

Drug Addicts Treatment Methods

طرق علاج مدمني المخدرات

**Zaara GHOMARI^{*}, Faculty of Letters, Human and Social Sciences -
Department of Sociology University of Badji Mokhtar –Annaba-
Eighth year Doctorate under the supervision of Dr. Monia GHERIB**

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Abstract

ملخص

The use of drugs has become widespread all over the world, including Algeria .It is a danger that has surrounded all societies especially youngsters. For that, Algeria has focused on how to put an end to this phenomenon that threatens the security and stability of the country that is why the sociologists made studies to discover some methods to treat addicted people. This article includes four different methods of treatment to those drug addicts

First: the treatment process, Second: treatment methods in developed countries, Third: treatment methods in Egypt, Fourth: treatment methods in Algeria.

Key words: Drugs ;drug addiction; treatment; treatment methods; the treatment process

إن تفشي ظاهرة تناول المخدرات في العالم بما فيه الجزائر، أصبحت تشكل خطرا على المجتمع عامة وفئة الشباب خاصة، لذلك أولت الدولة الجزائرية اهتمامات كبيرة للتصدي لهذه الظاهرة التي تهدد أمن واستقرار البلاد، لهذا اعتنى بها علماء الاجتماع بالدراسة والتقصي لعلمهم يصلون إلى بعض الطرق التي تعالج كل من يتعاطى هذه السموم ولعل المقالة التي أنا بصدد تحضيرها تهدف إلى توضيح أربع طرق علاجية لمدمني المخدرات متمثلة في أولا العملية العلاجية، ثانيا طرق العلاج في الدول المتقدمة، ثالثا طرق العلاج في الدول النامية،رابعا طرق العلاج في الجزائر

الكلمات المفتاحية: المخدرات، إدمان المخدرات، العلاج، طرق العلاج، العملية العلاجية.

Introduction

It is noticeable that drug addiction phenomenon is one of the most dangerous social phenomena that threaten the youngsters and affect the stability of the society, the addiction is linked with the health issues caused by alcohol and drugs, which is considered as the biggest issue a drug addict can have because it is the main turning point in the addict life which becomes in a complete dependency with the substance he has. In addition to psychological dependence, he creates physiological dependence which means changes in the body.

The terrible spread of drug addicts has also taken care by the social services in the world by establishing facilities and approval of projects required for the prevention of drug addiction, from here the idea of treating the drug addicts has been emerged in the article 38 of the single convention of 1961 which states: "...the members should pay a special attention by providing health treatments and care and social rehabilitation for addicts" (Souif, M. 1999, p.36). This is what made a lot of questions about the methods of treating drug addicts, considering that the treatment process is not that easy, which comes under the direct medical supervision, in the right place like the treatment clinics and medical villages for the treatment of addiction the treatment method differs depending on the type of addiction and the personality of the addict and this is what we will cover in this article. First: the treatment process, Second: treatment methods in developed countries, Third: treatment methods in Egypt, Fourth: treatment methods in Algeria.

1- The treatment process

1.1 The treatment method

The stop of drugs caused a range of disorders accompanying to the symptoms of withdrawal whether mentally or physically, that is why the clinic offers the medical and psychological treatment which depends on offering the medicines and psychotropic to the addict to withdrawal from drug, depression and low self esteem and even hatred toward the environment may emerge and this is done according to psychotherapy sessions, which aims to the mitigation of these symptoms that the addict is suffering from., the meaning of the treatment in this article is the presence of the addict in model clinic in order to treat him from addiction, where the

treatment goes hand in hand with the suitable method from the addicted substance, and in proportion with his personality, his addiction volume and his period and choose the suitable psychotherapy method to treat and rehabilitate him. (“mattoobblog”, 2020)

Ghanem (2005) has found that all the procedures of medical and psychosocial intervention which leads to partial or total improvement of the source of complaint, the medical and psychosocial associated complications.

Apparently that the treatment is an attempt to eliminate the pain, however for the addict, it is a multidimensional process begins with the existence of the willingness and strong and serious spirit for the addict which end by the integration between the variety of medical and psychosocial treatment phases which lead to: release the body from the effect of these substances, repairing it from inside to treat the illnesses caused by addiction, face the effects of overdoses, and finally help the addict to be free from drugs.

1.2 Measures of the treatment process

According to Mechakba (2007), the treatment process has some measures, including the following:

- Face the effects of overdoses
- Face the emergency cases which associated with drug addiction withdrawal
- Mental medical emergency cases caused by the use of drugs
- Detoxification the addict individuals to the use of a particular type of drug
- The use of anti-physiological drugs which ruins the impact of opium and make it useless.
- Help the addict to get rid of the drugs

1.3 Goals of the treatment process

It is necessary before starting with treatment programs to put some goals which help in the success of the process and to be less costly and more effective to achieve the recover to the addict; the goals of the treatment process appear in increasing the psychological and medical complications which related to the illegal use of drugs. Also, it intended to achieve a situation of refusal from the use of drugs in order to figure out a more

acceptable life and to restrain the addict a kind of psychological stability aimed to the rehabilitation process and social integration.

1.4Conditions of the treatment process

In order for the addict to recover from his addiction, he must be self-confident and able to do the following conditions into consideration:

➤ **The first condition:**

We have to rely and to hand over to Allah and to ask him for help, and try to be in touch with Allah by suggesting a program or a religious strategy such as: praying, reading Coran, Douaa.....etc) (Ghanem, 2005, p.387)
We can say that the religious side is the best and the strongest mean in accelerating the recovery. “ألا بذكر الله تطمئن القلوب”

➤ **The second condition :**

The addict must know himself better, and figure out all the causes that lead to the addiction, so he have to face himself in all honestly and objectivity, then the addict should find those who trust him to talk about his feelings and problems freely to increase his confidence in his abilities, so he must put goals in his life to achieve.

It seems that the self-confident is the greatest motivation that stimulate the addict to recover if Allah willing.(Ghanem, 2005, p.387)

➤ **The third condition:**

The addict should feel his family that he is a new person; he tries to be close to them and to get away from all what he pushes him to disagree with them. Furthermore, he has to effectively participate in all the occasions and talk about his troubles and the truth of his illness with calm and confidence. (Ghanem, 2005, p.387)

We can say that the feeling of the addict with responsibility toward his family, make the individual active and affective in playing his role perfectly with his family members and come to the recovery with no feeling.

➤ **The fourth condition:**

The addict must share the society all his happiness and sadness, and he has to be realistic and optimist and not to make things more complicated than they are, also he ought to consult those who trust them in his decisions and not to make vacuum a place in his life. (Ghanem, 2005, p.388)

It means that the addict who wants to recover must not isolate from the members of the society, to show his love too and socialize them for good and bad.

➤ **The fifth condition:**

The addict should not take over medication; he must not use any medicine without the permission of the doctor. (Ghanem, 2005, p.388)

In another word, the addict must obey the medical instructions and apply what he is required of him without any access or negligence until he get rid all the residues of drugs that harm his health.

1.5The team supervising the treatment process

Ghanem's study (2005) found that the variety of treatment process depends on (the patient and the therapist), whereas for the treatment of addiction, it supposed to apply more that a therapist because the addiction is a complicated specialty requires a kind of collaboration, compatibility, exchanging information and setting goals with specifying when his role begins and ends..... etc

Thus, the treatment of addiction is carried out by a therapeutic team that is made up of:

- Psychiatrist
- Clinical psychiatrist
- Social specialist
- Religious instructor
- A nurse specialized in dealing with addiction and addicts. (pp.74-75)

1.6 The treatment phases:

The total treatment from drug consumption and addiction includes the following three phases:

a) The detoxification phase:

According to Fayed, (2005), in this phase, the addict is under a total medical supervision especially if the addict uses narcotic substances that lead to psychological and physical adoption, whereas the use of these substances result strong withdrawal symptoms which may cause brain damage or coma or death, therefore it must insert the addict into an addiction treatment clinic.

Before stating the treatment from any narcotic substance, the detoxification must be carried out from his body and this means the withdrawal of the substances that addicts rely on, this process increases the chances of the success the treatment methods. Apart from that, the drugs or alcohol addicts cannot collaborate with the therapist and do not response to the treatment program.

Most of the narcotic substances can remove the detoxification outside the clinic safely, many addicts and drug abusers become in danger if they do so such as the ones who have a long history in drinking alcohol and those who rely on the use of barbiturate or sedatives. (Abderahmen,2002, pp.116-117)

b)Psychosocial treatment phase:

Since the addiction is a psychosocial phenomenon, the psychosocial treatment becomes necessary for the addict in which it focuses on treating the issue in order to eliminate the causes of addiction.

This treatment phase includes conducting the psychological tests especially the personality to know the type mental disorder of the addict, IQ tests are also applied to see how mental function are affected from drug abuse and estimate the extent of the damage, and this is the role of psychiatrist.

Diagnostic interviews are also conducted by a psychiatrist to detect the psychopathological symptoms that the addict is suffering from.

However from the social specialist, he study the history of the addict in terms of his education level, the extent of family relation, cohesion and disintegration, also the nature of his work.

The treatment method in this phase also extends from the individual treatment to his family to treat the disorders that struck his relationship with his family.

The addict also should be trained in how to make decisions, solve problems and face pressures, how to relax, breath, meditate and good sleep hygiene. It also includes the treatment of the principle cause of abusing as a depression treatment.

The addict should be trained on the social skills which lastly include the sports medicine to restore his physical competence and confidence. (Fayed, 2005, pp.238-239)

c) Rehabilitation and aftercare phase: this phase is divided into three partial phases:

- First phase: Practical rehabilitation:

This phase aims to restore the addict abilities and his effectiveness in the field of work by solving the problems that prevent his return to work, but if he is unable to return, he must be trained and qualified for any other available work in order to work normally.

- Second phase: Social rehabilitation:

This phase is intended to reintegrating the addict within his family and society through the extraction phenomenon when he dislocates from social and family relations. The treatment focuses on improving the relationship between the two parties (the addict, his family and society) and be trained to understand and accept each other by helping the addict to recover his family and society trust and give him a new chance to prove his seriousness and eagerness to recover and back to normal life.

- Third phase: Prevention from setback:

It is intended to therapeutic follow up for those who have been recovered for periods ranging from six months to two years from the beginning of treatment with his training and family on early detection of setback warning signs. (Mechakba, 2007, p.110)

2- Treatment methods in developed countries

Abdesalem, (n.d) stated that the developed countries relies on “the offensive method” in their addiction treatments that based on a basic principle with no chemicals and complete confrontation of reality with all what it carries from advantages and drawbacks., it also focuses on understanding rules and detailed analyses to demonstrate the weaknesses of the addict’s personality.

What we can be said from the above is that “the offensive method” to treat the addicts approved by all the developed countries, perhaps that lies on the extent of its effectiveness in accelerating the drug disposal. This can be explained in detail as the following:

2.1 The treatment method in USA:

The method of treatment is based on if the addict can face and finish the treatment perfectly, so he can face his emotional problems and

contribute in organization, also self-organizing that the front-line lived through every stage, and believe that the addict can stop abusing drugs and refrain from them. (Abdesalem, n.d, p.69)

In USA, The treatment period lasts in integrating drug addicts with the values and traditions of society by focusing on their social rehabilitation. Moreover, adopt the approach of small groups that make everyone plays a leading role which contributes to the implementation of community treatment plan applicable to other individuals who have the same issue. (Rached,1999)

2.2The treatment method in England:

Abdesalem, (n.d) pointed out the treatment method in England that is based on the following three principles:

First principle: big attention has been paid to the overall withdrawal phase of addict's poisoning which is used to solve the psychological issues of the addict as a step in support to the previous ones. The dependence of the addicts on drugs and chemicals prevent him from reaching a solution to his real problems that he shows up in drug abuse is just a symptom.

Second principle: the most important personal problems that the addicts are suffering from the emotional immaturity that dwells to deal with reality effectively and efficiently. The addict has to face these types of problems to be able to be self-reliant and responsible and capable of handling and facing and to be realistic.

Third principle: the provision that the addict is a weak individual and unable to do anything and withdrawal from him any chance to help himself. Moreover, it inspires him with the sense of failure, desperation of recovery and return to normal life.

What we have concluded from the above is that there is great similarity in addicts' treatment methods in developed countries in which chemical-based treatment is excluded and depends on the confrontation group style and the way the addict faces himself if he wants to be recovered from addiction

3- Treatment methods in Egypt

During the 1970s, the Egyptian government was if it arrested the addict red-handed, it would punish him under the penal code accused of abusing. In addition, if he turned himself, he would be treated as a patient and placed in a treatment clinic during that period under the supervision of two sides:

First side:

The mental institution “El Khanka” that the treatment was based on no drug should be given to the addicts upon entry, they spend three months in their own suite and they are not allowed to exit in this period however, their relatives are allowed to visit them. Also, no social service has been offered while sitting in that suite that was supervised by a psychiatrist as well as he receives some mental illnesses cases. (“mazoupsychologie” , 2020)

Second side:

The anti-addiction General Central Assembly is the one that offers treatment which opened its first clinic in 1969, where psychiatrist, social specialists and three nurses was working in it.

In addition, Faleh (1978) claimed that the work plan of the clinic included a search then shows it to the psychiatrist who performs psychological, physical examination and implements the treatment plan by the intendance of the social specialist and the religious instructor. In addition, the clinic gives basic medication to relieve withdrawal symptoms or those that the addict needs for some other physical diseases. The treatment at this clinic is characterized by lower financial costs by which the addicts returns to work quickly in few days as well as he feels himself free. The addicts also involves in a therapeutic society with his colleagues and team of specialists, in addition to his quick feeling of physical and social conditions improvements through the social aid of the clinic.

The constant increase in the number of drug addicts forced the Egyptian state to establish specialized centers for treating drug addicts which performed in four stages that extends to several years, so that the case does not relapse, these stages are:

A/ First stage:

The case is characterized by the physical dependence on narcotic drugs and fully interruption on abusing. The treatment holds in single or double rooms according to the condition of the patient under the supervision of psychiatrists and treatment team which composed of psychologists and members of the nursing staff of the specialized center with a “medical chemical” laboratory to perform various tests in order to determine the type of anesthetic that the addict is abusing. Also, in order to follow-up the treatment and confirm that the patient has already been discontinued drug abuse. This stage is called detoxification and the duration of treatment ranges from one to two weeks. (“mazoupsychologie” , 2020)

B/ Second stage:

In this stage, therapists try to detect the inner conflicts of the addict by group psychotherapy. When needed, an individual psychotherapy carry out and suggest behavioral modifiers. Moreover, some advice must be addressed to addicts’ families and inform them about the role they have to play in order to complete the process of rehabilitation successfully. (“mazoupsychologie” , 2020)

C/ Third stage:

The third stage coincides with second stage pragmatically in which it works by:

- Create positive individuals during treatment that entrust the patients with responsibilities within the center.
- Collaboration in all the offered works and services.

Once the addict becomes positive, he begins to reengage on professional life in cooperation with Local Social Affairs to employ the jobless addicts so that they do not relapse as soon as they exit the clinic. (“mazoupsychologie” , 2020)

D/ Fourth stage:

This stage depends on patient attendance at treatment according to the concept of rehabilitation that it may be the most important stage. During the recovery period in the center, all patients’ treatments have no value unless action is taken to ensure an effective period. It is therefore the patients have to get regular during treatment period on a sustainable basis after they exit the center. The objective from the treatment is to achieve to the total refrain from drug continuously. (Metouali, 2002, pp.197-199)

3.1 Treatment method in Dubai:

Medhat Mohamed (1999) pointed that the spread of drugs in United Arab Emirates is due to the following factors:

- The emergence of oil, the flow of its revenues and the arrival of thousands of foreign workers to the region
- The position of UAE nearby the countries which is known for the export of drugs largely such as: India, Pakistan and Iran that is separated from the UAE only by the Gulf and its long coastlines. Its location has also made it an important trade junction and transit point between the East and the West.

This made it care of this phenomenon and drug addicts through opening training and rehabilitation center for drug abusers in Dubai in October 1955 and it cost about 20 million dirham.

3.1.1Objectives of the center:

The center aims to offer preventive services for youngsters from addiction in addition to the treatment, preparation, training and rehabilitation of addicts on narcotic and psychotropic substances and on educational, training procedures on various crafts and occupations to benefit from them at the individual and society levels in order to turn the addicts effective and productive members in society.

3.1.2Conditions of the center:

The center includes the addicts who transferred either by a judiciary decision or by himself who applies for treatment voluntarily or by his family.

The treatment has to be implemented on the nation citizens only over the age of 40 years and under the age of 18. These individuals subject to a fixed period of two years in order to train and rehabilitate them. If necessary, it may exceed to another year.

3.1.3Center building:

The size of the center is estimated to be around 300 addicts with many necessary facilities to carry out the treatment process like: administration, mosque, library, restaurant, gymnasium, swimming pool, clinics building, residential wards for addicts and laundry.

3.1.4 Action team center:

It worked on providing an integrated action team belongs to all the professional disciplines that have a role in the prevention and treatment process of drugs addiction in order to do its best, we mention among them: administrative, police officers, doctors, nurses, social specialists, psychiatrists and trainers in sports and artisanal field.

3.1.5 Center's plan of action:

The center receives medically treated drug addicts in specialized hospitals for the treatment of addiction; he works on offering them the psychological and social treatment.

The provided treatment at the center is described as holistic treatment or multi-pronged treatment in which it is concerned with medical, psychological, and social sides of addicts' treatment.

The treatment approach of the center places the importance on the training in the sport and military field considering the sport activate and develop the body besides strengthening their religious devotement as a necessary element in the treatment and recovery. Also, it is considered to be a motive to refrain from addiction which interferes with our Islamic values and our religion.

With regard to the professional rehabilitation of addicts, the latter worked on training and rehabilitate the addicts to some crafts and occupations needed in the society as: television and cinematography, directing, computer, typography... etc

Since the center belongs to Dubai Police General Headquarters, it has provided suitable job positions for addicts after leaving the center. In addition, those who are treated at the center receive other forms of care such as: social and after care that aimed at continuing monitoring and follow up the addicts after the period of their stay to so that they are not return to center.

It focuses on their learning style in order to give them experience and skills to benefit them in meeting their basic needs. (Medhat Mohamed, 1999, pp. 105-107)

Despite all the possibilities and efforts that the state of Dubai is adopting to treat addicts, however it is not allowed for all the addicts to enter the center. It defined the age group of enrollment which is between [18-40] years, in which it neglected the ones under the age of 18 and over

40 years. The training and rehabilitation center of addicts contains the ones who have medical treatment at hospital as a previous stage of the addict enrollment to the center.

4- Treatment methods in Algeria

Recently, Algeria has witnessed a dramatic increase in the proportion of drug addicts which made it undertake more efforts and at all levels to stand against drug dealers and develop strategies to reduce its consequences. In addition, the researchers and social specialists are trying to find treatment methods for addict through their studies and researches. It has found two treatment methods: external treatment and internal treatment

External treatment: is characterized by the addict attendance to the clinic from time to time according to the type of abused drug in order to treat him with less intensity drug doses powerless than the drug that is get used by the addict. Those drugs are usually from « Methadone » which give the patient with various dosage and periods. After that, the doses will be reduced at intervals until the addict get used to low, gradual and not sudden doses. (“violetowe”, 2020)

It seems that it is impossible to suddenly and definitely remove the drug from the addict because this can cause seizures which could lead him to a fatal coma. Thus, this will require a reduction in doses and an identification of taking periods until the body will be more receptive for a few drugs so he can stop it. This period is subject to medical treatment which is called by the language of medicine “Total weaning from drugs” .

The addict completes his treatment with therapy sessions where the therapist looks in the addict’s behaviors and what he retained from the environment. Furthermore, this treatment depends on daily training starting with observe and evaluate oneself. Also, evaluate what the addict is doing by teach him some positive behaviors and leave the negative ones. In order from the addict to complete the treatment, the therapeutic plan must carry social therapy and this needs the family involvement to readjust the addict with his living reality.

In addition, the family is obliged to know the reasons behind delinquency, however many doctors and psychiatrists are regret that (75%) of recovered

addicts relapse once again due to the absence of social and psychological follow up of the addict because it is important especially among the environment. There are other cases that have serious social problems which are not conducive to exit the breakdown case that the addict is living before exiting the therapeutic center which means that the follow up will be very hard. ("violetowe", 2020)

Internal treatment: the period of stay at the clinic is 21 days for the addict who chose residency in the center. The treatment will be according to the nature and degree of addiction as the addict is initially subject to medical tests to know the extent of his injury to other diseases such as: HIV, Hepatitis C and Syphilis, he then rotates over that period with doctors, psychologists, and nurses.

The Internal Treatment has two types of treatment: individual and collective. In the individual treatment, the addict is introverted and has tendency to isolation, so and he is transferred directly to a psychiatrist to help him to divulge about his suffering and problems.

Collective treatment is characterized by the combination of addicts to talk freely and their issues under the supervision of the therapeutic medicine to allow taking sedative and painkillers. ("violetowe", 2020)

For Radjeh, (1976), collective treatment focuses on the role of community that is an independent entity characterized by interaction and mutual influence at the level of individuals' behaviors and their perception to social life.

In the approach of this treatment, the therapist is not seen as the only factor for change, but rather he takes the role of a participant observer that guides the general movement in the community as well as he intervenes at times when the group process change and it is the patients who do this role for themselves. The therapist makes sure not to monopolize group discussion among patients who do not honestly express their direct responses, they see that their problems and suffering are not only just for them, but they are shared by other individuals in order not these problems be a nuisance.

These sessions result is that the addicts coming out of their isolation, to love each other and to learn how to know the truth of themselves. These sessions permit to exchange the experiences with those who are suffering from the

same problems, also to learn the community's standards and establish their skills and social interests.

Collective treatment seems to be economic that does not cost potential and significant financial materials; it also increases time-earning opportunities.

There is also another treatment method which is herbal remedy instead of sedatives which is a new technique invented in 2005 as the doctor "Ben Seradj" clarifies that the adoption of natural herbs instead of sedatives because the addicts cheat through the miss respect of identified doses, so they turn the sedatives into a codified addiction. Moreover, some of them ask for it on the pretext that they do not sleep; however, they use it for other purposes which led to the replacement of the sedatives with a blend of herbs helps to cope with symptoms of stop abusing.

The duration of treatment differs depending on the case of each addict in which only 45 days for the consumers who did not reach the addiction yet, but it differs for those who need to be treated for at least three months to one year when conditions are difficult.

To sum up, the treatment method in Algeria depending on the examination of each addict to the suitable one from the two previous methods that differ from treatment methods in developed countries. (Aissaoui, 1988)

Discussion :

After reviewing some models of therapy adopted in the addiction treatment, it can be seen that some of them are more effective than a certain category of individuals or they are more effective at a particular stage of treatment than others. For example, it can be seen that the offensive method of treating drug addicts would be most effective in the advanced stage of treatment.

As for outpatient treatment, which requires an addict's hesitation and a special program according to the degree of his addiction and engage in psychotherapy sessions

However, as for individual in-patient treatment, it is appropriate for an introverted addict, unlike effective group therapy with addicts who freely talk about their problems and like to participate.

Thus, they can adjust their behaviors and benefit because it is more effective and it protects the addict from relapse and return to addiction.

We also point that effective and successful treatment for addiction may be in developing and building an integrated treatment group. Besides, to

ensure that it is updated and reflected and that its effectiveness is verified through continuous research .

Conclusion

The treatment of drug addicts is one of the most important efforts in our country to combat the phenomenon of drug addiction and its serious and various negative consequences where most groups of society have suffered from. Thus, one of the efforts is to establish treatment centers for drug addict in which they are treated by the supervising medical team that uses a range of methods and techniques and it is to them many addicts recover.

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