

Methods of Counselling in People with Drug Dependence: A Scoping Review

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Abstract

Aims: Drugs today are one of the urgent and complex problems. One of the interventions that can be done to motivate quitting drug addiction is counselling. This study aims to map evidence related to the strategies of counselling in victims of drug abuse and strategies in conducting counselling.

Methods: Search databases for this study were PubMed, CINAHL, Science Direct and Google Scholar. Article identification was carried out based on the criteria for the year of publication (2013-2022), RCT / A Cross Section Study/Cross-Sectional Study, English and Indonesian Language, Fulltext, Teenagers to the elderly. Using the PRISMA flowchart, data extraction and scoping with the keywords (English): "Drug Dependence OR Substance Abuse AND Counselling AND Drug Abuser" and keywords in Indonesian language "Ketergantungan Narkoba OR Penyalahgunaan Zat AND Konseling AND Penggunaan Narkoba".

Results: The results of the study found that of the 9 articles that met the criteria. The main findings reveal that there are strategies in counselling, namely by means of drug counselling (drug handling controlled and monitored by doctors and nurses as psychoeducation providers) and telephone counselling that can be used in screening and planning action.

Conclusion: The conclusion of this study is that in counselling drug users there are several types, methods, and approaches included in the provision of counselling that are more effective in increasing motivation to recover or drug dependence in patients who are prescribed drugs by doctors compared to those who do not have prescription drugs. It is expected to contribute to the field of nursing as a strategy in counselling victims of drug abuse or people with drug addiction.

Keywords: Drug Dependence, Counselling, Drug Abuser.

Introduction

Drugs are currently an urgent and complex problem. The United Nations Office on Drugs and Crime (UNDOC) annual report states that around 275 million people will use drugs worldwide in 2020, while more than 36 million people will suffer from drug use disorders in 2021. Indonesia is also experiencing an increase every year. The National Narcotics Agency (BNN) reports that the prevalence rate of drug abusers has increased from 1.80% in 2019 to 1.95% in 2021. As many as 240 out of 10,000 Indonesians aged 15-64 years have been exposed to drugs (Puslidatin BNN, 2022).

Drug abuse is a problem that has a broad dimension, whether from medical, psychiatric, mental health, or psycho-social aspects. Dealing with the drug problem cannot be done in a short time, but it takes a long time to increase motivation to stop using drugs. The motivation to heal in drug abusers is defined as a person's behavior that is encouraged to be detached from a dependence on the drug (Kurnanto et al., 2015).

In treating drug abuse, nursing interventions involve several methods, such as medical detoxification, drug replacement therapy, and behavioural therapy. While these methods have their merits, some limitations need to be overcome. Medical detoxification can lead to severe withdrawal symptoms, drug replacement therapy risks replacing one addiction with another, and behavioural therapy takes time with mixed results. This is supported by the result of Habibi's research (2017) regarding the rehabilitation program at the Tabina Aceh Foundation, which uses isolation methods, medical detoxification, and drug administration as part of the intervention. Even though this program is quite good, there are obstacles such as delays in thinking patterns, depression, and lack of family support. From these limitations, the authors choose a counselling approach as a more comprehensive alternative.

Counselling is one way that can motivate individuals to quit drug addiction, by focusing on increasing recovery motivation. This approach differentiates counselling into individual and group (Gibson et al., 2010). Counselling has proven to be more effective in handling drug abusers as evidenced by Widyaningrum research (2014) which also shows that Static Counselling (Group Counselling) and Individual counselling are effective addiction communication therapy strategies. Counselling provides encouragement and motivation to make changes in the individual. Based on research by Aeni et al (2021), group counselling is effective in notifying the motivation to recover in victims of drug abuse. The role of the individual in terms of overcoming his dependence on narcotics must certainly have a strong motivation so that the sense of dependence disappears. Likewise, inmates who do not get Rehabilitation tend to have low motivation to recover from drug abuse (Amri et al, 2016).

Through counselling, one can explore the problems of the client and the client's behaviour. It also allows the client to know who he is so that there is motivation to recover and is also used to determine the provision of a treatment plan (Wijayanti, 2016). However, strategies are needed in counselling drug abusers to help increase motivation to recover. For this reason, conducting a scoping review of counselling on drug abuse is important because it allows a broad identification of various approaches, strategies, and findings in the relevant literature. Drug abuse is a complex and multi-faceted issue, with counselling interventions involving a variety of approaches such as cognitive-behavioural, motivational, and group therapy. In this context, a coverage review will provide a holistic understanding of recent

developments in counselling interventions, identifying areas of research that have been covered as well as those that remain unexplored. Thus, the scoping review will guide further developments in counselling practice and research and ensure that the interventions implemented are supported by strong evidence and are relevant in dealing with the ever-evolving challenges in the treatment of drug abuse. Based on this, the authors want to conduct a scoping review of counselling for victims of drug abuse. Therefore, the purpose of this scoping review is to map counselling to drug abuse victims, methods and strategies in counselling.

Method

This scoping review was carried out according to the six-step framework developed by Arksey & O'Malley, (2005) as follows: 1) identify research questions; 2) identify relevant research; 3) study selection; 4) map data; 5) compiling, summarizing, and reporting results; and 6) consultation. The first and second steps are determined based on the PCC acronym (population, concept and context) with keywords using English and Indonesian. The next four phases also follow the standard Preferred Reporting Items for Systematic Reviews for Scoping Reviews (PRISMA ScR) flowchart to complete step three.

Identifying the research questions

This scoping review focuses on finding questions about counselling to victims of drug abuse to increase motivation to recover. In the literature search process, researchers use relevant keywords according to the PPC Framework.

Identifying relevant studies

In searching the database, this study used PubMed, CINAHL, Science Direct, and Google Scholar with literature identification with PRISMA flowchart, data extraction and mapping or scoping (Arksey and O'Malley, 2005). Keywords in English include drug abuser OR drug user AND counselling AND Drug Abuser and keywords in Indonesian language "Ketergantungan Narkoba OR Penyalahgunaan Zat AND Konseling AND Pengguna Narkoba".

Tabel 1. PCC's Search Strategy

Framework PICO	Search Strategy
<i>Population</i>	<i>Drug Dependence, Substance Abuse</i>
<i>Content</i>	<i>Counselling</i>
<i>Context</i>	<i>Drug Abuser</i>

Study Selection

The scoping review also conducted a review framework to map the results of the study selection. The studies in this scoping review refer to drug abusers and counselling strategies for substance abusers or experiencing addiction. The selected articles are original articles with quantitative research and Randomized Control Trial (RCT) and A Cross Sectional Study methods. Published for ten years (2014-2021) and written in English and Indonesian. Articles written for the purposes of the health and nursing fields.

Data collection

Data collection in this study was reviewed based on targeted subjects, study design, country, methods, intervention and research results on counselling methods on victims of drug abuse then carried out by extracting and tabulating the data. Reviewers rate articles full text and in duplicate assessments. Studies that meet the inclusion criteria are selected for analysis.

Charting the data

The fifth step of this scoping review We carry out data extraction based on the

research objectives and the results explored. It then maps that data out in this scoping review including author and year, country of origin, subject, method, detailed interventions, and outcomes.

Collating, Summarizing, and Reporting Results

This step is the last step of scoping review describes the results of the reviews that have been done by applying several steps, i.e., collating, summarizing, and reporting the results of data extraction that have been reviewed.

Results

Initially, the search had taken 1522 scientific articles. After the duplicates were removed, 1508 articles were selected. After the title and abstract were read, 1489 articles were excluded. Out of the 19 selected articles, 10 were excluded for not meeting the eligibility criteria. After carefully analyzing the complete manuscripts, 16 studies were included in this scoping review (Figure 1).

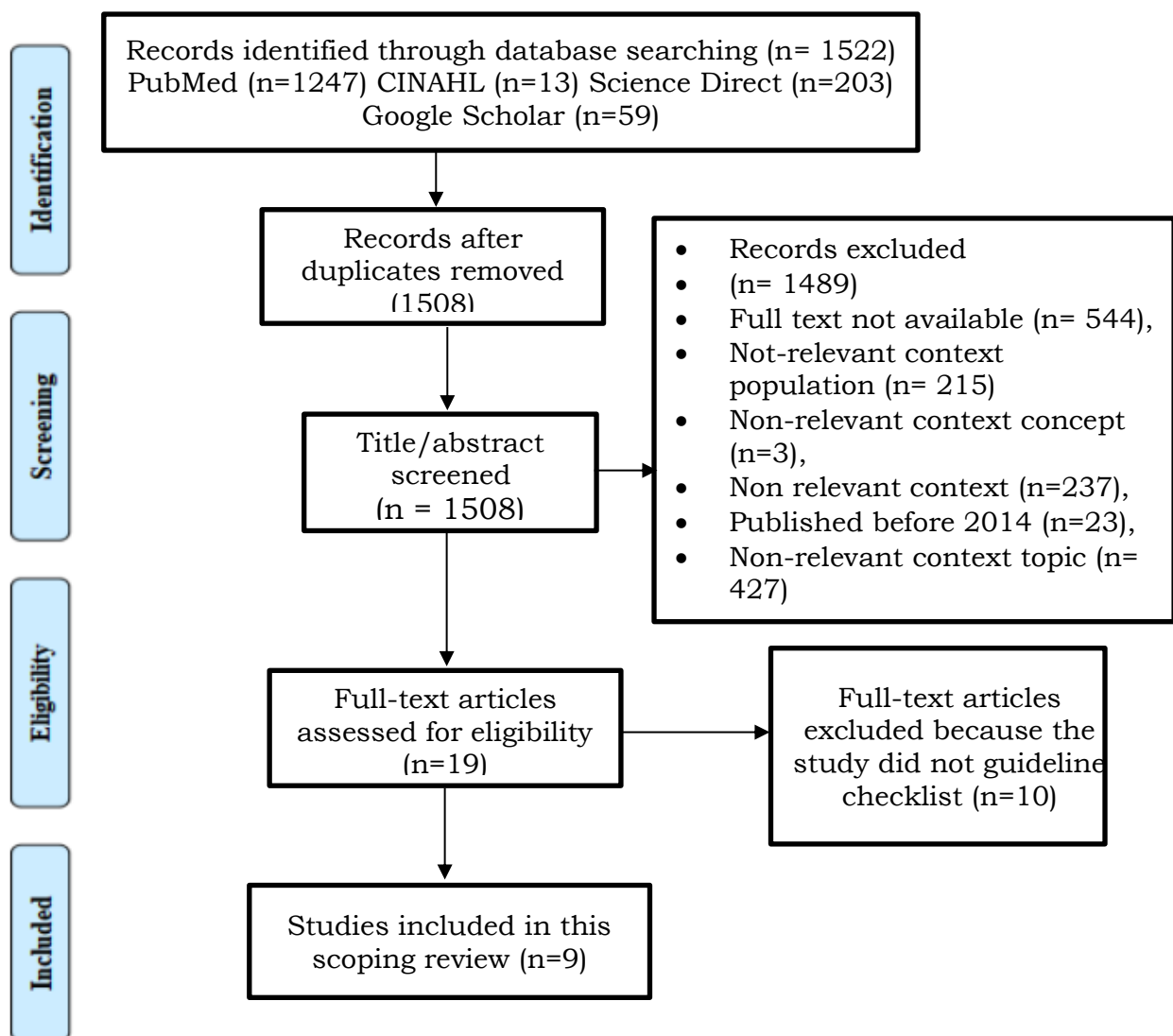


Figure 1. Flowchart of the selection process of articles according to the PRISMA statement

The main findings reveal that applying counselling strategies to drug abuse victims can assess recovery readiness and increase the desire or motivation to quit addiction and dependence on drugs. In addition, counselling can obtain

information from clients so that it becomes a determinant in the treatment plan. It was found that there were nine ways or methods for counselling victims of drug abuse: telephone and phone counselling, drug counselling, tobacco counselling, pain coping counselling, individual opioid drug counselling, group counselling, individual positive self-talk counselling, and religious counselling. The length of counselling used in all nine studies varied between one to two hours.

Telephone and Phone Counselling

This study proposes using the Telephone Counselling Method as a potential approach to assisting a population of young adults who demonstrate vulnerability to cocaine abuse. The findings from this study indicate significant differences between groups of young adults and adolescents in terms of exposure to cocaine use. However, the analysis also revealed that the young adult group displayed a higher level of readiness to stop cocaine use when compared to the adolescent group (Bischoy et al., 2017). Telephone Counselling, as a form of intervention that can be accessed easily and maintains privacy, provides a platform for in-depth exploration of the psychosocial factors that drive cocaine use and the obstacles faced in trying to quit. Through telephone counselling led by professionals, young adults can develop sustainable adaptive strategies, promote positive behaviour change, and promote greater psychological well-being (Severson et al., 2014).

Drug Counselling

Research in drug counselling shows that providing drug counselling to patients who have experienced heroin use has significant potential to increase success in overcoming opioid dependence. Study results indicate that patients who receive drug counselling integrated into their treatment plan are more likely to reach a point where they successfully stop or approach opioid use effectively, compared to heroin users who receive only standard medical care. This drug counselling approach provides additional benefits in addressing the psychological and behavioural aspects that underlie the tendency to use drugs. Thus, the incorporation of drug counselling in the treatment of patients who use heroin can be considered an essential and effective component in achieving positive outcomes in the treatment of opioid dependence (Welss et al., 2014).

Tobacco Counselling

The findings from this study indicate that individuals who engage in smoking or drug use practices and simultaneously experience health complications show a greater tendency to attend the screening and counselling procedures. This phenomenon illustrates that the existence of health conditions that require medical attention is a driving factor in motivating individual participation in intervention steps that involve evaluating behaviour and education. The implication is that the relationship between risky behaviour and underlying health problems produces psychosocial dynamics that encourage individuals to respond more actively to interventions, such as screening and counselling. Therefore, the integration of screening and counselling is able to become an effective penetration mechanism to identify, analyze, and manage multiple risks that affect individual well-being in the context of the duality of behaviour and health (Hillary et al., 2018).

Pain Coping Counselling

The study reveals a significant correlation between pain intensity and the inclination to use opioids. Higher pain levels correspond to an increased desire for opioids. However, interventions involving pain-coping counselling and pain management modules effectively mitigate this link. This approach substantially reduces the connection between opioid cravings and actual usage. The results highlight the efficacy of psychological interventions in addressing the intricate interplay between pain perception and opioid consumption. This offers potential risk reduction for opioid addiction-prone individuals (Messina, 2019).

Individual Opioid Drug Counselling

This study reveals a significant association between post-traumatic stress disorder (PTSD) and the interaction of treatment conditions, particularly in the context of opioid use. Empirical findings suggest that individuals experiencing PTSD are more likely to respond successfully to treatment of opioid use disorders. More specifically, as many as 67% of the population diagnosed with PTSD respond positively to treatment of opioid use disorder when they are given a combination of Opioid Drug Counselling (ODC) therapy along with buprenorphine administration. In this comparison, the response rate was 36% in individuals who received only buprenorphine without Opioid Drug Counselling (ODC). These findings reflect the potential for synergistic interactions between the therapeutic components involved in combination therapy approaches, with practical implications demonstrating that combining Opioid Drug Counselling (ODC) and buprenorphine can markedly improve treatment outcomes in individuals with PTSD who also experience opioid use disorders (McHugh et al., 2021).

Group Counselling

There was a difference in the motivation to recover before and after the group counselling session. This indicates the effect of group counselling on the motivation to recover in drug abuse convicts. Changes seen in the dynamics of motivation after completing the group counselling session indicate that there is a substantial effect of group counselling interventions in the efforts of prisoners towards recovery (Aeni et al., 2021).

Individual Counselling Positive Self-Talk

Individual counselling services with Self-Positive Conversation Techniques can contribute to increasing self-confidence in individuals who experience drug abuse problems. There are observable changes, such as an increase in client activity in the counselling process, as well as behaviour with a positive attitude towards counsellor staff and other individuals with drug abuse problems. The existence of these changes gives an indication of the positive effect of applying the Self Positive Conversation Technique within the scope of individual counselling services for individuals involved in drug abuse (Putra et al., 2023).

Religious Counselling

The results of a review of journals regarding religious counselling to individual drug abusers reveal that this approach has significant potential for rehabilitation and recovery. Commonly used strategies include integrating religious and spiritual principles into cognitive-behavioural therapy, in which religious values are used to build healthier mindsets and behaviours. Spiritual reflection methods are also frequently applied, enabling clients to explore the root causes of substance abuse and develop a deeper understanding of their purpose in life. Apart from that, forming a spiritual support community is also a crucial component, where clients can feel supported by individuals who understand their spiritual and emotional challenges. Although further research is still needed, the overall findings show that religious counselling can be an effective approach to helping drug abusers achieve sustainable recovery (Masing, 2020).

Table 1. JBI Critical Appraisal Tool

Author, Published Year	JBI Critical Appraisal Tool	Study Design
(Bischoy et al., 2017)	75% (6/8)	A Cross Section Study
(Welss et al., 2014)	76.9% (10/13)	RCT
(Hillary et, al 2018)	75%	Cross- Sectional study

	(6/8)	
(Messina, 2019)	75%	RCT
	(10/13)	
(McHugh et al., 2021)	92.3%	RCT
	12/13	
(Aeni et al., 2021)	66,6%	Quasy Experiment
	(6/9)	
(Putra et al., 2023)	66,9%	Quasy Experiment
	(6/9)	
(Severson et al., 2014)	76%	RCT
	(10/13)	
(Masing, 2020)	75%	Qualitative Research
	(6/8)	

Consultation

Consult someone who is Competent Consultation is the final stage in preparation of scoping reviews. At this stage, researchers consulted experts in their field to provide advice and enter starting from the selection of literature, search process, to completion preparation of this scoping review.

Table 2. Characteristics of the included studies

Articles No.	Authors, year	Purpose	Country	Method	Sample	Intervention	Result
1.	(Bischy et al., 2017)	Effect of Telephone counselling for young Brazilian cocaine and/or crack users. Who are these users?	Brazil	A Cross Section Study	2390	<i>Telephone Counselling</i>	Telephone counselling, which was administered to the category of young adults, was found to be more susceptible to cocaine use but showed readiness to cease usage when compared to adolescence.
2.	(Welss et al., 2014)	Who benefits from additional drug counselling among prescription opioid dependent patients receiving buprenorphinenalox one and standard medical management?	Australia	Randomized Control Trial (RCT)	360	Drug Counselling	Drug counselling that was provided to patients who had used heroin and received drug counselling was found to be more likely to lead to success (i.e., abstinence or near abstinence from opioids) compared to heroin users who received standard medical treatment.
3.	(Hillary et, al 2018)	Tobacco Screening and Counselling in the U.S.: Smokers With Mental Health and Substance Use Problems.	USA	Cross-Sectional study	42534	Tobacco Counselling	The results showed that smokers or substance users who had health problems had a higher chance of being screened and counseled compared to smokers or substance users without health problems.
4.	(Messina, 2019)	Effects of Craving on Opioid Use Are Attenuated After Pain Coping Counselling in Adults With Chronic	USA	RCT	145	<i>Pain Coping Counselling</i>	The results suggested that greater pain was predicted to correspond to a stronger desire for opioid use. After receiving pain coping counselling along with the pain management

			Pain and Prescription Opioid Addiction						module, the relationship between desire and opioid use was diminished..
5.	(McHugh al., 2021)	etDo	People with Opioid Use Disorder and Posttraumatic Stress Disorder Benefit from Adding Individual Opioid Drug Counselling to Buprenorphine?	USA	RCT	367	<i>Individual Opioid Drug Counselling</i>	Demonstrated significant Post-traumatic stress disorder (PTSD) with the interaction of treatment conditions. Specifically, 67% of those with PTSD had successful opioid use disorder treatment outcomes when they received Opioid Drug Counselling (ODC) and buprenorphine, compared to a response rate of 36% among those who received buprenorphine alone.	
6.	(Aeni et al., 2021)	et al.,	The Effectiveness Of The Group Counselling Towards Motivation To Heal In Initiates In Drug Abuse Case	Indonesia	Quasy Experiment	20	<i>Group Counselling</i>	There was a difference in motivation to recover before group counselling and after group counselling was conducted. This indicated that group counselling had an influence on the motivation to recover among prisoners in drug abuse cases.	
7.	(Putra et al., 2023)	et al.,	The Influence of Individual Counselling With Positive Self Talk Techniques In Increasing Confidence in Addicts	Indonesia	Quasy Experimental	30	<i>Individual Counselling Positive Self-Talk</i>	Individual counselling services with Positive Self Talk Techniques could help increase self-confidence in drug addicts. There were changes such as the client's activeness in the counselling process and positive attitudes displayed towards	

						counselor staff and other drug addicts.
8.	(Severson al., 2014)	etRandomized Trial of Nicotine Lozenges and Phone Counselling for Smokeless Tobacco Cessation	Inggris	RCT	1067	<i>Phone Counselling</i> The results of the study show that combining Lozenge + Coach calls condition is proven to be more effective in reducing ST compared to other interventions
9.	(Masing, 2020)	Religious Counselling for Drug Addict Students	Indonesia	Qualitative Research	2	<i>Religious Counselling</i> The results showed that six Religious Counselling sessions were conducted at the BNN Tanah Merah Samarinda Rehabilitation Center for DT and KS Clients. These sessions included Supportive-Counselling, Confrontational-Counselling, Educative-Counselling, Spiritual-Counselling, Group-Counselling, and Preventive-Counselling.

Discussion

The drug problem has a broad dimension, from medical, psychiatric, mental health, and psycho-social aspects. In addition, it has a terrible impact on the family and impaired social functioning due to addiction (addiction) and dependence (dependence) of the drug. The impact of drug use can result in hallucinations and the use of cocaine to the most expensive substances such as Lysergic Acid Diethylamide (LSD) and amphetamine. There are also types of drugs that are often used and result in addiction and dependence (Wijayanti, 2016). Substances contained in drugs change the parameters of pleasure in the brain so that a person experiences hallucinations, addictions (addictions) and dependencies (dependence).

Addiction to drug use is a condition in which a person experiences addiction to drugs and a health problem, a disease that attacks brain function. Addiction develops over time as a result of behaviour. Addiction was initially done consciously and voluntarily. Furthermore, the desire to use substances develops compulsively, which is uncontrollable, and its use even goes so far as to disturb or unsettle the family and the surrounding community and environment. According to the National Institute on Drug Abuse (NIDA), addiction is almost the same as other diseases, an example of which is heart disease. Both interfere with the normal and healthy functioning of the organ, have a harmful effect, in most cases can be prevented and treated. If left untreated it will last a lifetime and may even lead to death.

One way to deal with addiction or drug addiction is by counselling. Counselling is a regular developmental and adjustment experience that focuses on helping counsellors overcome their adjustment and self-acceptance and maintain personal development to maintain and be consistent with positive changes. Counselling is a dynamic interpersonal process that focuses on thinking and behaviours, involves possible therapeutic functions, and is oriented towards reality, cleanses the soul, trusts each other, nurtures, understanding, acceptance and help. (Gibson et al, 2010).

Counselling is carried out by a counselor who has the ability to professionally handle problems related to personal, social, career and educational decisions and understand psychic processes and behavioral dynamics in the client (Brammer, 1982). The benefits of counselling include saving time and energy, and providing a rich source of learning and input for counsellors. Communal experience in counselling can alleviate the need for a sense of belonging, being a means to train and develop social skills and behaviours in an atmosphere close to real-life conditions (Kurnanto, 2013). The counsellor can provide a stronger motivation for the counsellor to behave consistently according to his or her plan of action, be a means of exploration, and be consistent according to his or her plan of action.

Based on the results of research by McHugh (2021), it is stated that there is counselling that can be done in people with drug addiction is opioid Drug Counselling (ODC) which is carried out for 45 minutes by licensed health workers or mental health professionals. Conducted during two meetings a week (within a period of 6 weeks). Where there is collaboration between doctors and other professionals (nurses). During the ODC the doctor encourages treatment and does not use opioids and psychoeducational materials are presented by nurses and discuss addiction and recovery processes, as well as manage relationships Interpersonal. This ODC intervention has benefits in healing patients against drug addiction.

Unlike the research conducted by Messina (2019) states that counselling is carried out by trained counsellors or drug counsellors, health workers (psychologists and nurses) there are also doctors who assess substance use. This Counselling session involves education and discussion on one of the modules available on the topic which is chosen collaboratively by counsellors and participants. Where examples of available topics are such as relapse warning signs, triggering handlers, and emotion management.

According to McHugh (2021), the advantage of the counselling method is that it has interactive exercises performed as part of exercises and tasks at home to practice interpersonal skills. However, in addition to these advantages, there is a drawback is that the behavioural counselling approach is more concentrated on techniques. 3. Although the behavioural counsellor often expresses consent to the client's goals, the selection of goals is often determined by the counsellor.

Based on research by Welss (2014) patients who have used heroin and received drug counselling are more likely to succeed. Research shows that telephone counselling can be used to identify crack or cocaine users with addiction problems. Counselling telephone can be used as an information medium with the aim of increasing protection factors among adolescents or adults. Based on the study, it was found that counselling can be a determination in identifying people with opioid addiction or substance abuse as well as effect strategies to encourage quitting smoking. Where termination counselling in people with smokers who abuse substances and experience mental health disorders has the same possibility of being guided by a health professional. (Hilliary, 2018).

The results of a review of journals regarding counselling methods in dealing with drug abuse reveal diverse and potentially effective approaches. A positive self-talk approach helps individuals change negative thought patterns related to abuse to more positive ones (Putra et al., 2023). While group counselling provides social support and opportunities to share experiences that can relieve feelings of isolation (Aeni et al., 2021). Furthermore, the use of technology in phone counselling provides accessibility for individuals who are difficult to reach physically, although caution should be taken against the lack of non-verbal communication (Severson et al., 2014). On the other hand, religious counselling that integrates the spiritual dimension can help individuals find deeper meaning in their efforts to recover from drug abuse (Masing, 2020). In the context of holistic recovery, an integrated and individualized approach can play an important role in achieving positive outcomes in efforts to overcome drug abuse.

Limitation

This research has several limitations, namely the lack of databases used. In this study took nonspecific samples. So that the samples taken are accumulated on each drug abuser, whether it is a user who is prescribed by a doctor, abusers who are without a prescription, peroko, drug dependence or alcohol.

Contribution to global nursing practice

Research on counselling for drug abuse has substantial implications for nursing education, practice, and policy. In nursing education, this research can be an important foothold for integrating drug abuse issues into the curriculum, preparing students with an understanding of the signs as well as the necessary counselling

skills. On the practical side, the results of this study allow nurses to be more sensitive in identifying patients who may be facing drug abuse, as well as designing more effective interventions. Enhanced counselling skills also allow nurses to provide more targeted emotional support and recovery plans. In addition, this research encourages closer collaboration between various health professionals in treatment teams, and has the potential to form the basis for better health policies in the prevention and treatment of drug abuse. By utilizing relevant literature, an understanding of these implications can be further developed and deepened in daily nursing practice.

Conclusion

Drug abuse can result in physical and mental disorders. Mental health disorders in drug abusers are caused by addiction and dependency, the substances contained in these drugs are carcinogens which are dangerous and change the parameters of pleasure in the brain so that people become addicted. The role of nurses and all health workers is needed in the prevention and control of drug abuse, especially in people who are addicted and have difficulty recovering from their addiction. The results of the scoping review that the implementation of counselling, both doctors, nurses or counsellors (expert professionals) collaborate in his scientific field. It was found that there are several strategies of counselling and methods of implementation, including telephone counselling that can be used for screening, drug counselling using behavior change therapy and using modules covering topics about relapse warning signs and there are several strategies that are useful for increasing recovery motivation in victims of drug abuse. This Scoping review is expected to contribute to the field of nursing as a strategy in counselling victims of drug abuse or people with drug addiction. It is also hoped that the researcher can further uncover or prove with the implementation of several counselling strategies that have been carried out scoping, so that it will be seen the effectiveness of counselling in curing addiction for victims of drug abuse.

Author Contribution

All authors have accepted responsibility for the entire content of this manuscript and approved its submission.

Conflict of interest

Based on existing facts, the author declares that there is no relevant conflict of interest.

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