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# FACTORS THAT INFLUENCE THE SELF-EFFICACY OF FORMER DRUG ADDICTS TO STOP USING DRUGS: A SCOOPING REVIEW

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**ABSTRACT**
A common problem among ex-drug users is relapse. Addiction in former drug users can be caused by self efficacy factors. This study aims to get a clear picture of the factors that influence the self-efficacy of former drug addicts to stop using drugs. Methods: Researchers used the scoping review method. The literature search was conducted using the search keywords "self efficacy" AND "relapse" OR "abstinence" AND "drugs". The databases used were Sciencedirect, Scopus, and Pubmed. The inclusion criteria were articles reviewed from publications in the last 5 years (2019-2023), articles that were in English, quantitative and/or qualitative research with a study population of former drug addicts who experienced relapse, and the full article was accessible. Stepwise screening was conducted and documented according to the PRISMA flowchart. Results: based on identification, there are 212 articles from search engines from sciencedirect, scopus, and pubmed. The final results obtained are 6 articles that match the criteria after going through the selection process. Self efficacy has many factors that can affect it such as negative emotions, apathy, shame and guilt, psychological, and delay factors predicting recurrence, as well as age. The researcher used the PEO (population, exposure, outcome) question format to find related research articles. Based on the analysis of 6 literatures, it can be concluded that former drug addicts have more serious challenges to stop using drugs.

Keywords: drugs: factors: relapse: self efficacy

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## INTRODUCTION

The abuse of narcotics, psychotropic substances, and illegal drugs (Narkoba) has become a serious threat to all countries in the world. The United Nations Office on Drugs and Crime (UNODC), as the world body that deals with drug problems, noted that at least 284 million people or 5.6% of the global population aged between 15 and 64 years old had consumed drugs in the last 12 months in 2022. This is a 26% increase since 2010 (UNODC, 2023). The National Narcotics Agency (BNN) notes that the incidence of drug abuse continues to increase from year to year, there were 766 cases of drug abuse in 2021 and that number increased by 11.1% with a total of 851 cases in 2022 (Pusat Penelitian, Data, dan Informasi, BNN, 2023). A common problem for former drug addicts is relapse. For former drug addicts, the struggle to break free from dependence does not stop when someone is no longer using drugs. When former drug addicts finish rehabilitation, they will be faced with the problem of relapse or a sense of wanting to return to using drugs, this is because most former drug addicts have the potential to relapse (Putri, 2018). Data shows that around 6,000 addicts who participate in rehabilitation per year, around 50% eventually return to being drug addicts (Saadah, 2021). A person's desire to recover from drugs is 100% but the feeling to return to using drugs reaches 95%, so the possibility of recovery is only 5% (Jiloha, 2011). The relapse rate of former drug users who have been treated at various therapy and rehabilitation centers is getting higher at 60% to 80% (Monitasari, 2018).

Addiction in former drug addicts can be caused by self-efficacy (Saadah, 2021). Self-efficacy has an important role in supporting the recovery process in former drug addicts. The level of self-efficacy possessed by former drug addicts has an important influence in the initial management for former drug addicts to stop using drugs (Harisman, 2021). Low self-efficacy in former drug addicts can increase the chances of returning to drug use. Low self-control and self-confidence cause former drug addicts to return to using drugs. Lack of self-control can make it difficult for a person to control the desire and urge to return to using drugs. During rehabilitation, the urge to return to using drugs can arise from within the former drug addict, especially if a person does not have a strong ability to control himself, In addition, low self-efficacy can also affect the likelihood of former drug addicts to relapse. If an ex-drug addict feels unsure of his or her ability to overcome the temptations and challenges associated with drug dependence, it will allow a person to be more vulnerable to relapse (Jiloha, 2011). Many review articles have been conducted on former drug addicts to determine influencing factors. Self-efficacy research was conducted on former drug addicts who experienced relapse but more specifically looked at cultural factors, individual character, information and gender. Putri (2018) states that there is a strong and significant relationship between self-efficacy and the tendency to relapse in drug addicts undergoing rehabilitation. Higher self-efficacy in drug addicts reduces the tendency to relapse. Saputra (2023) suggests that craving is a factor that can affect the self-efficacy of former drug addicts to relapse.

Research articles on factors affecting the self-efficacy of former drug addicts have been widely conducted, but there is no explanation that discusses the factors of negative emotions, apathy, shame/guilt, social support and stigma and the factor of delay in identifying relapse. So the researcher conducted a scoping review related to the factors that influence the self-efficacy of former drug addicts to stop using drugs. The purpose of this research is to get a clear picture of the factors that influence the self-efficacy of former drug addicts to stop using drugs.

## METHOD

This research is a scoping review. Scoping review is conducted to explain the factors that affect the self-efficacy of former drug addicts to stop using drugs according to the latest and best scientific evidence. The stages in compiling a scoping review refer to Arksey & O'Malley (2005) which have been modified by Levac, Colquhoun and O'Brien including identifying research questions clearly and objectively; identifying relevant articles, selection of related literature from articles and data extraction; organizing, summarizing, and analyzing; reporting data results. This research question is "What are the factors that influence self-efficacy in former drug addicts to stop using drugs?"The articles used in this scoping review are the self-efficacy factors of former drug addicts to stop using drugs. Articles were selected based on inclusion and exclusion criteria, the inclusion criteria for this research article search included: free fulltext, open access, publication in the last 5 years (2019-2023), English, literature with a population of former drug addicts, quantitative and/or qualitative literature. The article exclusion criteria were research that was not the result of a review.

Searching for related literature, this article uses databases from sciencedirect, scopus and pubmed with a research time of January 01, 2019 to December 31, 2023. In the literature search using Booleon operators "OR/AND". While the literature search was conducted using the search keywords "self efficacy" AND "relapse" OR "abstinence" AND "drugs". In conducting this scoping review, the literature was searched independently through trusted databases. Articles that have been obtained are analyzed, differences, and duplication. Figure 1 describes the process of searching and selecting articles as literature using Preferred

Reporting Items for Systematic Reviews and Meta-analysis (PRISMA) (Moher et al., 2009)

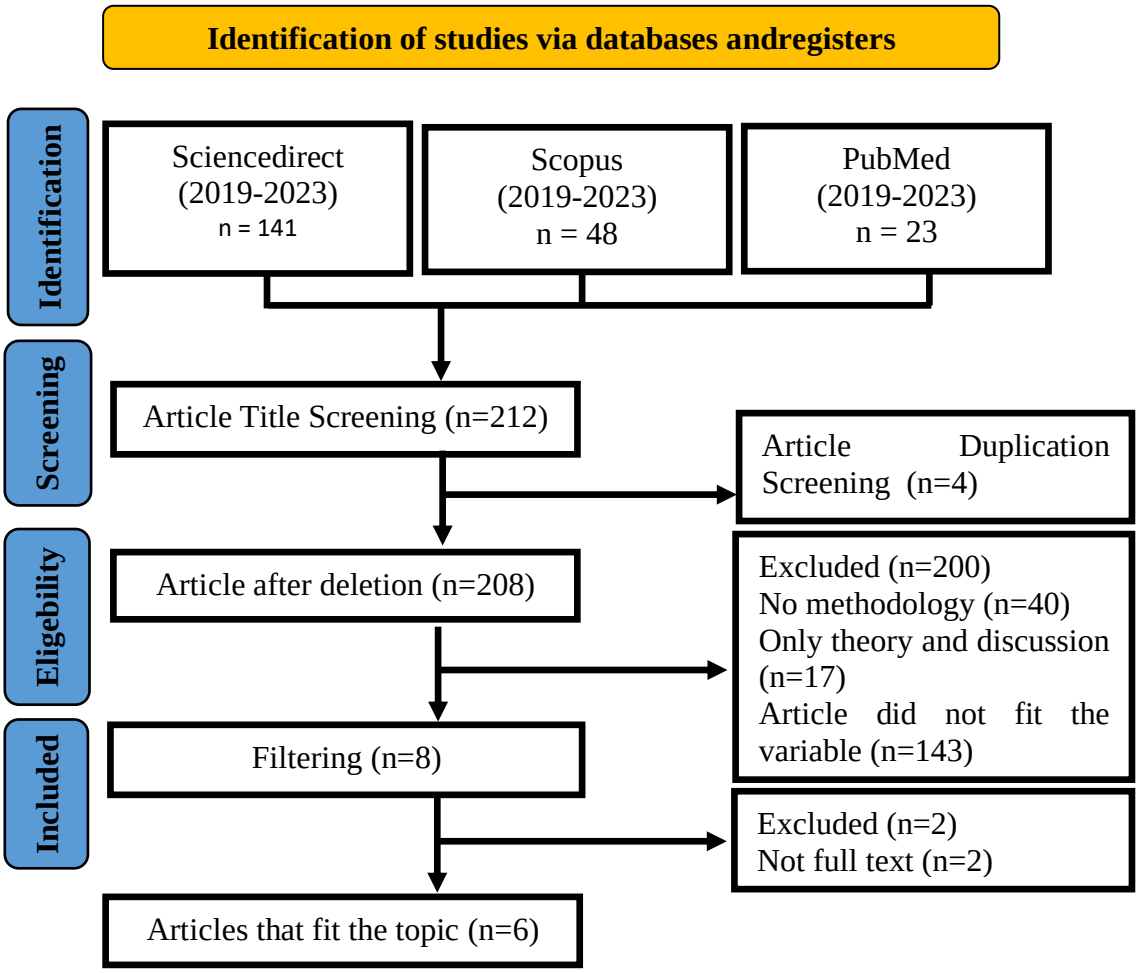


Figure 1.
PRISMA *flow diagram of studies search*

Articles that have been obtained are extracted in the form of a matrix in Microsoft Word. The domains used in data extraction include the name of the researcher, year, country, article title, design, respondents or participants, and findings, see Figure 1. The data selection process is carried out through several stages, starting from selecting articles that are in accordance with the research objectives, namely factors that affect the self-efficacy of former drug addicts through article titles and abstracts the articles were obtained from various search engines such as Sciencedirect, Scopus, and PubMed. Appropriate articles were then analyzed in more depth by reading the entire content of the article including year of publication, location and year of research, research design, population characteristics. The collected literature was then analyzed according to the inclusion and exclusion criteria determined by the researcher and then mapped articles based on characteristics.

## RESULTS

A total of 212 articles were obtained as literature from Sciencedirect (141 articles), Scopus (48 articles), and PubMed (23 articles). There were 4 same articles in the data base to be excluded and the remaining 208 articles. Of the 208 articles, 200 articles were excluded because 40 had no methodology, 17 only theory and discussion and 143 articles were not related to the topic. The results of filtering articles obtained 8 and excluded related explanations and complete articles obtained 6 related articles. Of the 6 articles that were

analyzed, all were quantitative articles. Among the 6 articles to be analyzed, all of them discuss the factors that influence the self-efficacy of former drug addicts to stop using drugs. The population in the articles analyzed consisted of patients undergoing rehabilitation treatment or former addicts or former drug users. All the articles analyzed found several factors that can influence the self-efficacy of former drug addicts. This article generally looks at what factors affect the self-efficacy of former drug addicts to stop using drugs. The results of a review of 6 articles showed that the self-efficacy of former drug addicts can be influenced by several confounding factors including negative emotions, apathy, shame/guilt, social support and stigma as well as the delay in identifying relapse.

Based on the summary of the table above, it is known that there are several factors that can affect self-efficacy in former drug addicts. There are 5 main factors that have an important role in self efficacy in former drug users, namely negative emotional factors, apathy, shame/guilt, social support and stigma and the factor of delay in identifying relapse. The results of the systematic review of articles can be seen in the following table:

Table 1.
Results of Article Review

| Title | Author | Years | Objective | Methods | Population and Sampling | Results |
|---|---|---|---|---|---|---|
| Apathy is associated with poorer abstinence self-efficacy in individuals with methamphetamine dependence | Hussain, Mariam A Iudicello, Jennifer E Morgan, Erin E Kamat, Rujvi Heaton, Robert K Grant, Igor | 2021 | Whether apathy, which is highly prevalent during active methamphetamine (METH) use and periods of abstinence, affects abstinence self-efficacy among methamphetamine (METH) dependent individuals. | Kuantitatif | 66 participants with lifetime methamphetamine (METH) dependence and a diagnosis of methamphetamine (METH) abuse/dependence within the past 18 months. | Increased apathy may adversely affect a person's confidence to abstain from methamphetamine (METH) use. These findings highlight the importance of addressing apathy to improve methamphetamine (METH) abstinence self-efficacy, which may further increase the likelihood of successful methamphetamine (METH) treatment outcomes. |
| Negative affect-associated drug refusal self-efficacy, illicit opioid use, and medication use following short-term inpatient opioid withdrawal management | Hayaki, Jumi Conti, Micah T. Bailey, Genie L. Herman, Debra S. Anderson, Bradley J. Stein, Michael D. | 2021 | To look at the relationship between illicit opioid use, use of medication for opioid use disorder, and one's confidence in the ability to resist drug use in the face of negative emotions (i.e., self-rejection of drugs associated with | Longitudinal and naturalistic studies | 220 adults with opioid use disorder (OUD) who had recently completed a short-term inpatient program and the study continued for 6 months. At baseline | Among people with opioid use disorder (OUD), lower confidence to resist opioid use in negative emotional states predicted greater illicit opioid use in the months following medically managed cessation, even after receiving MOUD (medication for opioid use disorder). |

| Title | Author | Years | Objective | Methods | Population and Sampling | Results |
|---|---|---|---|---|---|---|
| | | | negative affect efficacy). | | | |
| A Mediation Moderation Model between Self-Evaluative Emotions and Relapse Rate among Polysubstance Users: A Comparative Cross-Sectional Study | Iqbal, Mujahid Yan, Yu Zhao, Na Mubarik, Sumaira Shrestha, Silu Imran, Muzzamel Hussain Jamshaid, Samrah Abbasi, Najamul Hasan | 2023 | To look at the complex relationship between emotions and their impact on substance use disorders and the likelihood of relapse. | Studi Cross-Sectional Komparatif | 402 men with polysubstance-use disorder (PSUD). For comparison, 410 single-substance-use disorder (SSUD) men of the same age were enrolled using a demographic form with eight questions. | Shame proneness was positively associated with relapse rate. Guilt proneness mediated the relationship between shame proneness and relapse rate. Self-efficacy buffered the effect of shame proneness on relapse rate. Although mediating and moderating effects were found in both research groups, these effects were significantly stronger in people with polysubstance-use disorder (PSUD) compared to single-substance-use disorder (SSUD). |
| Giving and receiving social support in online substance use disorder forums: How self-efficacy moderates effects on relapse | Liu, Yan Kornfield, Rachel Shaw, Bret R Shah, Dhavan V McTavish, Fiona Gustafson, David H | 2020 | This study examines how giving and receiving support in a substance use disorder (SUD) recovery forum predicts drug use, and considers whether the impact varies according to participants' self-efficacy. | Analisis konten | 231 participants who posted messages during the 12 months they accessed the system | The results of this study clarify the conditions under which social support exchange benefits those in online recovery support groups. This study underscores the potential benefits of receiving emotional support to reduce substance use. We also illustrate the role of self-efficacy in determining the benefits of providing support. |
| *Psychosocial Factors Affecting Drug Relapse among Youth in Punjab, Pakistan* | Malik, Najma Iqbal Saleem, Sidra Ullah, Irfan Rehan, Syeda Tayyaba De Berardis, Domenico Atta, Mohsin | 2023 | To examine the influence of psychosocial factors on mental illness stigma among relapsed drug addicts in Punjab, Pakistan. | Korelasi | The sample amounted to 116 drug addicts and had relapsed, collected through purposive sampling technique. | The results explained that self-efficacy, social support, and conscientiousness were found to be negative predictors and neuroticism was a positive predictor of stigma. The results also confirmed social support as a significant moderator in the relationship between self-efficacy and stigma; it can be |

| Title | Author | Years | Objective | Methods | Population and Sampling | Results |
|---|---|---|---|---|---|---|
| | | | | | | concluded that psychosocial factors such as self-efficacy, social support, personality traits, and stigma play an important role in causing addiction relapse. The conclusions drawn have been thoroughly discussed. |
| *The phenotype of recovery III: Delay discounting predicts abstinence self-efficacy among individuals in recovery from substance use disorders* | Athamneh, Liqa N DeHart, William B Pope, Derek Mellis, Alexandra M Snider, Sarah E, Kaplan, Brent A, Bickel, Warren K | 2019 | To determine the relationship between delay discounting and self-efficacy among individuals in recovery from drug use. | Korelasi | 227 people in recovery from addiction recruited from IQRR, an online community and registry started in September 2011 and accessible internationally through the IQRR website (https://quitandrecovery.org) | Discounting rates predict abstinence self-efficacy among individuals in recovery from substance use disorders. These findings support the recent characterization of delay discounting as a candidate behavioral marker of substance use disorders and may serve as a basis for identifying and targeting sub-groups that require unique or more intensive interventions to address their higher risk of relapse and increase their likelihood of showing that discounting rate predicts abstinence self-efficacy among individuals in recovery from substance use disorders. |

## DISCUSSION

Based on the six sources of literature that have been determined, some important points in the factors that can affect self-efficacy in former drug users are as follows: negative emotions, apathy, shame/guilt, social support and stigma as well as the factor of delay in identifying dependence.Negative Emotional Factors, negative emotional states are known to be high risk triggers for drug use problems and drug use relapse, the results of research conducted by Hayaki (2021), show that where the period that is very vulnerable for someone to return to drug use is when hospitalization is complete, people with opioid use disorder (OUD) do consider negative emotional states to have a risk of returning to drug use. The results of this study are in line with Kadden & Litt, (2011) showing that the level of drug users' self-efficacy against drug refusal related to initial negative affect of treatment was inversely related to the prediction of illicit opioid use during follow-up. This finding corroborates other reports of the relationship between self-efficacy and general drug refusal, or belief in one's ability to resist the urge to return to drug use.

A person's level of self-efficacy is able to influence a person's ability to resist the urge to use opioids when faced with negative emotional states. The results showed that people with opioid use disorder (OUD) had low levels of efficacy in their ability to resist the urge to use opioids when in a negative emotional state. Thus, low levels of drug refusal self-efficacy having a relationship with negative affect may represent a threat to prognosis that could be targeted in future interventions for people with opioid use disorder (OUD) (Hayaki, 2021). The Apathy factor, apathy plays an important role in reducing the level of self-efficacy of individuals in their capacity to protect themselves from methamphetamine (METH) use. Hussain's (2021) research shows the presence of apathy will undoubtedly affect individuals' ability to motivate themselves, guide their own actions, and direct their efforts to achieve their goals. Moreover, it will also have a major influence on individuals' sense of self-efficacy in overcoming methamphetamine (METH) addiction, regardless of the level of temptation they face, their cognitive impairment, their skill in using methamphetamine (METH), and their experience of depression. The prevalence of apathy, being a common phenomenon, emerged as one of the factors that may exert influence on the addictive behavior exhibited by methamphetamine users.

Apathy can affect a person's self-efficacy to stop using drugs. Apathy is characterized by a lack of interest, attention, or motivation to make changes or take action. When a person has apathy towards quitting drugs, they may feel hopeless, lack confidence, or feel that their efforts will not be successful. Self-efficacy is an individual's belief in their ability to achieve goals or overcome challenges. In the context of drug withdrawal, self-efficacy refers to an individual's belief that they are capable of stopping drug use and overcoming the associated challenges (Husain, 2021).The results of this research are in line with previous research conducted by Looby & Earleywine, (2007) apathy can reduce a person's self-efficacy to stop using drugs because they may feel that their efforts will not be successful or that there is no hope for change. They may lose motivation and see no value in trying to stop using drugs. In addition, apathy can also inhibit individuals from seeking the help or support needed to stop using drugs.It is important to overcome apathy and build strong self-efficacy in the process of quitting drugs. Social support, education about the dangers of drugs, cognitive behavioral therapy, and internal motivation can help individuals overcome apathy and strengthen their self-efficacy to stop using drugs (Hussain, 2021).

Shame and Guilt Factor, an individual's tendency to experience shame and guilt is positively correlated with the occurrence of relapse among individuals involved in substance use. Iqbal's (2023) research shows this pattern of relapse is particularly evident in individuals diagnosed with substance use disorder (SUD) compared to those diagnosed with Substance-Induced Substance Use Disorder (SSUD). This difference could be attributed to the fact that individuals suffering from SUD exhibit a high tendency to feel shame and guilt, which in turn adversely affects their level of self-efficacy, consequently increasing their vulnerability to relapse compared to individuals with SSUD. Hardy's (2017) research suggests that people with SUD use drugs as a means to cope with perceived negative emotions, such as shame. The more often they rely on drugs to reduce feelings of shame, the more intense their experience of shame becomes. As a result, drug use represents the only quick avenue through which SUD sufferers can achieve temporary respite from these distressing emotions.DiPetta's (2017) research shows that drugs can cause negative consequences and shame, which is increasingly uncomfortable with the role of two complex human emotions, guilt and shame, in the field of drug abuse. The results showed that tranquilizers can cause internal pain, which is very important in feelings of guilt and shame. The results of this study are in line with

Randles' (2017) research which showed that shame is a strong predictor of alcohol and other drug use problems. Furthermore, it is evident that shame and not guilt is a strong predictor of problematic addictive behaviors.

Iqbal's research (2023) shows the direct effect of the tendency of shame on the level of relapse, which can reduce the level of self-efficacy. The effect of the tendency to shame on the level of relapse in PSUD and SSUD sufferers is different because it is influenced by the level of self-efficacy. When the level of self-efficacy of SUD sufferers is low, it will have an effect on the tendency to shame and the relapse rate is stronger. Conversely, when the level of self-efficacy of SUD sufferers is high, the effect of shame tendencies on relapse rates will be weaker. In addition, the results showed that people with SSUD reported higher levels of self-efficacy compared to people with PSUD. This is because self-efficacy beliefs have a special function in learning addictive behaviors. Such beliefs influence the early stages of SUD as well as the behavior change process that cessation of addiction entails and maintaining abstinence. In addition, self-efficacy plays an important role in determining how well an individual responds to SUD treatment. The findings of this study are consistent with previous research by Ibrahim (2011) which showed that individuals with higher levels of self-efficacy view relapse as a temporary setback and make efforts to regain self-control, whereas individuals with lower levels of self-efficacy are more likely to experience complete relapse.

Psychological Factors (Social Support and Stigma), psychosocial can be one of the factors that cause recovery in adolescents. Malik's research, (2023) shows that social support and stigma are factors that can affect a person's self-efficacy to stop using drugs, personality is the most important factor that causes relapse of addiction. The results showed a positive relationship between self-efficacy and social support, and a negative correlation between self-efficacy and stigma among relapsed drug addicts. The results also provided a negative correlation between mindfulness and a positive correlation of neuroticism with stigma among relapsed drug addicts. It was also found that the negative relationship between self-efficacy and stigma became stronger when social support was high. The current findings include valuable implications in clinical and counseling settings as well as contributions to the existing literature. Future efforts in this area should be expanded through multimethod research to overcome certain limitations.

Based on the results of Ahmed's research (2020), it shows that the negative impact of social support can cause addiction relapse in a person. Previous research also supports these findings by revealing that the influence of social support has a relationship with self-efficacy beliefs in predicting relapse. The results of this study indicate that the best indicators for addiction relapse are self-efficacy beliefs and social support. The results of another study conducted by Liu (2020) also make it clear that social support plays an important role for those who are members of online recovery support groups. This study highlighted the potential benefits of receiving emotional support to reduce drug use. The researcher also illustrated the role of self-efficacy in determining the benefits of providing support. To the extent that online forums are increasingly playing a role in recovery.The impact of receiving social support can vary depending on an individual's self-efficacy. In one study conducted, individuals with low self-efficacy experienced greater benefit from the support provided, potentially due to their increased need for encouragement and information (Saks, 1995). Similarly, patients with limited self-efficacy who received support from counselors in the form of a strong therapeutic alliance showed comparable abstinence rates to those with high self-efficacy (Ilgen, 2006). This is in line with previous research suggesting that individuals with low self-efficacy may be more susceptible to external influences (Bandura, 1997).

The delay discounting predicts abstinence factor has a relationship with self-efficacy in former drug users who are recovering from drug dependence. Athamneh's (2019) research results show a significant relationship between self-efficacy and delay discounting predictions of abstinence and drug use status. Higher self-efficacy scores were found in those who had lower levels of delay discounting predictions of abstinence and those who no longer used drugs. These results expand previous research findings by reporting a significant relationship between the level of delay discounting predicts abstinence and self-efficacy among individuals in recovery from drug dependence. The results of this study are in line with the research of Sheffer et al (2012) where delay discounting predicts abstinence has a significant relationship with self-efficacy in line with previous research reporting a relationship between delay discounting predicts abstinence and self-efficacy in individuals who are currently in a more advanced stage of recovery and have reported continued drug use. It may be important to consider that individuals who exhibit lower levels of self-efficacy during their recovery period are more prone to immediate addiction when compared to those who experience a delayed recovery period. This understanding is crucial in relapse prevention among individuals in recovery, especially for those who exhibit higher rates of delayed relapse identification (Stein et al., 2016).

## CONCLUSION

Based on the results of the analysis of the 6 literatures that have been carried out, it can be concluded that self-efficacy in former drug addicts can be influenced by many factors such as negative emotional factors, apathy, shame and guilt, psychological (social support and stigma), and delay in identifying relapse.

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