

Factors Related to Drug Abuse Recurrence in Drug Abuse Treatment Centers Patients

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Abstract

Introduction: Substance Abuse Subjects after drinking and entering Rehabilitation Therapies, reuse drugs in a short period of time.

Objective: Determination of factors associated with drug abuse recurrence in Drug Abuse Treatment Centers Patients.

Materials and Methods: This is a cross-sectional study with control group selection. The population under study consisted of those referred to the Drug Abuse Treatment Centers in Shafa Hospital of Rasht in 2016-2017. 82 subjects (41 cases and 41 controls) were selected by available sampling method and completed researcher-made questionnaires containing demographic data and factors related to the recurrence of drug abuse from one's point of view, as well as GHQ 28. Data were analyzed using SPSS-22 software.

Results: There was a significant relationship between consumption recurrence with job type ($p = 0.031$), low income ($p = 0.036$), opium type ($p = 0.020$), cannabis ($p < 0.0001$) and glass ($P = 0.008$). The odds of relapse were significantly lower amongst consumers in the food way ($p = 0.026$). There was a significant relationship between total score of mental health and relapse of substance abuse and a unit of mental health score reduction increased the odds of recurrence of drug abuse by 1.15 times. Among the components of mental health, social dimension has a significant relationship with the recurrence of substance use

Conclusion: The results showed that multiple economic, individual, familial, social and psychological factor sare predictive of the recurrence of drug abuse.

Conflict of interest: non declared

Key words: Methadone \ Narcotic Dependence \ Treatment Outcome

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Extended Abstract

Introduction: Today's important issue in the field of drug abuse is on the one hand the large number of people in need of treatment, and on the other hand, the frequency of their problems in various dimensions (especially in the social and psychological domains) (1) and consequently the prevalence of drug abuse recurrence in those with chronic addiction (2). Brown's studies show that only 13 percent of substance abusers are able to continue abstinence for six years after treatment. (3) Factors associated with drug abuse recurrence can generally be categorized into both motivational or intrinsic factors (such as mood or cognitive states) and interpersonal or extrinsic factors (such as material availability, substance-related symptoms, and communication with drug-using friends) (4). According to the results of research, identifying psychological factors and making effort and planning to enhance or modify them have a significant impact on promoting community health. Economic costs, mortality, suicide, heavy casualties, unsuccessful marriages are somehow related to drug addiction and tendency (5). Given the high rate of recurrence of substance abuse and the importance of recognizing the contributors to developing fundamental policies to prevent it, we decided to identify drug abuse recurrence factors in the patients referred to hospital drug abuse treatment centers.

Objective: Determination of factors associated with drug abuse recurrence in Patients at Drug Abuse Treatment Centers.

Materials and Methods: The present study was a cross-sectional one with a control group, that aimed to investigate the factors associated with recurrence of substance use disorder. Sample subjects entered the project after explaining the project goals and obtaining consent. The statistical population consisted of all referrals to Shafa Hospital of Rasht during 1996-95, 82 (case group 41 and control group 41) selected by convenience sampling. Inclusion criteria were as follows: Persons with recurrence criteria for substance use disorder within the past 6 months and after at least three months of partial recovery (the person previously had substance use criteria and currently at least three months and less than 12 months with no substance use criteria). Inclusion criteria were also those who had successfully completed the treatment and did not have at least one year of substance use disorder (sustained

improvement) at the time of the study. Exclusion criteria included: mental retardation, unwillingness to continue the project, mental or cognitive impairments to a degree that impedes the answers to the questions.

Data collection tools: patient interviews and informed companions, medical records in patients' records including previous medical and psychiatric visits and evaluations, and urine tests performed twice a month randomly and with indefinite intervals, one test on the day they were interviewed and three questionnaires: Demographic questionnaire, Researcher-made questionnaire, GHQ-28 (General Health Questionnaire).

Results: In the present study, out of the 82 participants, 81 were male (98.8%) and only 1 female (1.2%). 70 (85.5%) lived in the city and 12 (14.6%) lived in the outskirts. Mean and standard deviations for the participants' age were 43.99 and 11.90 years, respectively. The highest frequency was in the age group of 30-40 years with 28 persons (34.1%). Then, in the age group of 40-50 years and in the age group of 50-60 years, the frequencies were equal to 22%, and in the age group of over 60 years, the frequency of 11 cases was 13.4%. The lowest frequency was found in 7 (8.5%) of the group younger than 30 years. Since the drug abuse recurrence is a two-state qualitative variable, the logistic model was used to measure the effects of continuous variables such as age and income. The results of this model revealed no significant relationship between age and recurrence of substance use disorder with a significant level of 0.162. The odds ratio was 0.974 with confidence interval (1.011 and 0.938). Significant level of chi-square test (0.221) showed that there was no significant relationship between residency and drug abuse recurrence. There was no significant relationship between marital status and recurrence of substance use disorder with a significant level of 0.355, either. Duration of drug use did not have a statistically significant effect on the recurrence of substance use disorder. There was a significant relationship between opium, cannabis, and amphetamine consumption with recurrence of substance abuse with significant levels of 0.020, 0.0001 and 0.008, respectively. Among the methods of drug use, the most common method of use among the participants was smoking with a frequency of 68 people. There was a significant relationship between oral administration and non-recurrence of substance use disorder with a significant level of 0.026. The

mean score of mental health was 18.69. Among subscales, the highest mean score was related to social dimension with score of 6.60. Since higher scores indicate unfavorable health status, clients in this study are in worse social health status in comparison with other dimensions. Significant levels indicated that the total score of mental health had a significant relationship with recurrence of substance use disorder. Among the components of mental health, only social dimension with a significance level of 0.017 had a significant relationship with recurrence of substance use disorder. From participants' points of view, there was a significant relationship between recurrence of substance use disorder and unemployment with significance level of 0.004, family disputes with significance level of 0.058, insomnia with significance level of 0.100, Subconscious desire with significance level of 0.036, sexual dysfunction with significance level of 0.33, presence of other substance abuser in family with significance level of 0.035, sadness was significantly correlated with significance level of 0.0001, and neuroticism with significance level of 0.0001

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Conclusion: Of the total participants in this study, 59.8% were married. 61% had education lower than diploma certificate. There was a significant relationship between occupation type and recurrence of substance use disorder, with a higher rate of relapse among workers. There was no significant relationship between duration of use and recurrence of substance use disorder, and 47.6% of people consumed the drug for less than 10 years. According to the results of this study, numerous economic, personal, family, social and psychological factors are involved in drug use recurrence, and therefore, the higher success of addiction abandonment programs requires multilateral interventions, including universal and coherent family education to reduce family stress, Efforts are being made to improve the employment and livelihoods of these people and to provide consistent screening and treatment of mental disorders. One of the limitations of the present study is the lack of evaluation of nicotine (cigarette) consumption in this study. It is recommended that future research be conducted on the impact of different interventions on the success rate of individuals in sustainable care.