

Abstract

Background: The case study is focusing on women which have completed alcohol dependence treatment in their middle age. Look into the causes of addiction which are based on facts. This topic is insufficiently discussed but still actual.

Targets: The object of this work is to describe and understand the issue of alcohol dependence in women in their middle age. This issue is described in the case studies of three respondents who meet the selection criteria.

Methods: The practical part of the final work consists of case studies created on the basis of moderated interviews. These were created from the anamnestic sheet, from questions focused on the researched issues and from supplementary questions. The data were processed by a narrative method.

Results: The results show that middle age and related events are risky for the development of addiction. However, this doesn't mean that alcohol is a means of life change. Rather, we can talk about self-medication.

Conclusions: The conclusion of this work can be considered that the awareness of the risk of addiction, risk factors, stressful situations and the possibility of professional help for middle-aged women is very low. These results could be the basis for the development of education and the introduction of screening programs, especially for this group of women.

Keywords: Addiction – Alcohol – Women – Middle Age – Life change