# ABSTRACT

## Patterns of Substance use as a Predictor of Outcome Among clients at the Substance Abuse Prevention and Treatment Centre (S.A.P.T.C.), Caura Hospital

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This research paper describes the pattern of psychoactive substances used by 275 clients, the 1990 admission cohort at the S.A.P.T.C., Caura Hospital. It also describes the natural progression of 200 of these 275 clients, two to three years after their admission to the rehabilitation programme. The study was postulated on the premise that outcomes were predicted on the pattern of substances used, and has to a large extent supported the view that the type of psychoactive substance used and the age of experimentation were critical indicators of the substance use disorder that developed. The results show a trend towards multiple substance use suggesting that alcohol and marijuana are precursor drugs to cocaine use. Experimentation in early adolescence seems to be an indicator of multiple substance use in later life, whereas experimentation after adolescence seems to predict single substance abuse. By 1993, the total abstinence rate for the 200 clients seen was 27%. There was an overall decrease in substance use along with changes in other indices of improved outcome