

## Abstract

**Background:** Psychiatric illness or addiction to substances can negatively affect a person's quality of life. When a person has both a psychiatric illness and an addiction simultaneously, it is referred to as a dual diagnosis. Patients with a dual diagnosis are a relatively newly recognized and demanding clientele. Mapping their quality of life can yield interesting findings that could be further applied in practice.

**Objectives:** To compare the quality of life of patients with a dual diagnosis admitted for their first stay and those admitted for a graduate stay at Ward 16 of the Bohnice Psychiatric Hospital with values measured in the general population. Additionally, to demonstrate the relationship between the length of abstinence, type of addiction diagnosis, and gender on satisfaction with physical health, assessment of quality of life, and frequency of experiencing negative feelings.

**Methods:** The WHOQOL-BREF questionnaire was used to collect data for quantitative research, assessing overall quality of life and health status. Sociodemographic data were recorded in a self-created questionnaire. Data analysis was performed using descriptive statistics and hypothesis testing with the Mann-Whitney U test.

**Results:** Compared to the general population, patients on their first stay rate their quality of life worse, are more dependent on medical care, enjoy life less, are less satisfied with themselves, and have impaired physical health and psychological experiences. Graduates are more dependent on medical care and experience poorer physical health than the general population. Patients with abstinence longer than two months rate their quality of life better and experience fewer negative feelings than patients with shorter abstinence. Patients with alcohol-induced disorders experience fewer negative feelings than patients with polydrug-induced disorders. However, patients with abstinence longer than two months are not more satisfied with their physical health than those with shorter abstinence. Patients with alcohol-related disorders do not rate their quality of life worse than patients with multiple drug-related disorders. There is no difference between the sexes in the frequency of experiencing negative feelings.

**Conclusion:** The main output of this work, which deserves further attention and research, is the disconfirmation of the generally accepted position that longer abstinence leads to better physical health. Additionally, the finding that there is no difference between sexes in the frequency of experiencing negative feelings contradicts professional literature. Other findings confirm theoretical starting points, such as the positive effect of abstinence on quality of life and the experience of negative feelings, and provide interesting insights into the evaluation of quality of life and the experience of negative feelings depending on the type of addiction diagnosis.

**Key words:** Abstinence, dual diagnosis, mental illness, quality of life, addiction treatment