

EFFECTIVENESS OF HOLOTROPIC BREATHWORK ON ANXIETY AMONG PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME ADMITTED AT SELECTED DEADDICTION CUM REHABILITATION CENTRE

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Abstract — Alcoholism and its related problems occupy majority of hospital admissions in India as psychiatric emergencies, all brain injuries and for deaddiction. Majority of patients who undergo deaddiction will return back to hospital with relapse within six months duration. Anxiety is one of the leading causes of relapse. This study thus aims at reducing anxiety among patients with alcohol dependence syndrome through holotropic breathwork thereby reducing the incidence of relapse. Pre experimental one group pretest posttest was adopted for the study with a sample size of 30. The study was conducted at A. J. Doss deaddiction centre, Valsaravakkam. This study discloses that holotropic breathwork is effective in reducing anxiety among patients with alcohol dependence syndrome.

Keywords— Alcoholism, Breathwork, Brain injuries.

I. INTRODUCTION

Human race is being bewildered by the sorrows and complexity of life. Man chooses a lot of alternatives to cope up with it and one of its kinds is alcoholism. Undoubtedly it is one of the most widely used mood-altering substances in our society. Alcohol is also an addictive substance that affects the individual both psychologically and physiologically. According to WHO (2011), globally, 6.2% of all male deaths are due to alcohol, when compared to 1.1% of female deaths. Alcoholism holds the third position in the world for being a risk factor for disease and disability especially in developing countries. Alcohol dependence is known to cause various psychological problems such as depression, anxiety, drug abuse, dependence and suicide.

The most important role of treatment for an alcohol dependent is the prevention of relapse. Nearly 90% of alcoholics return to their former state after deaddiction. Even after the treatment when men are likely to face inability to cope with problems in familial, financial occupational and social aspects of life, they experience anxiety which may leads to relapse. Various measures have been adopted in reduction of anxiety for alcohol

dependence syndrome that has been proved to reduce in relapse. Holotropic breathwork has a great effect in the emotional quotient thereby reducing anxiety in individuals with alcohol dependence syndrome. The study of Holly Harman (2011) proved that holotropic breathwork improves the sense of well being of patients with alcohol dependence. Thus the researcher felt that holotropic breathwork may help the individual with alcohol dependence syndrome to overcome their anxiety.

1.1 Objectives

- Assess the level of anxiety among patients with alcohol dependence syndrome
- Determine the effectiveness of holotropic breathwork on anxiety among patients with alcohol dependence syndrome
- Associate the level of anxiety among patients with alcohol dependence syndrome with the selected demographic variables
- Hypothesis

There is a significant difference in the level of anxiety among patients with alcohol dependence after the practice of holotropic breathwork.

II. RELATED LITERATURE

Studies related to

- Anxiety and alcohol dependence syndrome
- Holotropic breathwork and anxiety

2.1 Conceptual framework

The conceptual framework for this study was derived from 'General System Theory' of Ludwig Von Bertalanffy, 1968. The 'input' denotes determination of the level of anxiety among patients with alcohol dependence syndrome during the pretest.

'Throughput' refers to the execution of holotropic breathwork to reduce anxiety and to enhance the wellbeing of the patient. Holotropic breathwork is a multiphase exercise in which the individual is asked to perform rapid inhalations and exhalations along with an evocative music based on the pace of breathing for 20 minutes. Following which the patient is given a paper and crayons to express their thoughts in the form of pictures. 'Output' is the evaluation of change in level of anxiety after seven consecutive days of extensive holotropic breathwork.

III. METHODOLOGY

The research design chosen for the study is pre experimental one group pre and posttest design. The study was done at A. J. Doss deaddiction cum rehabilitation centre, located at Valsaravakkam, Chennai. Population of the study included patients with alcohol dependence admitted for deaddiction. The samples selected for the study were patients admitted with alcohol dependence syndrome. Inclusion criteria included patients who were admitted with alcohol dependence and on the seventh day from the date of admission, who were below the age of 60 years, who could understand Tamil or English, and had scored borderline (5-10), mild (11-20) and moderate (21-30) levels of anxiety as per Burns anxiety inventory. Exclusion criteria patients were those who were not willing to participate, who are suffering from a major medical illness like congestive cardiac failure and respiratory distress and who were with delirium tremens and seizure. The sample size was 30 and the sampling technique used was convenience sampling technique.

3.1 Description of Tool

SECTION A: Demographic variables of the patients with alcohol dependence consist of age, education, locality, occupation, income, marital status, type of family, number of children, amount spent for alcohol per day.

SECTION B: Burns anxiety inventory is a standardised questionnaire developed by David. D. Burns in 1999. The researcher obtained official permission from the author of the tool. The tool comprises of 33 questions with three categories including anxious feeling, anxious thoughts, and physical symptoms. Each statement in the category has four choices indicated as 'not at all'; 'somewhat'; 'moderately' and 'a lot', scored from 0 to 3 respectively. The interpretation of the scale is 0 - 4 minimal anxiety, 5 - 10 borderline, 11 - 20 mild anxiety,

21- 30 moderate anxiety 31 – 40 severe anxiety and 41 – 99 panic anxiety.

3.2 Data collection procedure

The study was conducted for a period of four weeks. Permission to conduct the study was obtained through proper channel. Patients with alcohol dependence syndrome, who met the inclusion criteria and scored mild to moderate level of anxiety as per Burns Anxiety Inventory, were selected for the study. Verbal and written consent was obtained from the participants. The pretest was conducted using Burns Anxiety Inventory to find the level of anxiety. The steps in holotropic breathwork were demonstrated to participants on single session each day for seven consecutive days. Using the same tool the posttest was conducted for each participant on the eighth day following the holotropic breathwork, to find the change in the level of anxiety.

IV. RESULTS

The major findings of the study are depicted below in tables and graphs. Percentage distribution of level of anxiety among patients with alcohol dependence syndrome in the pretest and posttest (N=30).

the frequency and percentage distribution of level of anxiety among patients with alcohol dependence syndrome. It was depicted that majority of the patients had alcohol dependence syndrome, of which 26 (86.7%) had mild anxiety and only four (13.3%) had moderate anxiety during the pretest whereas in the posttest, majority of the patients, 28 (93.3%) had borderline anxiety and only two (6.7%) had mild anxiety. It showed that holotropic breathwork has an effect in the reduction of the level of anxiety.

Table 1 : Mean difference on aspects of anxiety among patients with alcohol dependence syndrome (N=30).

S.No.	Aspects of anxiety	MD	SD	Paired 't' test
1.	Anxious feelings	1.80	1.13	8.752 0.000 ***
2.	Anxious thoughts	2.60	1.28	11.163 00.000 ***
3.	Physical symptoms	4.00	1.72	12.722 00.000 ***

***p<0.001

Table 1. Shows the effectiveness of holotropic breathwork on aspects of anxiety among patients with alcohol dependence syndrome. The overall mean value of anxious feelings was 1.80 with the standard deviation of 1.13 and the paired t test value was 8.752 which was statistically significant at $p < 0.000$ level. Regarding the anxious thoughts, the mean value was 2.60 with the standard deviation of 1.28 and the paired t test value was 11.163, which was statistically significant at $p < 0.000$ level. With regard to physical symptoms, the mean value was 4.00 with the standard deviation of 1.72 and the paired t test value was 12.722, which was statistically significant at $p < 0.000$ level.

Table 2. Mean difference on anxiety among patients with alcohol dependence syndrome (N=30).

Anxiety	MD	SD	Paired 't' test
Overall Anxiety	8.40	0.46	18.206 00.000 ***

*** $p < 0.001$

Table 2. Shows that there was a significant difference ($p < 0.000$) in the mean (8.40) and standard deviation (0.46) of anxiety between the pretest and the posttest among patients with alcohol dependence syndrome after the holotropic breathwork.

V. DISCUSSION

The frequency and percentage distribution of the level of anxiety among patients with alcohol dependence syndrome showed that the majority of patients, 26 (86.7%) had mild anxiety and only four (13.3%) had moderate anxiety during the pretest where as in the posttest, majority of patients, 28 (93.3%) had borderline anxiety and two (6.7%) had mild anxiety. Beatrice (2008) who evaluated the prevalence of mood disturbances among patients with alcohol dependence revealed the prevalence of mood disorders such as aggression, suicidal thoughts and also 88% of the patients showed anxiety.

The statistical analysis by comparison of mean value of level of anxiety among patients with alcohol dependence syndrome showed that the overall mean value of anxious feelings was 1.80 with the standard deviation of 1.13 and the paired 't' test value was 8.752, which was statistically significant at $p < 0.000$ level. The above finding was supported by a similar study conducted by Metcalf (2007) who identified the effectiveness of holotropic breathwork among adults recovering from alcoholic dependence

syndrome and proved that there was a marked improvement in the level of anxiety.

VI. CONCLUSION

Patients with alcohol dependence syndrome are prone to develop psychological problems such as anxiety, which will interfere with treatment outcome and result in relapse. The findings of the present study suggest that the holotropic breathwork can reduce anxiety, enhance psychological, social and occupational functioning among patients with alcohol dependence syndrome. Further, it can help them to continue their treatment and prevent from relapse.

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