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Psychological factors affecting the addiction relapse in methadone-treated addicts referring to addiction treatment centers in southeast of Iran: Considering the demographic variables and addiction behaviors as confounders

Introduction: Substance abuse is one of the most important problems in Iran and around the world. On the other hand, the recurrence of addiction is the major problem among addicted people.

Aim: This research was aimed to investigate the relationship between happiness and self-confidence with the recurrence of addiction in methadone treated addicts.

Materials & Methods: In this study, 250 addicts referring to addiction treatment centers of Zahedan city were studied prospectively. The data were collected through an interview using a structured questionnaire including demographic characteristics, addiction related characteristics, and standard self-confidence and happiness questionnaire. The recurrence of addiction was approved by physician. The data were analyzed in Stata.12 software using chi-square test and multiple logistic regression. In this study, 206 (82.4%) males and 44 females (17.6%) addict persons with age mean of 35.77±11.2 were studied.

Results: The recurrence rate during at least six months follow-up was 64.8% (n=162). Although in the final model, the chance of recurrence of addiction in low self-confidence (OR=1.60, CI=95%: 0.89-2.89), and low happiness addicts (OR=1.57, CI=95%: 0.92-2.70), was more but did not reach significant level. The model was adjusted for potential confounder such as drug use, history of previous drug withdrawal, history of alcohol consumption a demographic variable. There was a high rate of addiction relapse in southeast of Iran. Regarding psychological factors; the self-confidence and happiness are poorly correlated with addiction recurrence.

Conclusion: However, more psychological studies relevant to the recurrence of addiction in other societies and the monitoring of addicts by families considering with recurrence related variables, are recommended.

Biography

Hossein Ansari has completed his PhD from Tehran University of Medical Sciences, Iran. He is a Faculty Member of Zahedan University of Medical Sciences, Iran. He has published more than 85 papers in reputed journals and has been serving as a Researcher in Health Promotion Research Center, Zahedan, Iran.

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