

5th International Conference and Exhibition on

Addiction Research & Therapy

October 03-05, 2016 Atlanta, USA

Traumatic experiences in childhood and coping strategies among drug addicts

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The present study explored the relationship between traumatic experiences in childhood and coping strategies among drug addicts. It was hypothesized that there is likely to be relationship between traumatic experiences in childhood and coping strategies among drug addicts. Correlational research design was employed and non probability purposive sampling was used to draw a sample of 80 participants from addiction centers, Fountain House, Emaan Clinic, Silver lining and Pak Clinic Lahore. Demographic Information Sheet, Early Trauma Inventory Self Report-Short Form (Bremner, Bolus, & Mayer, 2007), Brief Cope were used to assess demographic information, traumatic experiences in childhood and coping strategies respectively. Correlation analysis indicated that there was a significant positive relationship between traumatic experiences in childhood and coping strategies. Emotional abuse showed a significant positive relationship with humor coping. Sexual abuse showed a significant positive relationship with self distracting and substance use coping. General traumas showed a significant negative relationship with positive reframing coping. Physical punishment showed no relationship with subscales of Brief cope. The study contributes for development of better patient's treatment plans and recovery and also provides literature for new researchers to work in this area and create awareness about coping styles.

Biography

Qudsia Nashee completed her Mphil in Applied psychology from Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan. She is working as psychologist and visiting lecturer at present. She has experience of five years in drug addiction rehabilitation and treatment.

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