

Abstract

Baseline: Self-esteem is often perceived as an indicator of emotional and mental well-being and life satisfaction. How we perceive ourselves is also important for our environment. Addiction disrupts the attitude towards oneself, and self-esteem becomes problematic. Therefore, it is important to focus on strengthening self-esteem in therapy.

Goals: To determine the change in self-esteem of patients undergoing inpatient treatment for addiction at the Department of Addiction Treatment of the Kosmonosy Psychiatric Hospital. To demonstrate the influence of the studied categories (education, occupation, number of treatments and length of addiction) on self-esteem. To compare the change in the subjective perception of psychological quality of life in relation to self-esteem. To analyze the change in psychological and physical health. To recommend possible interventions based on the findings.

Methods: This is a quantitative research conducted using questionnaires administered at the beginning and at the end of treatment. The Rosenberg Self-esteem Scale was used to assess self-esteem. The Schwartz Therapy Assessment Scale measuring the psychological aspect of quality of life was used as an additional measure. To assess treatment outcome, the Maudsley Addiction Profile questionnaire was administered, focusing on the physical and psychological health domains. A questionnaire was designed to obtain socio-demographic data.

Results: It was found that patients' self-esteem at the beginning of treatment is lower than the average value for the Czech population. It was also confirmed that patients' self-esteem at the beginning of treatment is lower than their self-esteem at the end of treatment. Patients at the end of treatment have higher scores in the subjective perception of the psychological aspect of quality of life. Improvements in perceived psychological and physical health are related to improvements in self-esteem. However, we were unable to find associations between self-esteem and the examined categories of education, employment, number of treatments and duration of addiction.

Conclusion: Based on the research findings, we can partially confirm the theoretical assumptions from which we drew. Addiction treatment brings about a change in patients that is desirable and can thus contribute to an improved quality of life.

Key words: self-esteem, addiction treatment, quality of life, change