

Abstract

Despite several interventions put in place to control and manage the prevalence of relapse among substance abusers to stop the re-admission so as to reduce the prevalence but it has still remained a challenge. Social support have been noted to be important predisposing factors that influence the substance abusers to re use the drug in many societies especially in Africa inclusive of Uganda which is our focus study area specifically Butabika hospital in Kampala. Social support has been noted to influence substance abuse relapse both positively and negatively, it affects both males and females of all age. Therefore, this study sought to determine the role social support in substance abuse relapse among substance abusers attending Butabika hospital.

A cross-sectional study was carried out; enrolling a total of 196 substance abusers attending Butabika hospital. Data was collected on the prevalence of relapse among substance abusers, forms of social support given to substance abusers and to establish the relationship between social support and relapse. According to the study, overall prevalence of relapse in Butabika hospital was found to be 18.5%. Findings also showed that substance abusers received four different types of support; tangible support, appraisal support, belonging support and esteem support majorly from family and. Using the Statistical Package for Social Scientist (SPSS) program, analysis of the collected data was done to investigate the prevalence of relapse and forms of social support given to substance abusers. Also, Chi-square statistical tests and cross tabulations were carried out to establish the relationship between social support and relapse.

Variables such as Appraisal support, Tangible support Belonging support and Esteem support had a high significant association with relapse ($p < 0.05$). The prevalence of relapse among drug abusers was high (18.5%) yet most of the relapse patients reported to relapse in less than a month after discharge from the rehabilitation center and had been at the rehabilitation center more than twice.

Although negative emotions are emotional triggers for relapse, positive emotions derived from good moods at parties can tempt drug abusers to try out the substance of abuse just once. Friends and family are important social supporters of drug abusers and can provide tangible, appraisal, belonging and self-esteem which is important in encouraging victims to drop their addictions and live drug free and productive lives