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Friends' company affected my life

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Statement of the Problem: There is no doubt that a friend adds to the fullness of life. Friends become increasingly important to health and happiness in individual's life. Some friends may even be closer when compared to some of the others and their company affects a lot on individual's behavior. It is evidence based that humans are influenced by the people they spend their time with. In Pakistan, many adolescents start to take drugs due to the influence of their friends. Friend's sway has a high impact on individual's decision making and most of individuals learn how to use drugs. The use of substance leads toward substance dependence and addiction; therefore, drug addiction is a chronic and rapid spreading problem in Pakistan which is destroying the social velvet of the society.

Methodology & Theoretical Orientation: In this case study, the method which the researcher has used to identify the client's problems deeply was subjective and objective components of assessment such as: Behavioral observation, clinical interview, mental status examination, subjective rating of the problems, trait anger and expression scale and addiction severity index. The researcher selected a client was case study which was admitted in a XYZ hospital of Lahore of Pakistan for substance use treatment and rehabilitation.

Finding: According to behavioral observation technique, this case study showed that client's weight was below average as compare to his height. Client maintained eye contact most of the time during the session, but the speech content was not appropriate because of cocaine's withdrawal symptoms. Moreover, the result of clinical interview revealed that the client was suffering from anger (8/10), fatigue (7/10), muscle pain (7/10) and disturbed sleep (6/10). Whereas, the result of trait anger and expression scale' showed that the client was suffering high level of anger and expression as his score on this scale was 60. Lastly, addiction severity index highlighted that the client was suffering a high level of substance use dependence.

Implementation: In this case study, the client reported to researcher that the main cause of his taking drugs was his friends and due to this he could not sustain recovery. It is evidence based that no client can sustain recovery if the root cause of problem is not sorted. This study is very important in the field of addiction sciences as this case study will help to other researchers to identify root cause of addiction and will provide the psychological interventions e.g., counseling, cognitive behavior therapy and rehabilitation related to root cause of individual.

Conclusion: The result of this case study showed that only main reason of client's problems was friends' company and this company totally affects his life not only biological but also psychological and social perspective as well.

Biography

Mafia Shahzadi is a Clinical Psychologist in Pakistan and Visiting Supervisor at University of Management Technology, Lahore, Pakistan. She has worked as Clinical Psychologist at Punjab Institute of Mental Health, Lahore, Pakistan and Fountain House Lahore Pakistan. She also has work experience in various drug rehabilitation centers as an Addiction Counselor for more than 2 years. Presently, she is doing a Post Graduate Diploma in Addiction Sciences from Cyberjaya University College of Medical Sciences, Malaysia.

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