

9<sup>th</sup> Annual Congress on **MENTAL HEALTH**

September 05, 2022 | Webinar

**Self –compassion and Forgiveness among former or active opioid depended people receiving substitution treatment in GREECE****Evangelia Kotrotsiou***University of Thessaly, Greece*

**Introduction:** Opioid and heroin dependence, is the most commonly substance abuse concerning researchers over time both from a variety of medical and psychosocial perspectives. Self-compassion as well as forgiveness are considered to be key coping strategies that have proved to effective in terms of psychosocial support and general improvement of mental health.

**Aim:** The main aim of this study was to investigate the correlation between self –compassion and forgiveness amongst opioid depended people in substitutional treatment.

**Methodology:** a random sample of 153 opioid users was approached and the following questionnaires were used for data collection: a) The **S e l f -** Compassion Scale and b) The Heartland Forgiveness Scale. These also were combined with the sample's social and demographics elements.

**Results:** The findings of this study reconfirm the positive correlation between self –compassion and forgiveness among opioid users. Moreover, participants showed moderate levels of self–compassion and forgiveness. In terms of correlations with the sample's demographical background, the age one starts using illicit substances correlates with forgiveness in a statistically significant level. At last, among the elements related to treatment process statistically significant, negative correlation found between “using non prescribed benzodiazepines” and self –forgiveness and between “using non prescribed benzodiazepines” and self –compassion.

**Conclusions:** Although there is room for improvement in both self–compassion and forgiveness among opioid users, participants may employ these features in an effort to combat their dependencies. Yet, further studies are needed to explore the correlation between the start age of illicit substance abuse and forgiveness as well as the correlation between the use of non prescribed benzodiazepines and self – forgiveness and/or and self –compassion.

**Biography**

Dr. Evangelia Kotrotsiou working as a Professor at University of Thessaly in Greece. He has research works in Program of Nursing Studies, Postgraduate Program “Mental-Health”