ABSTRACT

Characteristics and Substance Use Patterns among Inpatient and Outpatient Rehabilitation Clients at BNN Tanah Merah

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Background: Inpatient and outpatient rehabilitation clients may differ in sociodemographic characteristics, referral profiles, and substance use patterns. Evidence from BNN Tanah Merah can provide locally relevant insights for rehabilitation planning.

Objective: This study aimed to compare client characteristics, referral profiles, and substance use patterns between inpatient and outpatient rehabilitation clients at BNN Tanah Merah, Indonesia.

Methods:This retrospective cross-sectional study analyzed 103 routinely collected records from 2025–2026, including 89 inpatient and 14 outpatient clients. Characteristics, referral sources, and substance use patterns were summarized descriptively. Age differences were assessed using the Mann–Whitney U test, while categorical variables were compared using Chi-square or Fisher's exact tests, as appropriate.

Results: Inpatient clients comprised 86.4% of the sample and outpatient clients 13.6%. Inpatient clients were younger (mean age: 28.7 vs. 33.4 years; median: 27 vs. 31 years; p=0.045). Methamphetamine predominated in both groups, accounting for approximately 84% of clients with available substance-use information. Outpatient clients more frequently had at least senior high school education, were married, and were employed. Inpatient clients had more diverse referral sources, including family, narcotics agencies, law enforcement, and other institutions. However, the unequal group sizes limit the interpretation of comparisons. Detailed statistical results for categorical characteristics require further verification.

Conclusion: Despite similar dominant substance-use patterns, groups differed in age, social characteristics, and referral profiles. These findings may inform comprehensive individual assessment and locally responsive rehabilitation planning. Larger, more balanced studies are needed to clarify these differences.

Keyword : Keywords: substance use disorder; rehabilitation; methamphetamine; inpatient; outpatient