeling	Relationships disorder	Family problems	Psychological and physical disorders
feeling responsible	-0.45**	0.10	-0.57**	0.06	0.09	-0.37*	- 0.61**	0.11
emotional control	-0.31*	0.10	-0.51**	0.06	0.10	-0.42**	- 0.47**	0.08
social tendency	-0.46**	0.06	-0.63**	0.11	0.07	-0.39*	-0.30*	0.08
tendency to leadership	-0.47**	0.07	-0.44**	0.10	0.10	-0.52**	-0.34*	0.10
trust in others	-0.33*	0.09	-0.41**	0.08	0.06	-0.29*	-0.39*	0.07
Self-confidence	0.11	0.63**	0.10	0.09	0.06	0.09	0.09	0.011

*Significant at ($\alpha \leq 0.05$) and **Significant at ($\alpha \leq 0.01$)

The results in Table (3) showed that there was a negative correlation between personality attributes of: (feeling responsible, emotional control, social tendency, tendency to leadership, and trust in others), with a relapse situation of (Eagerness and stimuli of substance, family problems, compression of addiction friends, and relationships disorder). While, the results revealed positive correlation between personality attributes of self-confidence and relationships disorder relapse situation.

Results of research question four: Are there significant differences between personality attributes and relapse situations in light of the independent variables (marital status, time period since substance abuse, and the type of substance that is used)?

First: to determine the difference, t-tests was used to distinguish the differences attributed to marital status, and one-way ANOVA test to figure out the differences in personality attributes with respect to time period since substance abuse, and the type of substance that is used as illustrated in the following Tables No. (4, 5 & 6):

**Table 4: t-test results of personality attributes and marital status.**

The attributes	Status	N	Mean	S.D	t	α
Feeling of responsibility	Married	17	39.50	0.59	6.20	*0.00
	Single	24	35.60	0.66		
Emotional control	Married	17	35.00	0.83	4.75	*0.01
	Single	24	31.10	0.81		
Tolerance	Married	17	38.80	0.74	5.48	*0.00
	Single	24	34.70	0.76		
Social tendency	Married	17	37.50	0.75	4.23	*0.02
	Single	24	34.33	0.69		
Tendency to leadership	Married	17	35.22	0.64	6.09	*0.00
	Single	24	31.10	0.64		
Trusting others	Married	17	37.20	0.63	6.07	*0.00
	Single	24	33.40	0.61		
Self-confidence	Married	17	37.58	0.72	5.68	*0.03
	Single	24	35.18	0.69		

* Significant at ($\alpha \leq 0.05$)

Table 4 above showed significant difference between substance abuser in seven dimensions of personal attribute based on their marital status at ($\alpha \leq 0.05$), in favor of married substance abuser.

Table 5: Differences attributed to time period since substance abuse.

The attributes	Sum of Variance	Sum of Sq	df	Mean Sq	f	α
Feeling of responsibility	between group	0.58	4	0.14	0.32	0.86
	within group	172.15	395	0.44		
	Total	172.73	399			
Emotional control	between group	5.37	4	1.34	1.92	0.10
	within group	277.99	395	0.70		
	Total	283.36	399			
Tolerance	between group	2.51	4	0.63	1.05	0.38
	within group	236.55	395	0.60		
	Total	239.06	399			
Social tendency	between group	3.63	4	0.91	1.69	0.15
	within group	211.72	395	0.54		
	Total	215.35	399			
Tendency to leadership	between group	1.19	4	0.30	0.67	0.61
	within group	175.98	395	0.45		
	Total	177.17	399			
Trusting others	between group	0.93	4	0.23	0.56	0.69
	within group	166.15	395	0.42		
	Total	167.08	399			
Self-confidence	between group	2.38	4	0.38	0.84	0.52
	within group	263.01	395	0.44		
	Total	265.38	399			

*Significant at ($\alpha \leq 0.05$)



Table 5 showed no significant difference at ($\alpha \leq 0.05$) in personality attributes between substance abuser based on time period since substance abuse.

Table 6: manifests results of differences according to type of substance that is used.

The attributes	Sum of Variance	Sum of Sq	df	Mean Sq	f	α
Feeling of responsibility	between group	2.46	3	0.82	1.91	0.12
	within group	170.14	396	0.43		
	Total	172.60	399			
Emotional control	between group	7.99	3	2.66	3.83	*0.01
	within group	275.40	396	0.70		
	Total	283.39	399			
Tolerance	between group	7.75	3	2.58	4.42	*0.00
	within group	231.31	396	0.58		
	Total	239.06	399			
Social tendency	between group	4.50	3	1.50	2.82	*0.03
	within group	210.85	396	0.53		
	Total	215.35	399			
Tendency to leadership	between group	1.98	3	0.66	1.49	0.21
	within group	175.18	396	0.44		
	Total	177.16	399			
Trusting others	between group	4.01	3	1.34	3.24	*0.02
	within group	163.08	396	0.41		
	Total	167.09	399			
Self-confidence	between group	4.32	3	1.38	2.79	*0.03
	within group	168.04	396	0.43		
	Total	172.36	399			

*Significant at ($\alpha \leq 0.05$)

Table (6) showed significant differences at ($\alpha \leq 0.05$) in emotional control, tolerance, social tendency, trusting others, and self-confidence personal attributes among substance abuser based on the type of substance that was used. Whereas, there were no significant differences between tendency to leadership and Feeling of responsibility attributes. To find out the sources of differences, Tukey test for multiple comparisons was applied as presented in table 7.

Table 7: Tukey test for Multiple Comparisons.

The Attributes	Mean	S.D	Type of substance	Alcohol	Hallucinations	ecstasy causes
Emotional control	35.40	0.85	Hypnotics		0.03*	0.00*
	32.80	0.76	Alcohol			
	32.31	0.82	Hallucinations			
	31.62	0.89	ecstasy causes			
Tolerance	38.82	0.77	Hypnotics		0.00*	0.00*
	37.34	0.72	Alcohol			
	35.55	0.75	Hallucinations			
	35.90	0.81	ecstasy causes			



Social tendency	37.21	0.70	Hypnotics	0.00*
	36.83	0.72	Alcohol	
	34.62	0.77	Hallucinations	
	35.40	0.73	ecstasy causes	
Trusting others	36.77	0.64	Hypnotics	0.00*
	35.71	0.62	Alcohol	
	34.10	0.65	Hallucinations	
	34.70	0.65	ecstasy causes	
Self-confidence	34.36	0.71	Hypnotics	0.02*
	33.17	0.76	Alcohol	
	32.23	0.81	Hallucinations	
	31.08	0.83	ecstasy causes	

*Significant at ($\alpha \leq 0.05$)

Table (7) indicated significant difference between substance abuser of hypnotics, hallucinations, and ecstasy causes substance and emotional control and tolerance attributes in favor of hypnotic's abusers. As for social tendency attribute, the difference was between the hypnotic's abusers and hallucinations abusers in favor of hypnotic's substance abusers. Regarding trusting others, the difference was between abusers of hypnotic's substance and abusers of alcohol substance in favor of hypnotic's substance abusers. Finally, for self-confidence attribute, the differences were between substance abusers of hallucinations, alcohol abusers, and substance abusers of ecstasy causes, in favor of substance abusers of alcohol.

Second: t-test was applied to analyze the differences between relapse situations and marital status, while one-way ANOVA test was to assess the differences in situation of relapse concerning of time period since substance abuse, and the type of substance that is used as presented in tables (8, 9 & 10):

Table No. (8) t-test results of differences for relapse situations and marital status

Relapse situations	Status	Sample	Mean	S.D	t	α
Eagerness and stimuli of substance	Married	17	31.62	0.57	6.62	*0.00
	Single	24	33.62	0.50		
Ability to control	Married	17	37.61	0.58	4.23	*0.00
	Single	24	35.90	0.56		
Compression of addiction friends	Married	17	37.40	0.63	5.81	*0.00
	Single	24	40.11	0.66		
Pleasant feeling	Married	17	37.62	0.75	0.91	*0.01
	Single	24	39.90	0.73		
Unpleasant feeling	Married	17	38.21	0.68	4.88	*0.02
	Single	24	40.04	0.65		
Relationships disorder	Married	17	36.00	0.52	0.94	*0.03
	Single	24	38.40	0.51		
Family problems	Married	17	39.17	0.59	4.06	*0.01
	Single	24	37.08	0.63		



Psychological and physical disorders	Married	17	32.03	0.51	0.65	*0.04
	Single	24	31.87	0.50		

*Significant at ($\alpha \leq 0.05$)

Table (8) showed statistically significant differences at ($\alpha \leq 0.05$) in eagerness and stimuli of substance, compression of addiction friends, pleasant feeling, unpleasant feeling, and relationships disorder between the substance abusers in favor of singles substance abusers. While, the significant differences in situation of family problems and ability to control was in favor of marrieds substance abusers.

Table 9: One-way ANOVA results based on time period since substance abuse.

Relapse situations	Sum of Variance	Sum of Sq	df	Mean Sq	f	α
Eagerness and stimuli of substance	between group	5.34	4	1.33	3.23	0.11
	within group	162.95	395	0.41		
	Total	168.28	399			
Ability to control	between group	4.40	4	1.10	1.66	0.15
	within group	260.85	395	0.66		
	Total	265.24	399			
Compression of addiction friends	between group	8.27	4	2.07	4.09	0.06
	within group	199.68	395	0.51		
	Total	207.95	399			
Pleasant feeling	between group	3.02	3	1.01	2.22	0.08
	within group	179.33	396	0.45		
	Total	182.34	399			
Unpleasant feeling	between group	2.27	4	0.57	1.32	0.26
	within group	169.15	395	0.43		
	Total	171.42	399			
Relationships disorder	between group	1.36	3	0.45	1.15	0.32
	within group	156.44	396	0.40		
	Total	157.81	399			
Family problems	between group	4.72	4	1.18	3.54	0.20
	within group	131.73	395	0.33		
	Total	136.45	399			
Psychological and physical disorders	between group	2.34	3	0.78	2.30	0.07
	within group	134.11	396	0.34		
	Total	136.45	399			

*Significant at ($\alpha \leq 0.05$)



Table (9) showed no statistically significant differences at ($\alpha \leq 0.05$) in relapse situations among substance abuser based on time period since substance abuse variable.

Table 10: One-way ANOVA results for type of substance that is used.

Relapse situations	Sum of Variance	Sum of Sq	df	Mean Sq	f	α
Eagerness and stimuli of substance	between group	1.88	4	0.47	1.44	0.22
	Inter group	128.52	395	0.33		
	Total	130.40	399			
Ability to control	between group	0.93	4	0.23	0.68	0.60
	Inter group	134.42	395	0.34		
	Total	135.35	399			
Compression of addiction friends	between group	1.49	4	0.37	0.94	0.43
	Inter group	156.49	395	0.40		
	Total	157.98	399			
Pleasant feeling	between group	4.32	4	1.08	1.91	0.10
	Inter group	222.98	395	0.56		
	Total	227.30	399			
Unpleasant feeling	between group	3.32	4	0.83	1.79	0.13
	Inter group	183.10	395	0.46		
	Total	186.42	399			
Relationships disorder	between group	1.42	4	0.36	1.33	0.25
	Inter group	105.61	395	0.27		
	Total	107.03	399			
Family problems	between group	0.68	3	0.23	0.67	0.572
	Inter group	134.66	396	0.34		
	Total	135.35	399			
Psychological and physical disorders	between group	3.12	3	1.04	1.84	0.140
	Inter group	224.18	396	0.57		
	Total	227.30	399			

*Significant at ($\alpha \leq 0.05$)

The results as summarized in table 10 did not show any significant differences at ($\alpha \leq 0.05$) in relapse situations among substance abusers based on the type of substance that is used.

DISCUSSION

Results of the study revealed that the seven personality attributes among substance abusers showed steady decrease, while the eagerness and stimuli of substance, ability to control, and compression of addiction friends among substance abusers showed steady increase. These results can be explained according to the effects of substance abuse on individuals' communication skills, controlling their inclinations, desires, emotions and behaviors. Moreover, the results of this study can be understood through analyzing the relationship between substance abuse and addicts' personality attributes including introversion, ambivalence, memory and attention disorders, decreased motivation, low self-esteem and weak



of emotional security. These factors lead to inability of substance abuser to achieve positive attributes such as leadership, tolerance, self-confidence and ability to control.

The negative attributes of the substance abuser are evident in their social and psychological behaviours, and his physical complaint. This is because of the interference between function of drug and chemical's neurotransmitters, malfunctioning blood pressure and brain, weak heartbeat, and intracranial artery stenosis. Hence, this may result in disorder of mental processes and the appearance of abnormal behaviour. This result was in harmony with the results of Qabqoub and Saidi (2015) which indicated that the situations affect substance abuse represented in social introversion, meaningless life, frailty, relations and family problems. Furthermore, the findings of this study supported those of Muheisen (2013) who found that the substance abusers suffering from distrust feeling, feeling of guilt, helplessness, despair, lack of love, family disputes, lack of following up, and other social situations.

Regarding to the situations of relapse, it was endorsed to the compulsive desire to return to taking drug which can last for several months after rehabilitation and treatment. This can be due to the psychological and physical correlation between the addict and substance. It can be argued that the recovering individuals need cognitive and behavioural skills and coping mechanism to face the problem of adjustment with a new lifestyle. They also need to have and learn new behavioural and cognitive skills, motivation, self-confidence and ability to control, which the recovering individuals either have lacked or lost because of substance abuse. Therefore, when the addict individuals are unable to adjust and cope with the eagerness and stimuli of substance, family problems, and compression of addiction friends; they will definitely feel frustrated, isolated, stress and anxious. This may lead the addicts to return to substance abusing as a way to reduce their stress to over the negative psychological state. This is consistent with cognitive behavioural attitude, which posits that the process of abuse is one of the stages of facilitating social inclusion, correcting feelings of inferiority and emotional disorders resulting from failure of adjustment.

Therefore, the substances abuse is a withdrawal situation which can increase or decrease the withdrawal symptoms, emotional states, and depression. Hence, it can be argued that the substance abusers believe that the effect of substance may cause a pleasure sense, self-confidence, and help them to cope with and face any challenges, difficulties, and problems that they used to solve by taking the substance. This result was in agreement with the results of Barakat and Hallak (2011) who reported that the major situations for relapsing entailing inability to control family problems, avoid the addiction friends, and facing the psychological problems. The results were further in harmony Rabee (2010) who found the variables that predict relapse recovering were eagerness and stimuli to smoking hookah and taking drugs and ecstasy pills. Moreover, the reported results were similar with Dunne, Burrell, Diggins, Whitehead, and Latimer (2015) who concluded that the factors that were positively related to drug use wearer social and domestic factors.

Results of current study showed a positive correlation between self-confidence attributes and ability to control situation of relapse. Such results can be explained as mentioned above and due to the fact that the ability to control is a mental skill that indicates the development and stimulation of mental and physical capabilities, and reveals an individual's self-confidence and self-acceptance. Self-confidence and the ability to control it are two overlapping variables. These personality traits help the individuals in raising their competencies in dealing with any relapse situation they may face. This result was consistent with the result of a study Rabee



(2010) who stated that one of the characteristics of personality among substance abusers was self-confidence and the ability to control.

The results of the study also indicated that there were differences in personality attributes and relapse situation among the participants in favor of single participants. This result can be explained in relation to the fact that substance abuser who are not married do not feel responsibility towards their family or community. Most of them depend on their parents to meet their needs. They can also do various things in order to obtain drugs, such as theft, fraud, and make relationship with addict friends, without paying attention to the consequences of their actions. Also, a significant variance existed in personal attributes among the participants based on the type of substance that is used. The effects of the substance abuse depend on several factors, including type of the substance, the number of substances that is used, the time period of substance abuse, and the time number of doses. But as soon as the substance enters into blood and body, the person loses control, and then will start to have the urgent desire to use this substance again. However, this depends on the nature of the effect of the substance on the nervous system and brain. This result was consistent with Chalana, Kundal, Gupta and Malhari (2016) who found that the relapse substance abusers have taken more doses and have started to use injections more commonly.

Finally, the results showed no statistically significant difference between the participants in relapse situations based on type of substance that is used, and time period since substance abuse variables. Also, no statistically significant difference was found between the participants in the personal attributes based on time period since substance abuse. This would mean that the participants agreed on the situations that could lead to relapse according to their personal attributes and psychological abilities. This result came in agreement with Kurdi and Saeed (2014) who found no differences regarding to the personal attributes of substance abusers according to the time period of abuse.

Limitations and Recommendations for Future Studies

The possibility of generalizing this study is limited to studying personality attributes and relapse situations of substance abusers in the Southern Jordan Valley in Jordan, during the second half of 2019. It is also limited to the instruments that have used to gather data, i.e. Al-Khartoum Personality Scale (Mutawakkil Mahid, 2003) and Relapse Situations Scale (Askar, Diddy and Askar, 2006). The researcher suggests conducting a larger-size sample and targeting other variables that could overlap with the relapse of substance abusers. Future studies are directed to explore addicts' needs during treatment and rehabilitation programs. Moreover, future research is advised to investigate the attitudes of family and society towards the recovering addicts, and their roles in preventing and protecting addicts from relapse.

CONCLUSION

Although the current results are exploratory and need to be duplicate using larger samples. This step will clarify how personality attributes can be helpful in the assessment of substance abusers' relapse and risk of development of relapse consequences. This highlights the importance of accurate and assessment of youth personality and study of the major situations that affect the substance abuser relapse after treatment and rehabilitation.



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Competing Interests

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