

## The characteristics of substance abusers attending a detox hospital in Oman and patterns of their utilization of healthcare services

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### Abstract

A cross sectional study was conducted in a tertiary care center for alcohol and drug abuse in Oman. The patients who are in treatment for detox were selected from a convenience sample from among patients who were seeking consultation for alcohol and drug abuse at the center. A six-part questionnaire was designed to solicit their socio-demographic background and clinical history, as well as healthcare utilization and its perceived barriers. Chi-square analysis was used to evaluate significance of differences among categorical data. Logistic regression modeling was used to obtain measures of associations after adjusting for confounding factors. Among patients (n=293) seeking detox, 99% were male and younger than 30 years. A peer influence on the initiation to substance abuse problems was significant. Most patients had poly-substance abuse problems including intravenous drug abuse. Cannabis and alcohol were the first substances consumed by most patients. Hepatitis C and psychiatric disorders were found to be the most common co-morbidities. Those dependent on cannabis and benzodiazepines were more likely to perceive "improvement" upon receiving detox.

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### Biography

Al Khatib Rashid Al Saadi, MD, graduated from college of Medicine at Sultan Qaboos University in Oman and first year Psychiatry Resident in Oman Medical Speciality Board.

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