In addiction treatment, it is important to develop clients’ capacity to cope with high risk situations of substance use. Increase of clients’ self-efficacy and sense of coherence and internalization of locus of control, and positive therapeutic alliance are considered important factors in treatment. These factors are, however, not much studied in Finland. This study is based on Social Learning Theory and cognitive-behavioral addiction treatment model. The general aim of the study was to open up new insights into the treatment of substance abusers. The dissertation is based on three studies.

The specific aim of the Study 1 is to examine of the connection of drinking related self-efficacy and post-treatment substance use. The aim of the second study (Study II) is to study the connection of psychiatric symptoms, severity of alcohol dependence and use of primary care services. The third study (Study III) focused on the change of prisoners’ sense of coherence, the change of prisoners’ prison related and drug related locus of control during addiction treatment.

According to the results, patients’ drinking related self-efficacy and general self-efficacy improved significantly during addiction treatment, but no connection was found between in-treatment self-efficacy and post-treatment substance abuse. Those with most psychiatric symptoms also showed the most severe alcohol dependence and highest use of primary care services. Both prisoners’ sense of coherence and drug related locus of control changed significantly during addiction treatment. There was no change in their prison related locus of control.

The results gave new insights to substance abuse treatment, and showed the need of development of continuity of care and co-operation between in-patient and out-patient addiction treatment. The results are discussed from clinical point of view.

Avainsanat-Nyckelord-Keywords
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