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The assessment of healthy lifestyle status among addicted in-patients of the Department of Health Treatment and Rehabilitation Center, Bicutan, Philippines

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Healthy lifestyle has been associated with different types of addiction can be a kind of dependence on drugs and chemical substances such alcohol, nicotine and heroin of which any source which can stimulate an individual enabling it to be addictive. This change of behaviors such as drug abuse from habits will significantly develop into obligatory behavior; can be considered as the development of addiction. A great number of Filipinos are constantly suffering from addiction. The Dangerous Drugs Board (DDB) has reported that there are about 6,079 total reported cases from residential and out-patient facilities as of 2016. Hence, addiction is regarded as unhealthy lifestyle that affects an individual's physical, mental and social well-being facets. The aims of this research paper were: (1) To assess the current lifestyle status of addicted patients in the rehab center of the Department of Health Treatment and Rehabilitation Center, (2) to determine the lifestyle variables that need an intervention while staying in the rehabilitation center and (3) further investigate difference of the healthy lifestyle status of after the brief intervention. Data were collected from 504 students (male 252, female 252) among secondary students of Sta. Lucia High in the Philippines. The Healthy Lifestyle Screen (HLS) was utilized to assess the lifestyle condition of the students. The tool has variables involving physical, mental, behavioral and environment including nine areas of lifestyle such as dietary behavior, exercise or physical activity, water intake, sunshine exposure, temperance or self-control, quality of air, quality of rest or sleep, trust in a Likert-Scale type of which the higher score denotes healthier lifestyle. Socio-demographic includes age, gender, year level, economic status, domestic status, perceived life satisfaction and health condition including Sleep Quality questionnaire (SQ). High school students were in the range of unstable lifestyle having low mean scores in variables such as rest, water, nutrition and exercise. Findings highlight the need of having a school-based healthy lifestyle intervention program and preventive measures through a positive approach specifically in developing healthy behaviors and establishing resiliency among high school students.

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