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**Irina Gromova,**  
 PhD, Head of the Laboratory of Clinical Psychology,  
**Natalia Olifirovich,**  
 PhD, associate professor,  
 Department of Clinical and Consultative Psychology,  
 Belarusian State Pedagogical University,  
 13, Skaryna Str., Minsk, Belarus,

## COMPARATIVE ANALYSIS OF THE FAMILY STORY EVENTS OF ALCOHOL AND DRUG ADDICTS

*The expansion of various kinds of chemical abuse all over the world, the decline of the age of the first use causes extensive damage to economics and society, worsens demographic situation, reduces the working capacity of the population among different social and age groups. The relevance of this research is conditioned by the necessity of studying the correlation of genetic and environmental determinants in forming the addiction to the chemical substances. The research of the causes of the addicted behavior denote multiformity (polymorphism) of these factors. Definite behavior patterns and events in the addicted person's family are essential issues to deal with. The paper aims to identify life events of the addicted persons and their immediate circles for the revealing of indicators which can predict the formation of addiction. The research is based on the interview for collection of the anamnesis and the "Genogram" method by M. Bowen. The survey resulted in the construction of regression models with high prediction power for the groups of alcohol and drug addicted respondents including the range of independent variables, such as the age of the first taking drugs, life danger in childhood, suicides and criminal records in generations. A theory that the immediate circle has a leading role in support of early consumption, the forming and preservation of psychoactive substances abuse has been confirmed. The analysis of family histories shows us that an existence of family member addicts, violence and other traumatic events exert a stable effect on the functioning of all subjects of the family system and can create addiction to alcohol or drugs in future. The results are important for organization of medical, psychological and social help to addicts, also for developing preventive measures for work with members of their families.*

**Keywords:** addiction, addicted person, family environment, family story events, psychoactive substances.

### Introduction

One of the most important up-to-date problems is a steady trend of extension of psychoactive substances' addiction among all population categories. Its relevance is determined by severe psychosocial and medical consequences, the immensity of the damage caused by the consumption, as well as the impact on demographic situation and the working capacity of the population.

Psychoactive substances include mixtures of natural or artificial origin, which influence the functioning of central nervous system and lead to changes in mental state up to an altered state of consciousness.

Nowadays the most widespread, disposable and legal psychoactive substance is alcohol. Its effect on people's health is defined by two separate but interrelated parameters:

- the total amount of consumed alcohol;
- the model of consumption.

The important indicator is a model of alcohol consumption: from 1 – the least harmful to 5 – the most harmful. It is based on revealing a bond between the alcohol consumption and common risk of the related diseases manifestation and injuries in people. This classification is based on definite reports about the "culture" of drinking alcohol in different countries like redundancy of drinking alcohol for different reasons, the tradition to drink alcohol

for occasions, the amount of drunk alcohol after intoxication, the rate of those who drink it every day or almost every day and so on.

At the same time there is also a problem of narcotic substances consumption. According to the data of World Health Organization nowadays greater amount of narcotic substances in Europe are being consumed as compared to the past. A polydrug use (use of several narcotic substances' types simultaneously) is widely spread nowadays. The character of consumption of certain drugs varies from just trying to habit and addiction.

The European Monitoring Center for Drugs and Drug Addiction (EMCDDA) indicates an increasing list of new psychotropic substances. There are synthetic cannabinoids, synthetic cathinones, phenethylamines, opioids, tryptamines, benzodiazepines, arylalkylamines and other drugs. In 2015, 98 new substances were found, as a result the total number of new drugs exceeded 560. 380 types (70%) were found during the last 5 years. The risk of harmful psychoactive substances' consumption varies according to age, sex, and biological parameters, as well as the conditions and environment where alcohol or drugs are taken. The factors of risk are as follows: the age of starting consuming, male gender, burdened family history, consuming environment.

Substance abuse is noted among representatives of different social and age groups. This situation worsens by annually increasing number of people, who consume narcotic and psychotropic substances in a non-medical way [3]. Negative psychosocial and medical consequences of alcohol and drugs consumption are manifested in the violation of family interaction, decreasing in employment, the growth of criminogenic and suicidal behavior. Psychoactive substances addicts are in a group of a high risk of psycho-neurological disorders, cardiovascular diseases, ischemic heart disease, liver cirrhosis, infection with hepatitis, HIV infection, obtaining intentional and unintentional injuries [4; 5; 6; 7].

So the decrease of alcohol and drug consuming become a politic priority of any state. Current strategies and measures which are focused on the prevention of forming psychoactive substances addiction in the population do not bring any desired results. The most important state task is elaboration of urgent actions for reduction of harm caused by alcohol and drugs consuming.

The investigation relevance of the issue (the problem of forming chemical substances addiction and the research of the relationship between genetic and environment determinants) is primary due to the viral spread of chemical addiction and a decrease the age of the first consumption.

The studies of the reasons of addicted behavior point at factors polymorphism predisposing to this. Not only biological determinants are included but personal features and social environment. Definite patterns of behavior and events in the addicted person's family are essential issues to deal with.

The phenomena of life path can be represented in such concepts as circumstances, intend events, social sphere etc. While considering a person as a multi determined system B. G. Ananiev and his followers accentuated the importance of life path researches [8; 9].

#### Research Methods

For analysis of family stories (patterns of relationship, non-normative crises, recurring events, etc.) the most suitable form for taking information is a special form, genogram, developed by M. Bowen. Genogram is a graphical form of family genealogy where information about members of family of three generations is fixed, it allows to receive family view and its problems. Construction of a genogram allows to see difficult family patterns, main events of the family stories. According to the historical perspective, it is important to focus on the "coincidence" of certain events. According to S. L. Rubinstein and other researchers, life events are the turning points of the whole life. The acceptance of a definite decision by the individual here determines future events and processes for more or less long period [10]. Family story investigation can provide important information about such symptomatic patterns as alcoholism, incest, somatic diseases, violence and suicides which are often transmitted from generation to generation [11; 12; 13; 14; 15].

Family factors which are predictors (predict alcohol and drug abuse) can be divided into three related categories: structural, interpersonal and historical. Structural factors reflect the family composition, number of children, birth intervals between siblings. Interpersonal factors characterize the dynamics of marital, parent-child and sibling family relations. Historical family factors consider transgenerational patterns, rate and influence of alcohol and drugs consumption in nuclear and extended family. The research results allow to state that alcohol and drugs consumption by any family member will be mostly connected with the other family system members' consumption [11; 16; 17; 18; 19; 20; 21].

In the present research, the histories of those families where there were alcohol and drugs addicted people were studied. Special attention was paid to such factors as the age of starting consuming, violence in the family, and relatives who use psychoactive substances.

*Characteristics of the sample.* The total sample was 147 people. 34 chemically addicted respondents were excluded because of: a) the reason of alcohol and narcotic relapse, b) have not passed reliability level test according to the proposed methods. The total sample was 113 respondents. People under investigation were divided into two groups:

- group AA (Alcohol Addicted) – 35 men and 32 women with alcohol addiction (the second stage);
- group DA (Drug Addicted) – 33 men and 13 women with drug addiction (the second stage), the average period of use is 10 years.

Drug addicted respondents used injection drugs (opioid group) until hospitalization. All the respondents were taking a course of treatment in the inpatient departments of narcology in Minsk. Men and women aged from 20 to 46, (average age is 31), with safe mentality were included to this research. The research excluded patients with mental illnesses, with psycheclampsia, deviance in cognitive processes, also patients whose alcohol and drug (opioid group) addiction was combined with addiction to other drug groups.

#### Measurements

Interview with patient intake and the Genogram method were used in this research [11]. During compilation of the genogram of each participant of our research, units of analysis were distinguished; they reflected the life events of the individual and his/her closest environment. These analysis units reflect specificity of the cognitive system which includes processes of retrospect, control and imitation of behavior and connects individual's past and future.

#### Statistical Analysis

Quality indicators received during the genogram construction were coded into dichotomous variables. The contingency tables were used to analyze received variables. The Mantel-Haenszel method (a total test of  $\chi^2$  for stratified data) was used (it is usually applied in distortion of interference effect because of other factors).

The Cochran and Mantel-Haenszel statistics included a calculation method of odds ratio (OR) in the 2x2 contingency tables. The odds ratio is a statistic indicator that allows to compare the frequency impact of risk factors. The odds ratio is a retrospective comparison of definite risk factor influence on persons group. To assess homogeneity statistical criterion Breslow-Day for OR was used.

## RESULTS

### Discussion

#### 1. Structural factors.

The genogram analysis was focused on the following structural parameters: family composition, parental subsystem, siblings, the presence or absence of chemical addiction in the first and second relationship lines (Table 1). These variables were detached from the base of analysis of literature dedicated to family research and chemical addiction.

Table 1.

*The Frequency of Events Occurrence in the Genogram (in %)*

Event	Percentage (%)	
	DA	AA
Family with both parents	82.6	80.6
Addictions in the 1st relationship line	71.7	77.6
Addictions in the 2nd relationship line	89.1	95.5
Having siblings	67.4	79.1
Siblings addictions	26.1	20.9
Personal criminal record	82.6	22.4
Criminal record in generations	60.9	31.3
Suicide in generations	17.40	20.9
Abuse in childhood	89.1	88.1
The threat of life in childhood	13.0	22.4
Violent deaths in generations	58.7	56.7

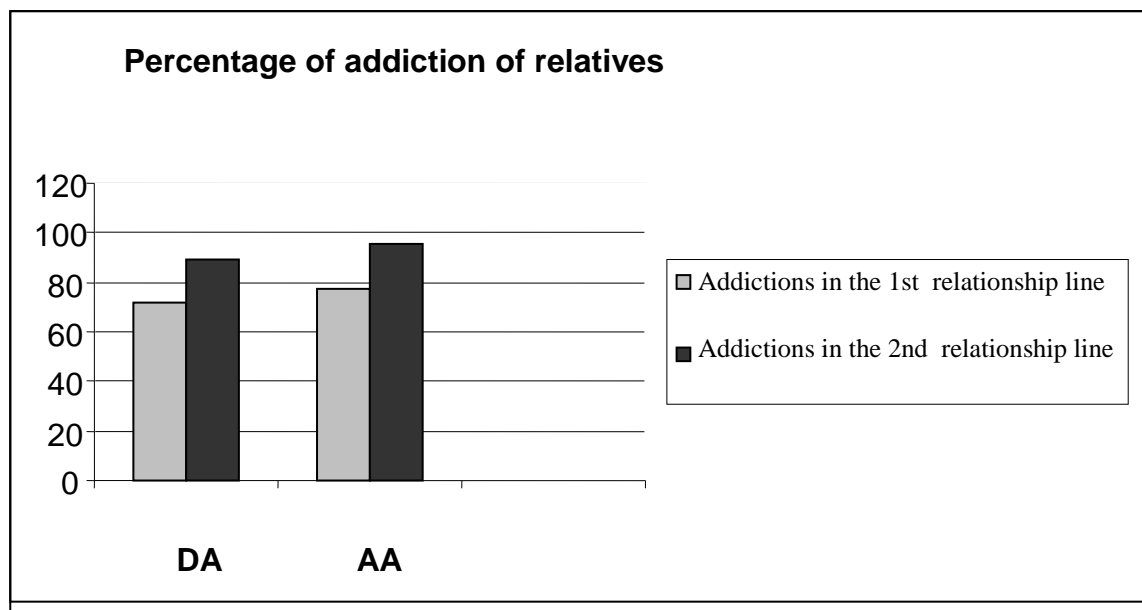
Note: Groups DA – drug addicts, AA – alcohol addicts.

Analyzing structural parameters, it was found that the majority of respondents of the aggregate sample grew up in families with two parents. This indicator is confirming with the results of the research (I.A. Gromova, P. McArdle), which confirmed that a significant role in prevention of the addictions goes to definite aspects of well-being family, not just living with both parents [22; 23]. Parents' attitude to alcohol/drug use is also important [23]. Addictions in the 1<sup>st</sup> and 2<sup>nd</sup> relationship lines were founded among the majority of respondents (fig.1). In the process of calculating the Pearson's tetrachoric correlation coefficient ( $\phi$ ) a positive relationship was found between these variables  $\phi = 0.221$ ;  $p = 0.005$ . The presence of addiction in the 2nd relationship line increases the chance of having an addiction in the next generation in more than 6 times (OR = 6.092, 95% CI 1.374-27.007). Statistically significant differences between the groups for these variables were not detected.

#### 2. Interpersonal factors

Interpersonal factors reflect interpersonal relationships in family system. Special attention in the genogram preparation and analysis was given to physical and emotional abuse from parents to children, also to situations in early childhood associated with life threat. These parameters are corresponded with the parameters identified by the European Monitoring Center (EMCDDA) [24].

During the group comparing there were no significant differences revealed. However, it should be mentioned that the calculation of the statistical index of OR has shown that the occurrence of physical and emotional abuse in childhood is 3.5 times higher in families with two parents –  $\chi^2(1) = 6,456$ ;  $p = 0.011$  (effect size  $d = 0.41$  CI 95% 0.08-0.75), which may be due to the displacement of aggressive emotions and the roles inversion. The same results were obtained in A. V. Kopytov's studies [25].



Note: Groups DA – drug addicts, AA – alcohol addicts.

Fig. 1. Chemical Addiction in Every Group of Relatives

In women who were addicted to psychoactive substances childhood violence had been more common than in men, but the differences did not reach the level of statistical significance. An interesting fact was revealed: among women who grew up in a family with one parent, violence was only 66.7% (in men – 83.3%). For women from two-parent-families, the percentage of violence was higher – 97.2% (for men – 87.5%). It is noticeable that the percentage of violence in men’s childhood is quite stable, whereas for women it is very different and depends on the family composition. The respondents who were describ-

ing the parent-child relationship, noted either tight control and emotional coldness, or permissiveness and lack of attention.

As the variables are presented on a dichotomous scale, the tetrachoric Pearson correlation coefficients ( $\phi$ ), which are presented in Table 2, were calculated to determine the relationship. In both groups of addicted people having siblings is a risk factor. The relationship between the variables “having a sibling” and “addiction in a sibling” is revealed:  $\phi = 0.367$ ;  $p = 0.0005$ .

Table 2.

**Correlation Coefficients ( $\phi$ ) Between Significant Events of Family History**

Correlation between variables	Coefficient ( $\phi$ )	P-value
Addictions in the 1st line of relationship x Addictions in the 2nd line of relationship	0.221	0.005
Families with both parents x Physical and emotional abuse	0.212	0.011
Having sibling x Sibling’s addiction	0.367	0.000
Having sibling x Sibling’s addiction (group AA)	0.264	0.031
Having sibling x Sibling’s addiction (group DA)	0.413	0.005
Criminal record in generations x Personal criminal record	0.238	0.004
Criminal record in generations x Suicide in generations	0.257	0.002
Violent deaths in generations X Suicide in generations	0.255	0.002

In women who are addicted to psychoactive substances, the age of the first consumption is associated with the presence of sibling:  $r = 0.271$ ;  $p = 0.05$ . According to M.H. Boyle, siblings have a dominant influence on the initiation of alcohol / drug consumption. Patterns of the

behavior are more often transmitted from older siblings to younger ones, rather than from parents to children [26].

The parameters obtained as a result of the frequency analysis allow us to state that men start alcohol and / or drug consumption earlier than women. In the groups of

alcohol addicted people (AA) and drug addicts (DA), the variable “age of the first use of alcohol / drugs” has revealed a significant difference:  $t = 3.628$  (111);  $p = 0.001$ . Alcohol is tried earlier ( $\mu = 15.6 \sigma - 2.43$ , effect size  $d = 0.58$ ) than narcotic substances ( $\mu = 17.4 \sigma - 2.97$ ). When calculating the Kendall rank correlation in drug addicted groups a relationship between the variables “age of the first use” and the presence of “life threatening situations in childhood” has been found  $r = 0.169$ ;  $p = 0.05$ .

3. Historical factors

When analyzing historical family factors the attention was focused mainly on repetitive transgenerational patterns. The most frequent events in all three groups were: criminal record, violent deaths and suicides in generations. Such an event as violent death in generations occurs in the majority of all respondents, regardless of belonging to any group (see Table 1). The only indicator according to which there are significant differences between groups is criminal record in generations. The highest incidence of this occurrence is observed in the DA group ( $\chi^2 = 9.68$  (1),  $p = 0.002$ , effect size  $d = 0.58$ ) as compared with the AA group. Criminal record in generations more than in 2.5 times increases the risk of personal criminal record:  $\phi = 0.238$ ;  $p = 0.004$ .

4. Risk indicators of family history events

A descriptive analysis made it possible to distinguish important variables for the further investigation. Firstly, most of the addicted respondents grew up in two-parent families and have addicted family members in the first and / or second line of consanguinity. There is a relationship between physical and / or emotional abuse and the completeness of the family. Women are at higher risk of abuse in childhood.

Secondly, the age of the first alcohol consumption is lower than the first drugs consumption; in men, the age of

the first alcohol and / or drugs consumption is lower than in women. A correlation between the age of the first consumption and the presence of siblings was found in addicted women.

Thirdly, there were distinguished traumatic events (criminal record, suicides, violent deaths) typical for investigated groups. A correlation between criminal record in generations and a respondent’s criminal record, the addiction in generations and the addiction of the investigated individuals is an example of the manifestation of a phenomenon of transgenerational descent.

Logical regression was used to identify indicators that can predict the formation of chemical addiction. This type of regression calculates the probability of occurrence depending on the values of the independent variables. For each group a regression model was constructed, into which definite variables were included.

Several regression models were evaluated for the group DA and AA, the dependent variable was the presence / absence of chemical addiction, and the independent variables were obtained from genogram analysis. The likelihood ratio (LR) was used, also the measure of certainty (Cox and Shell, etc.) was used for indication of the part of the dispersion that can be explained by logical regression.

In the obtained regression model for the group DA  $R^2$ Nagelkerke is 0.70, which is a quite good indicator. On the basis of the calculated model 90.2% of cases are correctly predicted.

In the regression model significant coefficients Wald = 17.368 with  $p = 0.000$  were obtained, that indicates its high quality. Table 3 shows the highlighted indicators. The exponential coefficient  $B$  shows the risk measure of each predictor.

Table 3.

**Regression Coefficients of Independent Variables in the DA Group**

Predictors	B coefficient	Standard error	Exp. B	P-value
Presence of hepatitis C	2.569	0.590	13.051	0.000
The age of the 1 <sup>st</sup> use	0.386	0.145	1.471	0.008
Criminal record in generations X The age of the 1 <sup>st</sup> use	0.114	0.044	3.889	0.009
Having sibling	-1.490	0.730	0.225	0.041
Academic degree	-2.317	1.369	0.099	0.091
Constant	-5.284	2.328	0.005	0.023
$\chi^2$ (10df) of model	100.352			0.000
$R^2$ Nagelkerke	0.705			

In the model describing the predictors characteristic of the drug addicted person, the highest coefficient is observed in the “hepatitis C” variable ( $B = 2.569$ ,  $p = 0.000$ ). This reflects rather the consequences of consumption, because viral hepatitis C was found in 82.6% of drug addicts. Such a fact as the age of the first chemical sub-

stance consumption ( $B = 0.386$ ,  $p = 0.007$ ) is a recognized risk factor. In foreign investigations there is a special abbreviation for this indicator – AFU, which is considered as an important predictor of addictive behavior formation. The academic degree is negatively associated with drug addiction. Interaction of such variables as “criminal rec-

ord” and “age of the first try” ( $B = 0.114$ ,  $p = 0.009$ ) is indicative of the influence of earlier events on the increase of the risk of forming addictive behavior in the next generations. Regression models for the group AA

were similarly constructed. In the model for the group AA the  $R^2$ Nagelkerke index is 0.626. 84.6% of cases are correctly predicted. Table 4 contains the selected predictors.

Table 4.

**Regression Coefficients of Independent Variables in the Group AA.**

Predictors	B coefficient	Standard error	Exp. B	P-value
The threat of life in childhood	1.696	0.670	5.453	0.011
Being divorced	1.674	0.813	5.333	0.040
Suicides in generations	1.524	0.735	4.589	0.038
Having sibling	0.869	0.623	2.386	0.163
The age of the 1 <sup>st</sup> use	0.306	0.056	1.358	0.000
Having hepatitis C	-3.924	0.687	0.020	0.000
Constant	-4.056	1.439	0.017	0.005
$\chi^2$ (13df) of model	90.551			0.000
$R^2$ Nagelkerke	0.626			

The greatest coefficient is observed in a variable that characterizes life threat in childhood ( $B = 1.696$ ,  $p = 0.011$ ). Unsafe life situations in childhood, described by the alcohol addicts, included cases of early sepsis, frostbite (if they were left outside), drug overdoses, clinical death due to burns, violent asphyxiation, etc. Often these situations were mostly caused by parents' connivance. As noted above, in the calculation of the Kendall rank correlation there was found a relationship between the variables “age of the 1<sup>st</sup> use” and the presence of “life threatening situations in childhood” ( $r = 0.169$ ;  $p = 0.05$ ) in groups of psychoactive substances addicts. Traumatic experience in childhood, associated with life threat, can be a significant fact of the risk of future chemicals addiction. Such facts as the presence of sibling (Exp. B = 2.386) and the age of first use (Exp. B = 1.358) are also risk factors that are relevant to the family of origin.

As one can see, only one indicator specifying an event from adult life (divorce) entered the model ( $B = 1.674$ ,  $p = 0.040$ ). This factor may reflect the difficulty of maintaining close interpersonal relationships in the process of alcohol addiction increase.

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## Conclusions

Summarizing all above it can be noted that the immediate circle plays a leading role in supporting early consumption, the formation and preservation the psychoactive substances addiction. Analysis of family histories shows that the presence of addicted members in the family, criminal record, violence and other traumatic events have a significant and sustained impact on the functioning of all subjects of the family system and can contribute to the formation of alcohol or drug addiction in the future. The results obtained in the investigation of family histories of addicted people are interesting not only for scientists: they are important for the medical organizations, psychological and social assistance to addicts, as well as for the development of preventive measures for work with members of their families.

Prospects for future investigations are related to the study of the effectiveness of various models of early therapeutic intervention in family systems with a high risk of addiction.

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**Ірина Олексіївна Громова,**  
кандидат психологічних наук, завідувач лабораторії клінічної психології Інституту психології,  
Білоруський державний педагогічний університет імені Максима Танка,

**Наталія Іванівна Оліфірович,**  
кандидат психологічних наук, доцент, доцент кафедри  
клінічної та консультативної психології Інституту психології,  
Білоруський державний педагогічний університет імені Максима Танка,  
вул. Ф. Скорини, 13, м. Мінськ, Республіка Білорусь

### **ПОРІВНЯЛЬНИЙ АНАЛІЗ ПОДІЙ СІМЕЙНОЇ ІСТОРІЇ У ЗАЛЕЖНИХ ВІД АЛКОГОЛЮ І НАРКОТИКІВ**

Поширення різних видів хімічної залежності у всьому світі, зниження віку першого вживання завдають масштабних збитків економіці і соціуму, погіршують демографічну ситуацію, знижують працездатність населення серед різних соціальних та вікових груп. Актуальність дослідження обумовлена необхідністю вивчення співвідношення генетичних і середовищних детермінант у формуванні залежності від хімічних речовин. Дослідження причин виникнення і розвитку залежної поведінки вказують на поліморфізм факторів, що привертають до цього. Крім біологічних детермінант, сюди відносяться особистісні особливості і соціальне оточення. Особливе значення мають певні паттерни поведінки і події в історії сім'ї залежної особистості, дослідженню яких присвячено статтю. Метою роботи є виявлення життєвих подій залежного індивіда і його найближчого оточення для визначення показників, які можуть прогнозувати формування залежності від хімічних речовин. У якості методів було використано інтерв'ю для збору анамнезу та методика «Генограма» М. Боуена. Результатом дослідження стала побудова регресійних моделей з високою передбачувальною потужністю для груп алко- і наркозалежних респондентів, що включають ряд незалежних змінних, таких як вік першого прийому, загроза життя в дитинстві, суїциди і судимості в поколіннях. Знайшла підтвердження гіпотеза, що найближче оточення грає одну з провідних ролей в підтримці раннього вживання, формуванні та збереженні залежності від психоактивних речовин. Аналіз сімейних історій показує, що наявність залежних членів у сім'ї, насильство та інші травматичні події завдають негативного впливу на функціонування всіх суб'єктів сімейної системи і можуть призвести до формування залежності від алкоголю або наркотиків у майбутньому. Отримані результати важливі для організації медичної, психологічної та соціальної допомоги аддиктів, а також для розробки профілактичних заходів для роботи з членами їхніх сімей.

**Ключові слова:** залежність, залежна особистість, сімейне оточення, події сімейної історії, психоактивні речовини.

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