Title: Investigating the role of self-efficacy in alcohol and nicotine dependence. A study conducted to provide empirical evidence to generate a therapeutic model for drug dependence to Sri Lanka.

Selvaratnam, N., The Colombo Institute of Research and Psychology, Sri Lanka.
Dantanarayana, D., The Colombo Institute of Research and Psychology, Sri Lanka
Pothmulla, L. The Colombo Institute of Research and Psychology, Sri Lanka

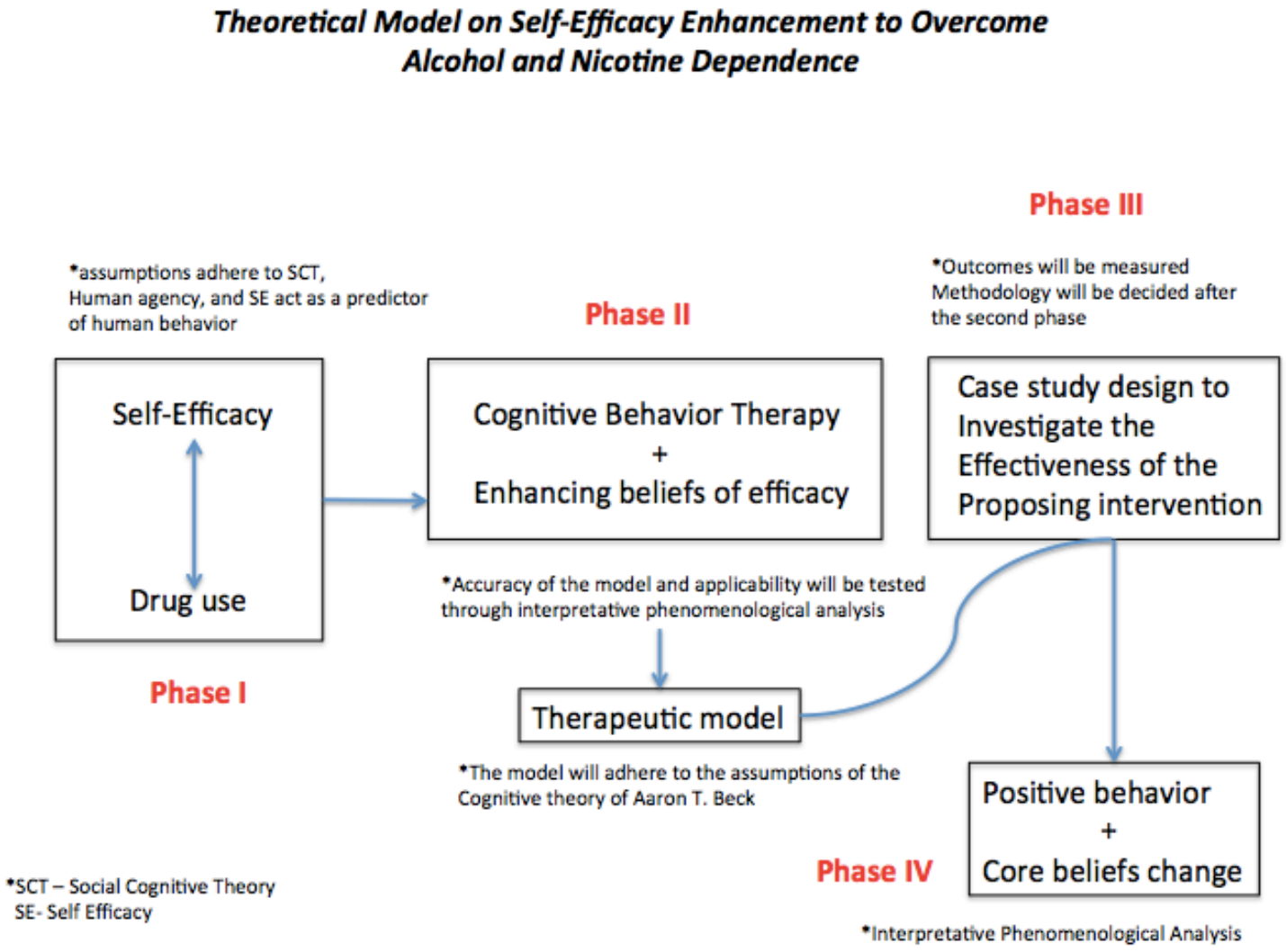
Abstract (300 word limits)

Statement of the Problem: Alcohol and nicotine dependence has become one of the main concerns in the country. This is considered to be one of the determinants that debilitate the subjective well being of many of individuals in the country at present. Although cognitive behavior therapy, and motivational interviewing are commonly used as recovery interventions through psychiatry, the importance of enhancing efficacy beliefs on self has never been considered separately in both psychiatry and psychology to address dependence. The principal researcher develops a therapeutic model (See figure 1) to investigate the applicability of the model to be used in the country's blooming field of psychology.

Methodology & Theoretical Orientation: This is a multi phased study currently been conducted. The current paper is dedicated for the first phase of the study, where the generalized self-efficacy scale (GSES) is culturally adapted and statistically validated on a randomly selected sample. Psychometric properties including reliability and validity were investigated. A second study was conducted to investigate self-efficacy's ability to predict drug usage/dependence on a conveniently selected sample. A regression analysis was conducted to investigate the proposed hypothesis, and a one-way ANOVA analysis was conducted to investigate the mean self-efficacy scores for non-drug users, alcohol only users, and both alcohol and nicotine users.

Conclusion & Significance: The scale was successfully adapted and validated. GSES generated a reliability of alpha .858, and the 10-item scale demonstrated unidimensionality adhering to original authors findings. This was done through principal component analysis and principal axis factoring. The second study of phase I demonstrated a moderate negative relationship between self-efficacy and drug usage. The one-way ANOVA conducted demonstrated drug users to have a significantly lower score of efficacy compared to non-users. The two studies conducted provided the required empirical evidence to continue with the second phase of the study.

Image


Theoretical Model on Self-Efficacy Enhancement to Overcome Alcohol and Nicotine Dependence
Phase III
*assumptions adhere to SCT, Human agency, and SE act as a predictor of human behavior
Phase II
*Outcomes will be measured Methodology will be decided after the second phase
Self-Efficacy
Drug use
Cognitive Behavior Therapy + Enhancing beliefs of efficacy
Case study design to Investigate the Effectiveness of the Proposing intervention
*Accuracy of the model and applicability will be tested through interpretative phenomenological analysis
Phase I
Therapeutic model
*The model will adhere to the assumptions of the Cognitive theory of Aaron T. Beck
Positive behavior + Core beliefs change
Phase IV
*SCT – Social Cognitive Theory
SE- Self Efficacy
*Interpretative Phenomenological Analysis

Recent Publications (5 published papers + 1 conference paper)

1. Posadzki, P., Stockl, A., Musonda, P., Tsouroufli, M. (2010) A mixed-method approach to sense of coherence, health behaviors, self-efficacy and optimism: Towards the operationalization of positive health attitudes. *Scandinavian Journal of Psychology,* 51, 246-252.
2. Conner, M. (2010) Cognitive Determinants of Health Behavior, *Handbook of Behavioral Medicine,* 19-30. DOI:10.1007/978-0-387-09488-5_2
3. Zavos, H., Siribaddana, S., Bail, H., Lynskey, M., Sumathipala, A., Rijsdijk, F., Hotopf, M. (2015) The prevalence and correlated of alcohol use and alcohol use disorders: a population based study in Colombo, Sri Lanka. *BMC Psychiatry,* 15, 1-8.
4. De Silva, V., Samarasinghe, D., Hanwella, R. (2011) Association between concurrent alcohol and tobacco use and poverty. *Drug and Alcohol Review.* 30, 69-73. DOI: 10.1111/j.1465-3362.2010.00202.x
5. Holmila, M., Beccaria, F., Ibanga, A., Graham, K., Hettige, S., Magri, R., Munne, M., Plant, M., Rolando, S., Tumwesigye, N. (2014) Gender, alcohol, and intimate partner violence: Qualitative comparative study. *Drugs: education, prevention and policy,* 2014, 398-407. DOI: 10.3109/09687637.2014.911245
6. Selvaratnam, N., Ponnamperuma, L. (2015) Cross-cultural validation of the generalized self-efficacy scale and its application to recovering substance abuse recovery interventions. *Presented at the International Recovery Symposium conducted by the Colombo Plan in Jaic Hilton on 12th October 2015.*



Biography (150 word limit)

Naren Selvaratnam is a young Sri Lankan academic psychologist. Naren is a lecturer at the Colombo Institute of Research and Psychology, the country's largest psychology education provider and one of the best in South Asia. Self-efficacy is his primary area of interest and he investigates the constructs ability to understand addictions, and obsessive and compulsive behaviors. Naren is an expert of research methodology, and teaches quantitative research methodology in both undergraduate and post-graduate levels.

Presenting author details

Full name: Naren Selvaratnam
Email: naren@researchandpsychology.com
Contact number: +94 77 993 994 5
Research Interest: Self-efficacy, alcohol/nicotine addiction, compulsive sexual behaviors
Twitter account: https://twitter.com/NarenDeepan
Linked In account: https://www.linkedin.com/in/narenselvaratnam/

Category: (**Oral presentation/ Poster presentation / Workshop**)

Notes/Comments: