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BETTER QUALITY OF LIFE DETERMINANTS. A CORRELATIONAL STUDY IN A DRUG ADDICTS COMMUNITY

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Introduction: In the drug addicts community, we can observe social and family life difficulties, emotional distress and other indicators that can be related to a lower life quality (QoL) measured by “Drug addicts in a methadone program quality of life scale” (Pacheco et al., 2005). The physical and psychological comorbidities are responsible for increasing the drug using consequences.

Objective: Identify the factors that contribute to a better QoL.

Methods: Descriptive, cross-sectional and correlational study was conducted between February and December 2012. Social, demographic and clinical data was observed and correlated with their QoL. A systematic random sample of 180 opiate addicts, integrated in a three methadone maintenance programs from Lisbon district, accepted to answer after informed consent.

Results: A significant positive QoL was found ($\bar{X}=78.7\%$). The variables that significantly contribute to a better QoL: fewer reentries ($r=-.159$; $p=.033$); better mental health ($r=.382$; $p<.001$); conjugal relationship ($t=-2.187$; $p=.030$), being employed ($F=6.038$; $p=.001$), living by salary ($F=11.835$; $p<.001$), no comorbidities ($t=-2.452$; $p=.018$). Variables that contribute to a significantly lower QoL: Benzodiazepine consumption ($t=2.388$; $p=.018$) and still use IV consumption ($t=-2.373$; $p=.019$).

Conclusions: The stability obtained when integrated in a methadone maintenance program, provides better QoL. Being employed, living with a salary and maintaining a conjugal relationship, are the most evident social stability factors. The absence of physical or mental comorbidities, lack of benzodiazepines consumption and no IV consumption, are the complementary factors to a good QoL. The substance dependence consequences affect significantly QoL.

Descriptors: Quality of Life; Mental health; Determinants; drug addiction; substance related disorders.

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FAMILY QUALITY OF LIFE IN FAMILIES OF PEOPLE WITH INTELLECTUAL DISABILITIES: A NEW CONCEPT

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Introduction: Quality of life (QoL) is a worldwide concept that has been studied in many areas, including in health. Given the importance that has been accorded to families, researchers begin to analyze QoL in a family level, particularly in families with members who have intellectual disabilities (ID). Family quality of life (FQoL) has demonstrated much potential in terms of evaluation and intervention with these families.

Objective: The present work intends to demonstrate the importance of knowing and understanding the quality of life in a family unit level in the ID.

Methods: The empirical studies which analyze FQoL in families with members who have an ID were reviewed, as a starting point for future studies.

Results: From a total of 32 studies, 15 essentially used the Family Quality of Life Scale-2006 (FQOLS-2006), 11 used the Beach Center FQOL Survey and 6 used other methods to evaluate FQoL. These studies emphasize the multi-dimensional nature of FQoL evaluated through its domains, as well as some individual and family variables that appear to have some influence on FQoL.

Conclusions: FQoL has the potential to gather research, policy and practice and offer a positive and comprehensive framework for assessing families of persons with ID. Future studies should be supported by a more robust theoretical base and more diverse methodologies, and should aim to search for FQoL specificities for the various elements that make up the family, and throughout the family's life cycle.

Descriptors: quality of life; family quality of life; intellectual disabilities; families; empirical studies.

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