

6<sup>th</sup> World Congress on

# Addiction Disorder & Addiction Therapy

August 29-31, 2017 | Prague, Czech Republic

## Quality of life and self-regulation behaviors in adult Omani substance users

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Substance abuse is currently recognized as a chronic brain disease and a significant public health concern. Literature indicates that, all types of abused substances lead to various individuals', families', and societal problems. In 2014, the number of substance users in Oman has reached a total of 4955 cases receiving their addiction treatment through the Ministry of Health. The number of addiction cases continues to increase steadily since 2008 when it was around 1776 users only. However, these numbers represent the cases that have approached the Ministry of Health seeking for substance use treatment. The purpose of this poster is to present a study proposed to investigate the effects of physical, psychological, family, and social factors that impact QOL and self-regulation behaviors in Omani substance users. The study also explores the predictors of self-regulation and quality of life in Omani substance users. Individual and family-self-management theory is used as a theoretical framework to guide the implementation of the study. The study will be implemented in Muscat, Oman. Face-to-face interviews will be conducted to collect data using the DUSOCS, drug taking confidence questionnaire (DTCQ) and SF-36. This study is intended to enhance the HRQoL of substance users, enhance the quality of substance use treatment in Oman, and improve the support provided to substance users.

### Biography

Hamed Mubarak Al Battashi has completed his MSN from Villanova University and currently undergoing his PhD degree at Case Western Reserve University. He has worked as a Lecturer in a specialized nursing institute in Oman mainly in the specialty of Mental Health. He is also the Member of the Honor Society of Phi Kappa Phi. He has participated in authoring the book *"Psychology for Nursing and Healthcare Professionals: Developing Compassionate Care"* that was published by SAGE in 2016.

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