



The 28-day Guiding Book For Clients in The Early-Stage Rehabilitation Program : Its Usefulness and Effectiveness

Balai Besar Rehabilitasi BNN



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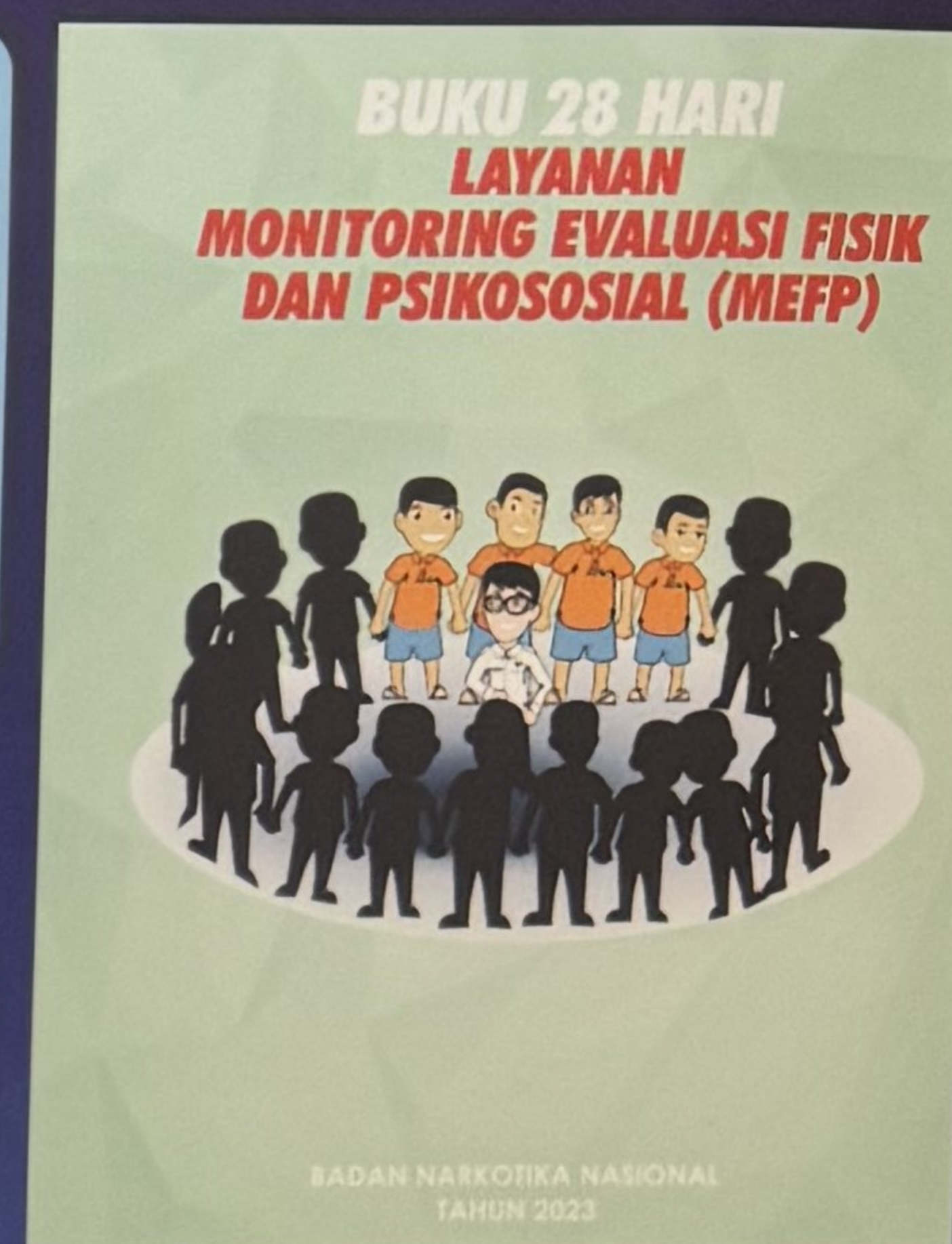
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1 Introduction

Early-stage rehabilitation encompasses a 28-day period dedicated to detoxification and physiological stabilization.

The 28-day guiding book provides preliminary information derived from evaluation outcomes and the identification of client needs during the initial rehabilitation period, aiming to support recovery trajectories and strengthen continuity of care.

To date, however, there has been no empirical research assessing the usefulness and effectiveness of the 28-day guiding book.



2 Objective

To assess the usefulness and effectiveness of the 28-day guiding book developed by the Indonesian National Narcotics Board Drug Rehabilitation Center team for clients undergoing early stage rehabilitation.

3 Methods

Respondent :

- 32 clients, 18 - 59 years
- Selected consecutively, from June 18 to 27, 2025.

Collecting data through :

1. Self-administered questionnaire :
 - sociodemographic characteristics
 - clients' knowledge regarding illicit drugs and their impacts, addiction, self-awareness, coping skills, co-occurring diseases, and orientation to the subsequent stages of the rehabilitation program)
2. In-depth interview

Data Analysis :

- Univariate : Demographic Characteristic
- Bivariate : Client's knowledge and behavioral changes.

4 Result

Sociodemographic Characteristics

Gender	Age	Education	Type of Narcotics	Duration of Narcotics Use	Rehabilitation Status
• Male = 31 (96.9%) • Female = 1 (3.1%)	• 17-25 = 15 (46.9%) • 26-35 = 8 (25%) • 36-45 = 6 (18.8%) • 46-55 = 3 (9.4%)	• Non Formal Edu = 2 (6.3%) • Elementary = 1 (3.1%) • Junior High = 4 (12.5%) • Senior High = 23 (71.9%) • Bachelor's = 2 (6.3%)	• Stimulant = 16 (50%) • Depressant = 5 (15.6%) • NPS = 11 (34.4%)	• <5 years = 14 (43.8%) • 6-10 years = 10 (31.3%) • >10 years = 11 (34.4%)	• Voluntary = 16 (50%) • Compulsary = 16 (50%)

The Improvement of Clients' Knowledge and Behavioral Changes After Using the 28-Day Guiding Book

Area Of Topics	Total		P-Value	Positive Range		
	Pre Test	Post Test		N	Mean Rank	Sum Of Rank
Addiction Knowledge	173	226	0.001*	26 ^b	15.58	405.00
Narcotics Knowledge	81	112	0.001*	22 ^b	13.68	301.00
Co-occurring Diseases	50	62	0.005*	11 ^b	6.59	72.50
Impact of Narcotics Abuse	113	123	0.054*	8 ^b	6.75	54.00
Self-Awareness	60	62	0.317	3 ^b	2.50	7.50
Program Orientation	37	55	0.001*	16 ^b	9.09	145.50
Coping Skills	119	135	0.060	12 ^b	11.75	141.00

(*) p value < 0.05 significantly

The Influence of Demographic Characteristics on the Client's Knowledge and Behavioral Changes After Using the 28-Day Guiding Book

Characteristics	Topics of Area													
	Addiction Knowledge		Narcotics Knowledge		Co-occurring diseases		Impact of Narcotics Abuse		Self-Awareness		Coping Skills		Program Orientation	
Gender	P-Value	Corr Coeff	P-Value	Corr Coeff	P-Value	Corr Coeff	P-Value	Corr Coeff	P-Value	Corr Coeff	P-Value	Corr Coeff	P-Value	Corr Coeff
Age	0.019*	-0.415	0.933	0.015	0.001*	0.577	0.942	-0.013	0.854	-0.034	0.252	0.208	0.854	-0.034
Education	0.438	0.142	0.479	-0.130	0.074	-0.320	0.676	0.077	0.702	0.070	0.032*	-0.379	0.173	-0.247
Type of Narcotics	0.033*	0.379	0.873	-0.029	0.052	-0.347	0.021*	0.407	0.095	-0.300	0.787	-0.050	0.726	0.065
Duration of Narcotics Use	0.060	-0.336	0.516	-0.119	0.491	0.126	0.243	-0.213	0.363	-0.166	0.958	-0.010	0.326	-0.179
Rehabilitation Status	0.333	0.177	0.887	-0.026	0.859	0.033	0.310	0.185	0.763	-0.055	0.855	-0.082	0.280	-0.197
Rehabilitation Status	0.091	0.304	0.662	0.080	0.585	-0.100	0.721	-0.066	0.333	0.177	0.553	0.109	0.333	-0.177

(*) p value < 0.05 significantly

5 Discussion

Through a self-administered questionnaire :

- There was a significant improvement in pre- vs. post-test scores following the assistance of the 28-day guiding book.
- 4 out of 7 topics of the area in the 28-day guiding book show a significant association with respondents' gender, age, and educational background.

Through in-depth interview : we found that most respondents reported significant behavioral changes, particularly in sleep patterns improvement, strategies for redirecting negative thoughts, and managing boredom.

6 Conclusions

- a. The provision of a structured and comprehensive guiding book in early-stage rehabilitation is essential to support clients' recovery trajectories and enhance treatment continuity.
- b. The 28-day guiding book has been proven to improve clients' knowledge and behavioral changes and showed significant associations with clients' gender, age, and education.
- c. Further evaluation is needed to ensure each topic in this book is fully understood and able to meet the diverse needs of clients.

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