

4.0 AIM AND OBJECTIVE

4.1 AIM

The aim of the study is to develop, validate and assess the Integrated Yoga module as an adjunct to SUD treatment.

4.2 OBJECTIVES

- a) To develop and validate the Integrated Yoga module as an adjunct to SUD treatment.
- b) To test the feasibility, acceptability and retention rate of the Integrated Yoga module as an adjunct to SUD treatment.

4.3 HYPOTHESIS

- a) A structured Integrated Yoga module will be developed and validated by the experts.
- b) The Integrated Yoga module may be feasible and accessible for the participants suffering from SUD

4.3 JUSTIFICATION OF THE STUDY

Frequent relapse is a common problem in SUD, and achieving a sustained remission is always a challenge (Mahfoud, Talih, Stroom, & Budur, 2009). It is necessary to implement effective treatments that reduce usage of substance and aims at the prevention of future relapses (Chiesa & Serretti, 2014). Yoga as a system of ethical, psychological, and physical practices, has positive results in the management of addictive behaviour (Davis, Uezato, Newell, & Frazier, 2008). Evidence points at significant reduction in the risk of relapse of substance use and heavy drinking in the 6-month follow-up following mindfulness based interventions (Bowen et al., 2009). The average patient undergoing psychosocial interventions tends to achieve better acute outcomes than approximately 67% of the patients in control conditions according to a meta-

analysis review (Dutra et al., 2008). Moreover a recent study showed that irrespective of timeframe for relapse, 92% of male Mauritian addicts versus 8% relapsed (Ramsewak, Putteeraj, & Somanah, 2020). A study showed that the major predictors of relapse which are maladaptive coping skills , low self-efficacy, impulsivity and social pressure were seen as a potent barrier to successful remission (Ramsewak et al., 2020). Keeping these factors central, the current study caters on a tailored-based risk-situation module that focuses on the participant's respective triggers that may lead to relapse. The Integrated Yoga module will help as an add on treatment for Treatment As Usual of SUD. The novel aspect of this Integrated module is the development of a structured Yoga-based counselling for SUD. There is a need to integrate yoga concepts in the mainstream modern psychotherapy as Indian Philosophy has psychological orientations and mature traditions of psychotherapy what could add on to modern psychology.