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Prescription of psychotropic drugs & psychotherapy in Spain, Mexico & Colombia

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We compared the prescription of psychotropic drugs and psychotherapy manifested in professionals belonging to primary care medicine in Spain on the one hand, and Mexico and Colombia on the other. A descriptive-analytical and cross-sectional research was conducted using as a technique to collect information, the questionnaire. The sample was contacted by dissemination of the questionnaire link. Acceptance sample was compound by 60 individuals, 50% from Spain and the rest from Mexico and Colombia. The mean age was 45,66 years (SD=10,75). The 51,7% were male. Total average frequency for prescription of psychotropic drugs in the past year was 6 (SD=2,2) on a 9 point Likert Scale (0=none, 9=very often). When different countries were considered, the results were as follows, Spain: 6,77 (SD=2,31), Mexico and Colombia jointly: 5,23 (SD=2,28). The difference between both means was significant, $t(58)=-2,85$, $p=0,006$. Total average frequency for prescription of psychotherapy was 5,1 (SD=2,91) on a 9 point Likert Scale (0=none, 9= very often). By countries, results were the following, Spain: 4,21 (SD=2,72), Mexico together with Colombia: 5,93 (SD=2,88). The difference between both means was significant $t(58)=2,32$, $p=0,02$. The reported prescription of psychotropic drugs and psychotherapy may be influenced by cultural factors depending on the Spanish context by one hand, and Mexico and Colombia, by other hand.

Biography

Francisco Jose Montero Bancalero, from Spain, studied psychology at Seville University and obtained his doctorate at Huelva University. He is currently a professor at Osuna University His professional career started in the field of addictions working as a therapist in an outpatient treatment center, and then he began to participate in different investigation projects. He has long been interested in female alcoholism, working on it both as a researcher and therapist. He received funding from the Andalusian government to carry out an investigation comparing alcoholism by gender. In a therapeutic context he has managed group therapy for alcoholic women. He has become a member of the National Hispanic Science Network on Drug Abuse and has presented his research at different international conferences.

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