

## Assessment of Motivation for Rehabilitation among Male Illicit Drug Users in Rehabilitation Centers of Sri Lanka

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Relapse is a major problem encountered in addiction treatment. Illicit drug users who initiate rehabilitation should have a good motivation for rehabilitation to avoid relapses. This study was conducted to assess the level of motivation for rehabilitation among male drug users admitted to rehabilitation centers in Sri Lanka. A cross-sectional study was conducted among 431 male illicit drug users in five selected rehabilitation centers in four different districts; Mithsevana-Unawatuna, New Life Rehabilitation Center-Unawatuna, Sethsevana-Koswatta, Methsevana-Kandy and Nawadiganthaya-Nittambuwa. Study subjects were selected using convenient sampling method. Data were collected over a one-year period (December 2016 to December 2017) using an interviewer administered questionnaire. Sinhala translation of Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) questionnaire was used to assess the motivation of the client under the three categories; Recognition, Ambivalence and Taking steps. The judgmental validity of the questionnaire was assessed using expert opinion. Data were analyzed using SPSS. Level of motivation was categorized as low, moderate and high according to the scoring system given in SOCRATES Profile Sheet. Majority of the sample were Sinhala (82.4%), Buddhists (70.5%) and early school dropouts (32.2%) with a mean age (SD) of 32(10.3) years. Nearly 40% were readmissions. The highest percentage of the drug users were from Western province (75.6%). Mean scores (SD) for recognition, for ambivalence and for taking steps were 17.19 % (9.89), 37.75% (11.28) and 12.20% (5.90) respectively. Mean score(SD) for total scale was 22.38% (6.48). None reported a high level of motivation and 97% had low level of motivation according to total score. Majority had low motivation level for recognition and for taking steps (95.6% and 98.1% respectively). Nearly 40% of drug addicts had a low motivation level and 58% had moderate motivation level for ambivalence. In conclusion, majority of drug addicts had poor motivation for rehabilitation. This may affect the effectiveness of the rehabilitation programs leading to relapses and recurrent admissions. Further investigation is recommended to identify reasons for poor motivation for rehabilitation.

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