

**OP 20****Effectiveness of Drama Therapy to Determine the Behavioral and Attitudinal Changes on Alcohol Used People: An Experimental Study**Uyangoda M.P.N.<sup>1#</sup>, Mahesh K.H.D.<sup>2</sup>, Viraj N.<sup>3</sup>, Pathiraja V.M.<sup>4</sup><sup>1</sup>*Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna, Galle, Sri Lanka*<sup>2</sup>*Barwon Health, MHDAS, Victoria, Australia*<sup>3</sup>*Base Hospital, Tangalle, Sri Lanka*<sup>4</sup>*Department of Pharmacy, Faculty of Allied Health Sciences, University of Ruhuna, Galle, Sri Lanka**#Corresponding author: nelushaniuyangoda@gmail.com*

**Background:** Alcohol is a legal and controlled substance. Alcohol consumption harms brain cells and it causes imbalance to brain chemistry. Drama therapy is a psychotherapeutic method, which is used to treat people addicted to heavy alcohol consumptions.

**Objectives:** To assess the effectiveness of drama therapy in behavioural and attitudinal changes on people who use alcohol.

**Methods:** This experimental study was conducted in Base Hospital, Tangalle using a conveniently selected sample of 22 non hospitalized alcohol users. Eight drama therapy sessions (role playing and empty chair) were conducted for 8 weeks. A content and face validated, pre-tested, researcher administered questionnaire was used to assess nine categories related to behavioural and attitudinal changes at the beginning, middle and the end of the study using modified assessment categories from Model of Human Occupation Screening Tool. Participants were assessed in each 3 stages giving a score from 0 to 9 where 0 indicated the abuse level or a dysfunctional level while 9 indicated an improved level.

**Results:** The mean (SD) age of the participants was 39.8 ( $\pm 11.16$ ) years and the mean (SD) duration of the alcohol consumption was 17.3 ( $\pm 11.44$ ) years. The initial, middle and the end assessments were completed by 18, 14 and 3 participants, respectively. At the middle of assessment, 78.6% (11/14) have improved their saying 'No' skills, 50.0% (7/14) have improved assertiveness skills, 35.7% (5/14) have improved in adaptation for the alcohol and 71.4% (10/14) interest for overcoming alcohol consumption. About 64.3% (9/14) have improved their commitment for quitting the alcohol consumption, 28.6% (4/14) have improved their stress management and coping strategies. At the end assessment 100% (3/3) of participants have improved above mentioned categories.

**Conclusions:** The drama therapy is effective in improving the behavioral and attitudinal changes on people who use alcohol in a positive way.

**Keywords:** *Alcohol, Attitudes, Behaviours, Drama therapy*