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Effect of holistic relapse prevention intervention among individuals with alcohol dependence: a Prospective study at a mental health care setting in india**Sreevani Rentala***Nursing Professor and HOD, DIMHANS, India*

Alcohol is the most prevalent psychoactive substance in the Indian context. Multiple relapses are the major challenge while dealing with alcohol dependence. Research suggests that complementary and alternative strategies help an individual to better cope with stress, negative affect and conditioned craving associated with substance use disorder. Present study examined effectiveness of Integrative Body Mind Spirit (I-BMS) intervention among individuals with alcohol dependence. A 2-group single blind RCT design was used, comparing I-BMS to treatment as usual (TAU) on drinking and psychological outcomes. One hundred participants diagnosed with alcohol dependent syndrome were randomly assigned to receive 7 sessions of I-BMS or TAU. Measurements done by a registered nurse who was blinded to the experimental design used standardized questionnaire on wellbeing, readiness to change, craving, quantity and frequency of drinking before and up to 6 months after the intervention. With respect to the within group effects, the I-BMS group demonstrated significant improvement in all outcome measures with large effect size. Compared to TAU, I-BMS participants showed lesser relapse rates and quantity of drinking at 3-month follow-up, reduction in craving and drinking days at 2-month follow-up. At 6 months follow-up, participants in I-BMS group reported significant improvement in wellbeing and motivation compared to TAU. Results of binary logistic regression showed that number of previous attempts and living in urban area positively predicted participant's relapse possibility at 6-month follow-up. Results suggest that I-BMS is worthy of further efficacy testing. In conclusion, it is feasible to implement I-BMS intervention for individuals with alcohol dependence.

Biography

Sreevani Rentala has completed her Ph.D in psychiatric nursing. She is the Nursing Professor and HOD at DIMHANS, Dharwad, Karnataka, India. She undergone Body-Mind-Spirit Practitioner course at Hong Kong University in the year 2011. She is the recipient of National Florence Nightingale award from the president of India for outstanding performance in mental health nursing, by Ministry of Health and Family Welfare, Government of India on 12th may 2015. She has published more than 35 research papers in reputed journals. She authored text books in psychology, psychiatric nursing and nursing research. Presented many research papers in National and International conferences.

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