

## REVIEW ARTICLE

# The relationship between family support factors and substance abuse relapse: an updated literature review

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## ABSTRACT

Current global data indicate that 296 million individuals engage in drug abuse, representing an increase of 12 million compared to previous figures. In Indonesia, the prevalence was 1.73%, with 173 individuals having used drugs in the past year. This study aimed to examine the supportive factors and challenges faced by substance abusers in overcoming dependence, achieving abstinence, and preventing relapse, focusing on resilience, self-esteem, and family functioning. This study employed a literature review methodology. Literature sources were identified using search engines through electronic media, including Google Scholar, PubMed, and ScienceDirect, covering publications from 2014 to 2024. The selected articles were assessed and evaluated based on predefined inclusion criteria, resulting in a final selection of 20 articles relevant to the topic. The findings indicate that the risk of relapse can be minimized with strong social support, especially from family members, which increases self-efficacy and resilience, thereby strengthening commitment to treatment. Therefore, intervention strategies that focus on improving family dynamics, strengthening self-esteem, and enhancing resilience are essential to facilitate sustainable recovery for individuals with substance use disorders. Family support has a positive impact on reducing the likelihood of relapsing in substance abusers. This article also compared similar findings from previous studies and presented the latest expert opinions supporting the importance of family communication in drug prevention. Adequate family support, in the form of communication and emotional support, can increase the resilience of substance users, thereby minimizing the risk of relapse in substance abuse.

**Keyword:** Family, relapse, resilience, social support, substance abuse

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## INTRODUCTION

Substance abuse, including the use of hallucinogens, alcohol, marijuana, opium, hashish, and other substances, constitutes a disturbance of an individual's psychological state, marked by cognitive, behavioral, and physiological symptoms that compel the individual to persist in substance use despite awareness of its associated risks (DSM-5). Substance misuse is widely acknowledged as a chronic disorder characterized by frequent relapses. This phenomenon results from alterations in neural circuits that influence behavior, which can be observed in individuals experiencing recurrent relapses and intense cravings for the substance when exposed to substance-related cues (DSM-5).<sup>(2)</sup> Relapse represents a major and common challenge in substance dependence, defined by the inability to sustain abstinence, especially over prolonged periods. Relapse can be recognized by the reemergence of warning signs of substance addiction after a phase of reduced usage.<sup>(3)(4)</sup> Relapse is not exclusive to treatment failure; it may also occur after successful detoxification and rehabilitation. Approximately 40–60% of individuals are predicted to relapse following detoxification and rehabilitation treatment. Additional studies indicate that the relapse rate post-therapy is significantly elevated, ranging from 40% to 75% within three weeks to six months following treatment.<sup>(5)</sup> Furthermore, Andersson et al. discovered that relapses transpired in 37% of the sample within three months post-monitoring. The incidence of relapse is more pronounced in middle-income nations compared to their high-income counterparts.<sup>(4)(5)</sup>

Various risk factors play an important role in the occurrence of relapse. A significant aspect is social support, which is characterized by constructive engagement intended to assist individuals in addressing their challenges. Social support is also defined as the awareness or experience of being

valued and integrated into a mutually supportive social network with shared responsibilities, as well as being loved and cared for by others.<sup>(6)</sup> Social support is influenced by individual, cultural, and environmental factors. Close personal interactions provide more meaningful and supportive connections than those constrained by rigid role constraints. This may stem from mutual trust and a sense of security among the individuals involved. Individuals with a robust psychological perception of social support exhibit greater resilience to adversities, including the temptation to engage in substance use. Research indicates that perceived familial social support is associated with a 12% reduction in the probability of substance addiction recurrence.<sup>(7)</sup> A review of the literature suggests that social support effectively diminishes the probability of relapse in substance dependence. This effect is influenced by personal relationships and varies depending on whether the relationship provides positive reinforcement for abstinence or negative reinforcement for substance use, such as peers who encourage a return to substance use.<sup>(8)</sup> Kabisa et al. found that people who use substances are at a higher risk of relapse when they live solely with their mothers compared to when they live with both parents. Additionally, substance users are more likely to relapse when they cohabit with peers or live in conflict-ridden households.<sup>(5)</sup> A study conducted by Atadokht et al. indicates a negative correlation between perceived self-support and relapse frequency. Atadokht and colleagues Social support can augment treatment adherence by reinforcing self-efficacy. Nikmanesh, Z. Stevens et al. emphasize a notable positive correlation between social support and self-efficacy in maintaining abstinence. The concept of self-efficacy refers to the conviction that someone is capable of carrying out the actions necessary to accomplish specific goals in terms of achievement.<sup>(9)(10)</sup>

Furthermore, this study will explore the relationship between family support—particularly effective communication with individuals who use substances—and their resilience and self-esteem in overcoming substance abuse. In addition, it aims to provide guidance on interventions that support the recovery process.

## **METHODS**

This literature review was conducted using a systematic literature review methodology. The sources were obtained from Google Scholar, PubMed, and ScienceDirect databases, with publication dates ranging from 2014 to 2024. To simplify the search process, the author used keywords such as support factors, relapse, and drug abuse, combined with the Boolean operator "AND" to narrow down the search results for both international and national journals. A total of 1270 articles met the initial criteria. These articles were then assessed and reviewed based on the inclusion and exclusion criteria. The inclusion criteria included complete texts regarding family support, resilience, and relapse, while the exclusion criteria were articles that did not discuss supporting factors or risks in substance abusers, such as neuropsychiatric reviews and physical disabilities in substance abusers. Following this screening process, 20 articles were identified as relevant to the study's focus on the role of family support in influencing the occurrence or prevention of relapse in substance abuse. The information extracted from these articles included details such as the author, year of publication, location, participants, type of substance, results, and limitations. The application of inclusion and exclusion criteria ensured the validity and relevance of the selected sources. Based on the analysis of these articles, the author concluded that there is a significant relationship between family support, resilience in recovery, and relapse in substance abuse.

## **RESULTS AND DISCUSSION**

### **Factors Contributing to Relapse Risk**

A total of 20 relevant articles were identified from the selected databases. Table 1 summarizes the findings, indicating that the majority of the studies are derived from two research initiatives that employed literature review methodologies, while the remaining studies involved substance users and their family members. Additionally, the substances examined in these studies were diverse, including alcohol, opioids, and other narcotics. The table demonstrates that the most significant factors reducing the likelihood of relapse were the family's spiritual, financial, and communicational support. Social support, resilience, and high self-esteem were also identified as additional factors that contribute to the subusers' ability to continue functioning in society. When confronted with stress, the user's inadequate coping mechanisms serve as an impediment. Furthermore, the high incidence of relapse among substance users is significantly influenced by inadequate parenting and poor family coping mechanisms during periods of stress.

Relapses frequently arise from risk factors that manifest days, weeks, or months prior to the relapse event. These elements typically encompass emotions or challenging events that impede an individual's capacity to manage addiction without resorting to their preferred substance. An increase in risk variables correlates with an elevated likelihood of relapse. Common risk factors linked to recurrence include the following: <sup>(11)</sup>

#### **1. Exposure to Stimuli**

Exposure to triggers constitutes a primary risk factor for relapse. Triggers may include social and environmental stimuli that evoke memories of alcohol or drug use.

Social signals include encounters with drug dealers or acquaintances who use drugs, while environmental cues involve interactions with objects, odors, or locations associated with drugs and alcohol. These cues can elicit intense cravings and may precipitate relapse.

## 2. Stress

Elevated stress levels and inadequate problem-solving abilities can increase an individual's susceptibility to relapse, as substance use may be perceived as a means of escape. Negative emotions, including anger, anxiety, melancholy, and boredom, can also elevate the likelihood of relapse. Work-related stress and marital issues are recognized as significant contributors to relapse incidents.

## 3. Interpersonal Conflicts

Disputes with family or friends can result in adverse emotions, including rage,

sorrow, and frustration. If these emotions are not effectively managed, they may result in a relapse. Interpersonal conflicts were implicated in over 50% of relapse cases.

## 4. Peer Influence

Friends or family members who abuse drugs or alcohol frequently exert pressure on individuals to partake in substance usage. Proximity to individuals who consume drugs or alcohol might elicit a powerful compulsion to engage in similar behaviors, hence heightening the risk of relapse. Consequently, the presence of family members or acquaintances who engage in drug use is a significant predictor of relapse.

## 5. Absence of Social Support

A deficient or adverse social support system can hinder an individual's ability to manage challenges without resorting to drugs or alcohol. Insufficient social support frequently impedes individuals in confronting life's adversities and diminishes their capacity to persevere in rehabilitation.

**Table 1.** Summary of Previous Research on the Vital Role of Family Support in Substance Abusers

Year	Place	Method	Participant	Substance	Result	Limitation	Ref.
2024	China	Research method by analyzing data from the FAD (Family Function Rating Scale), MAST (Michigan Alcohol Dependence Scale), and SF-36 Quality of Life Scale questionnaires	151 males diagnosed with alcohol dependency	Alcohol	This research demonstrated that the implementation of family interventions for individuals with alcohol use disorders could lead to a reduction in relapse rates. This influenced the family's capacity for intimacy and adaptability, thereby augmenting familial support and functionality. Consequently, this enhancement facilitates improved supervision for individuals, which aids in preventing relapse and subsequently reduces the relapse rate.	Small sample size and relatively short follow-up period.	(12)
2024	South India	Cross-sectional method using the Severity of Alcohol Dependence Questionnaire (SADQ) and the Coping Orientation to Problems Experienced Inventory (Brief – COPE).	127 participants over 14 consecutive months	Alcohol	Individuals who experienced relapse had significantly elevated levels of negative and maladaptive coping mechanisms, impacted by several circumstances, including familial or partner support. Inadequate social support, characterized by interpersonal disputes and adverse family dynamics such as disinterest towards the individual, can elicit feelings of anger, loneliness, boredom, and a bad emotional state.	Hospital-based study, lack of control groups, small sample size, and shorter follow-up periods	(13,14)

Year	Place	Method	Participant	Substance	Result	Limitation	Ref.
2023	Pakistan	Cross-sectional method using the Psychological Capital Questionnaire-24, Family Assessment Device, Advanced Warning of Relapse Questionnaire-Urdu	150 men aged over 18 years, both married and single, undergoing treatment at rehabilitation facilities	Any type of drugs	Considering age factors, strong psychological capital in middle-aged individuals suggests that effective family functioning reduces the risk of relapse. Conversely, when analyzing the relationship between family function and relapse propensity, a significant negative correlation indicates that young individuals face a higher relapse risk despite having higher average family functioning scores.	No limitations mentioned.	(14)
2023	Iran	Systematic review of qualitative studies.	25 studies including two mixed-methods studies and one international report.	Any type of drugs	This study exposed the many challenges faced by families affected by drug use, including socioeconomic, psychological, physical, and financial challenges, as well as medical concerns. Therefore, research was essential both for informing policy and practice and for developing treatments to address the burdens experienced by these families.	Variations in religious or familial beliefs regarding addiction management were not incorporated into the research.	(15)
2023	Terengganu, Malaysia.	Quantitative method using the Family Social Support Questionnaire (SOSK)	177 family members (mothers, fathers, grandmothers, grandfathers, spouses, siblings, and children) of individuals undergoing rehabilitation for substance use disorders at a rehabilitation center in Terengganu.	Any type of drugs	The increasing number of users can be influenced by the level of family support during rehabilitation. The level of social and family support for users would positively and effectively impact the RPKD program and the i-recovery module.	Users did not remain in rehabilitation indefinitely; therefore, necessitating continued support following the completion of the rehabilitation process.	(16)
2022	China	Qualitative methods using the Drug Abuse Identification Scale, EMBU Scale, and a self-rating scale	369 teenage drug addicts from hospitals qualified for drug rehabilitation and 229 non-drug addicts.	Any type of drugs	The results revealed that parenting styles were substantial predictors of adolescent drug abuse identification, with different styles exerting unique influencing processes. The findings indicate that deficient parenting methods are a risk factor for teenage substance misuse.	1. The horizontal study did not find a link between cause and impact. 2. Various forms of social support could influence drug abuse in distinct manners. 3. Solely centered on parenting styles. 4. Small sample size. 5. Issues with the structural equation model index	(17)
2022	India	Cross-sectional using the MINI and MINI-KID scale	Family members, children, and partners of substance users, including 50 consecutive index patients identified as alcoholics.	Alcohol	While family disruptions may negatively impact partners and children of substance users, certain supportive elements, such as a spouse's high level of education, were associated with a lower morbidity rate of psychiatric diseases among partners of drug users.	Small sample size and hospital-based setting.	(18)
2021	China	Qualitative research method and phenomenological approach	15 individuals from drug rehabilitation programs of social work service initiatives.	Any type of drugs	Substance users assumed responsibility, which facilitated external family support and internal recognition of the necessity and fortitude needed to combat the afflictions of drug addiction and detoxification challenges, thereby enhancing motivation for self-transformation.	Participants were limited to the elderly, primarily using opioids. The location failed to offer a comparative investigation of any motivational differences driven by familial factors for users.	(19)

Year	Place	Method	Participant	Substance	Result	Limitation	Ref.
2021	India	Cross-sectional method using the RS-14 resilience scale	60 individuals engaged in substance addiction, maintaining a minimum abstinence period of three months or longer, aged 18-60 years, including married and unmarried individuals.	Any type of drugs	Social and familial support substantially improved resilience in individuals with a history of substance use, facilitating their maintenance of abstinence from additional substance use. The quality of support directly correlated with an individual's capacity for self-control in abstaining from substance use.	Data collection was restricted to individuals who maintained abstinence for a minimum duration of three months and exclusively received treatment from institutions throughout the study period.	(20)
2021	China	Cross-sectional method with random sampling.	817 valid questionnaires collected.	Any type of drugs	Users with low self-efficacy and familial intimacy were more likely to relapse than those with low efficacy who were prone to psychiatric illnesses. To develop mediation and increase psychological capital to decrease relapse, communication skills must be improved.	1. Cross-sectional design. 2. COVID-19 outbreak during the research. 3. Potential bias from questionnaire use. 4. Participants were men undergoing drug rehabilitation in mandatory centers in China.	(21)
2021	Malaysia	Systematic review using the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA).	Sample review of 22 quantitative articles and one qualitative article	Any type of drugs	One of the author's supporting elements was the critical role parents play in providing family support to teenagers who use drugs. Adolescent substance abusers might benefit from support in the form of supervision and effective communication.	Limited to English-language articles, resulting in a constrained literature search.	(22)
2020	South Korea	Structural Equation Modeling using interviews and self-reporting with the World Health Organization Quality of Life Scale-Abbreviated Korean Version (K-WHOQOL-BREF)	Targeting both men and women, this study included 404 individuals who had been diagnosed with AUD within the year prior to the start of the study. Individuals between the ages of 19 and 65 who were enrolled at 34 addiction treatment facilities and 28 hospitals.	Alcohol	This study analyzed how social support and sadness mediated the relationship between socioeconomic resources and QoL among South Korean AUD patients. AUD quality of life depends on finances, social support, family support, and marital status. Decreased support will lower elderly quality of life.	Small sample due to study limitations.	(23)
2020	Indonesia	Literature review	11 journals	Any type of drugs	Family support, including emotional, informational, material/financial, and evaluative forms, significantly aids the recovery process of drug addicts.	No limitations mentioned.	(24)
2018	Korea	Qualitative method	NAPZA users recovering from drug addiction for at least three years and actively engaged in work or social activities post-recovery	Any type of drugs	This research indicated that individuals could enhance their personal development or talents by actively engaging in their familial and communal roles, supported by powerful social and familial networks.	This study did not evaluate how social support and self-help programs affect drug users' personal development and recovery.	(25)

Year	Place	Method	Participant	Substance	Result	Limitation	Ref.
2017	Korea	The transactional stress model method	Parents, siblings, and partners of individuals with severe Alcohol Use Disorder (AUD)	Alcohol	This research explored family stress management in severe AUD users. Families with higher coping capacity facilitated more effective interventions in AUD treatment.	No limitations mentioned.	
2016	Iran	Causal-comparison methodology	166 individuals (83 without relapse and 83 with relapse) over four months of voluntary involvement in institutions	Any type of drugs	The findings indicated that individuals who did not experience a relapse exhibited higher levels of self-efficacy beliefs and received greater social and familial support in comparison to those who did experience a relapse.	Confidentiality of participant data posed challenges, as health centers did not disclose information.	(7)
2016	USA	The AA Affiliation instrument, Addiction Severity Index (ASI), Drug Taking Confidence Questionnaire, Perceived Stress Scale-Brief Version, Important People and Activities Inventory (IPA), Interpersonal Support Evaluation List—Short Version (ISEL), Alcoholics Anonymous Intention Measure (AAIM), Brief Sense of Community Index	31 individuals located in five recovery houses	Alcohol	The quantity of social support and alternative forms of support available to an individual influenced their self-efficacy and stress levels. A wider support network correlated with increased self-efficacy and reduced stress levels.	No limitations mentioned.	(8)
2016	Indonesia	Quantitative method using a cross-sectional method	53 substance users aged 10-19 years	Any type of drugs	The research findings indicated that the family environment, including factors such as family harmony, parental busyness, permissive parenting, and family worship, significantly impacted the recovery process. Family faith was a primary factor influencing adolescent substance abuse within the family environment.	No limitations mentioned.	(27)

Year	Place	Method	Participant	Substance	Result	Limitation	Ref.
2015	Ardabil	Descriptive-correlational method	80 subjects; individuals without chronic emotional or cognitive issues, married for at least five years, and with a family	Any type of drugs	Impaired emotional expression within families may lead to relapse following recovery. Pressure, adverse feelings, and familial criticism directed at the patient elevate stress levels and psychological strain, prompting the patient to regress to their previous disease and experience a relapse.	Limited scope and insufficient control over the types of medications administered.	(9)
2015	Medan, Indonesia	Qualitative research, focusing its examination on the processes of generating conclusions both deductively and inductively	Chiefs of households or family members of individuals abusing narcotics and psychotropic substances (NAPZA)	Any type of drugs	Individuals dealing with substance abuse adversely affected the socio-economic and spiritual well-being of their family members. Nevertheless, it was imperative for family members to persist in their support of the individual in order to facilitate rehabilitation and recovery, thereby enabling them to effectively fulfill their social roles within the community.	No limitations mentioned.	(28)

## 6. Pain Resulting from Injury, Accident, or Medical Conditions

Physicians frequently prescribe opioids to patients experiencing pain; however, some individuals may also obtain these substances illicitly to alleviate acute or chronic discomfort. While the use of painkillers under medical supervision can be safe, individuals with a history of addiction may find it significantly challenging to regulate their use, particularly since many of these medications contain opioids with a high risk of addiction.

## 7. Diminished Self-Efficacy

Self-efficacy refers to an individual's belief in their ability to succeed in a specific domain. Studies indicate that those with diminished self-efficacy in sustaining composure or achieving recovery are at an increased risk of recurrence. In contrast, individuals with robust confidence in their capacity to maintain sobriety are more likely to navigate adversities successfully.

## 8. Affirmative Emotions

While negative emotions are typically linked to a heightened risk of relapse, positive emotions can also act as

triggers. Individuals experiencing happiness may seek to amplify that emotion through the consumption of drugs or alcohol. Moreover, occasions like birthdays or anniversaries may precipitate relapses, as these events are frequently linked to alcohol intake.

## The Role of Resilience and Self-Esteem in Mitigating Substance Abuse

Recent studies indicate that resilience and self-esteem play a crucial role in preventing disruptions in family functioning and reducing relapse risk in individuals with substance use disorder (SUD). These findings highlight that family functioning directly impacts relapse tendencies and also influences them passively via the mediating factors of self-worth and resilience.<sup>(29)</sup>

In this context, resilience is characterized as an individual's capacity to recover and adapt constructively when confronted with stress, adversity, or life challenges.<sup>(30)</sup> Conversely, self-esteem denotes an individual's assessment of their intrinsic value, which significantly impacts their perceptions and responses to diverse circumstances, including detoxification and relapse prevention.

An additional perspective that corroborates this notion is that an individual's exceptional capacity to manage stress and navigate societal perceptions, coupled with a robust sense of self-esteem, can significantly enhance resilience against relapse into substance use.<sup>(31)</sup> Therefore, it is essential to recognize and avoid early stress circumstances or mental diseases that could impede the recovery process by enhancing resilience.<sup>(32)</sup>

The research identified three primary pathways that serve as mediating mechanisms:<sup>(30)</sup>

1. **The Mediating Role of Family Functioning Independent of Self-Esteem**

A healthy family function contributes to the enhancement of an individual's self-esteem. When individuals perceive themselves as valued, supported, and cared for by their family, they are likely to develop a more favorable self-image. This, in turn, instills a greater sense of confidence in their ability to confront challenges, including the allure of reverting to the use of addictive substances. Conversely, familial dysfunction often leads to diminished self-esteem, thereby increasing the risk of relapse.

2. **The Mediating Role of Family Functioning Independent of Resilience**

Resilience serves as a critical intermediary in the relationship between family functioning and relapse likelihood. A nurturing family environment can assist individuals in developing the capacity to manage life's challenges constructively. In contrast, individuals with substance use disorders (SUD) in unsupportive family environments frequently exhibit diminished resilience, rendering them more susceptible to stress and increasing the likelihood of relapse into substance use as a means of coping with challenges.

3. **Chain Mediation of Self-Esteem and Resilience**

This study additionally identified a chain mediation pathway wherein effective family functioning directly influences self-esteem, subsequently enhancing individual resilience. The interplay of elevated self-esteem and robust resilience offers dual protection against the propensity for relapse. In contrast, familial dysfunction contributes to a decline in self-esteem and resilience, thereby fostering conditions that heighten the probability of relapse.

These findings not only enhance the comprehension of the intricate dynamics that affect relapse tendencies in patients with substance use disorders (SUD) but also establish a basis for the formulation of more effective intervention strategies. Interventions aimed at augmenting family dynamics, bolstering self-esteem, and fostering resilience can play a crucial role in facilitating sustainable recovery for people who suffer from drug addiction.

**The Correlation Between Family Dynamics and Propensities for Relapse**

Research indicates that family functioning is positively correlated with the propensity for relapse among patients diagnosed with substance use disorder (SUD), a finding that aligns with prior research outcomes.<sup>(30)</sup> Inadequate family dynamics frequently emerge as a primary contributor to deficits in self-regulation capabilities among people who suffer from drug addiction.<sup>(33)</sup> The absence of attention, intimacy, and emotional support within the familial context constitutes a substantial impediment for individuals in cultivating effective social communication skills and adaptive coping strategies. Consequently, individuals with substance use disorders frequently experience limited social support and demonstrate elevated levels of aggression.<sup>(34)</sup>

Family dysfunction not only engenders tension in interpersonal relationships among family members but also imposes a psychological burden on the individuals affected. Individuals with substance use disorders encounter significant psychological challenges, including a deficiency in the psychological resources necessary to cope with stress and life adversities effectively. In the face of adverse life events or distressing circumstances, individuals frequently find themselves without sufficient social support to mitigate the temptation to engage in substance use. The lack of a nurturing familial environment results in their inability to maintain effective adaptive strategies for managing such pressures.<sup>(35)</sup>

Furthermore, individuals with substance use disorders frequently exhibit a deficiency in effective problem-solving strategies. Individuals often pursue transient relief from adverse emotional states, including anxiety, helplessness, and melancholy, by reverting to substance use. This cycle is intensified by discord within the family unit, wherein conflict, tension, and a deficiency of trust serve as the primary catalysts for relapse.<sup>(21)</sup>

This pertains to maladaptive coping mechanisms and societal pressures as obstacles to attaining remission.<sup>(36)</sup> The correlation between inadequate family functioning and the propensity for relapse underscores the significance of the family's role in facilitating the rehabilitation of individuals with substance use disorders (SUD). Interventions aimed at enhancing communication, fostering intimacy, and providing emotional support within the family unit may contribute to a diminished risk of relapse. This further emphasizes the necessity for a comprehensive approach that engages all family members in the recovery process, thereby fostering an environment that is conducive to sustained recovery.<sup>(30)(35)</sup>

### **Two-Way Relationship Between Family Function and Substance Abuse**

The interaction between family functioning and substance use disorder (SUD) is intricate and characterized by reciprocal influence. The presence of individuals with substance use disorders (SUD) within a family often serves as a significant source of disruption to familial dynamics. Emotional tensions, such as mutual blame, wrath, and alienation among family members, can exacerbate family relationships. These unresolved conflicts frequently engender a discordant atmosphere, wherein trust and support among family members progressively erode. In such circumstances, individuals with substance use disorders may experience a profound sense of emotional isolation, which consequently heightens their susceptibility to relapse as a reaction to the psychological stress they endure.<sup>(15)</sup>

Moreover, persistent conflict and familial dysfunction engender the establishment of a detrimental cycle that proves challenging to disrupt. The familial tension compels the patient to resort to substance use as a transient means of alleviating stress and adverse emotions, including anxiety, frustration, and despondency. Nevertheless, this action frequently exacerbates familial dynamics, as other family members may react with increased conflict or may even choose to distance themselves from the patient. This high-pressure environment not only impedes the patient's recuperation efforts but also elevates the probability of relapse.<sup>(37)</sup> Another illustration is that adolescents with a history of adverse childhood experiences (ACEs) are likely to exhibit a more significant escalation in alcohol and substance use, as well as associated problems, during young adulthood, in comparison to their counterparts who have not been exposed to such experiences.<sup>(38)</sup> Another study found that, although community programs help the growth of siblings and families, support services should offer specialized care for siblings who use drugs. Programs that enhance communication and trust between siblings should be considered.<sup>(39)(40)</sup>

Consequently, interventions aimed at enhancing family functioning, encompassing conflict resolution, effective communication, and emotional support, are essential for disrupting this detrimental cycle and facilitating the comprehensive recovery of people who suffer from drug addiction. A separate research indicates how interpersonal communication between the counselor and the substance user is facilitated by verbal and non-verbal methods that cultivate trust, enabling the patient to confide in the counselor and enhancing the user's self-confidence. This can be implemented within the family as a support system.<sup>(41)</sup>

#### **The Role of Self-Esteem as a Mediator**

Studies indicate that self-esteem plays an important role in the interaction between familial connections and the recurrence of substance use disorders. Dysfunctional family dynamics frequently lead patients to perceive a lack of support or neglect from their family members, which directly contributes to a deterioration in their self-esteem. When patients feel unappreciated or neglected, they are inclined to develop a negative self-perception, resulting in diminished self-esteem. Within the framework of recovery, diminished self-esteem renders patients more susceptible to the stressors and challenges encountered during the detoxification process. When confronted with emotional stress, individuals with low self-esteem often perceive themselves as incapable of managing these challenges, which consequently heightens their propensity to revert to substance use as a means of evading feelings of anxiety, despondency, or inadequacy. Consequently, enhancing the patient's self-esteem through improved familial support and suitable psychological interventions may constitute a significant measure in mitigating the propensity for relapse and fostering a more stable recovery.<sup>(29)</sup> In a separate study, it was noted that successful early intervention strategies for populations at high risk for substance use entail the cultivation of empathy.

Optimal empathy during recovery will facilitate an individual's ability to persevere in the long term.<sup>(42)</sup>

#### **The Role of Resilience as a Mediator**

Resilience, or the capacity for self-resilience, serves as a significant motivator for individuals to enhance their personal development and can also act as a predictor of detrimental behaviors, including substance abuse. Consequently, motivation and self-resilience constitute essential coping mechanisms that should be consistently cultivated to facilitate the early prevention of relapse.<sup>(43)</sup> A recent intervention study indicates that enhancing resilience among patients with substance use disorders (SUD) can markedly decrease their rates of relapse.<sup>(44)</sup>

Individuals with substance use disorders (SUD) hailing from families characterized by inadequate functioning frequently perceive a deficiency in support when confronted with life's adversities or challenges. Consequently, they encounter difficulties in developing resilience, defined as the capacity to recover and effectively manage stress. The diminished level of resilience renders individuals more susceptible to becoming ensnared in emotional challenges, thereby complicating their ability to resolve problems in high-stress circumstances. Research indicates that individuals who endure elevated levels of tension are at an increased risk of developing substance dependence.<sup>(45)</sup> Another study indicated that facilitating factors, including elevated self-esteem, psychological flexibility, and familial or social support, can significantly bolster resilience during the recovery or treatment of substance abuse, consequently enhancing the quality of life for individuals affected by substance use.<sup>(46)</sup> Consequently, inadequate family functioning may contribute to an increased propensity for relapse by diminishing the patient's capacity for resilience, resulting in an inability to effectively manage stress and an inclination to resort to substance use as a means of evading difficulties.

## CONCLUSION

This study highlights the critical role of resilience and self-esteem as protective factors in the relationship between family functioning and relapse tendencies among individuals with substance use disorders (SUD). Communication within the family not only directly influences relapse but also moderates its effects through resilience and self-esteem. Familial support fosters high self-esteem, equipping individuals with the confidence to overcome obstacles and resist the temptations to take drugs, while resilience enables them to recover constructively from daily challenges. Conversely, family dysfunction can diminish resilience and self-esteem, increase susceptibility to stress, and elevate the risk of relapse. These findings suggest that enhancing family functioning, fostering higher self-esteem, and developing resilience could serve as effective interventions to support recovery and reduce the likelihood of relapse in individuals with substance use disorders (SUD).

## SUGGESTION

Within the framework of recovery, improving family dynamics should be a primary focus. Enhancing communication, emotional connection, consistent support, and a nurturing family environment can help patients build resilience and self-esteem. Appreciation and support from family members can increase self-esteem, boost confidence in the recovery process, and reduce relapse risk. Involving relatives in the psychological support process helps patients become more resilient, providing a twofold defense against recurrence. Additionally, interventions that incorporate coping skills training, problem-solving techniques, and stress management strategies can improve individuals' ability to navigate life's challenges constructively, reducing their inclination to turn to substance use as an escape mechanism. Therefore, a comprehensive treatment approach that integrates improved family functioning, enhanced self-esteem, and strengthened

resilience can help individuals with SUD achieve more stable, long-term recovery.

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## DECLARATION OF INTERESTS

The author declares that there is no conflict of interest..

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