

Concurrent Abuse of Alcohol and Methadone

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Background: Opioid abuse is common in Iran. In recent years, methadone maintenance therapy (MMT) has gained popularity in this country. This study aimed at evaluation concurrent abuse of alcohol in patients under MMT.

Methods: A predesigned questionnaire was developed and completed after obtaining verbal consent among 49 subjects under MMT in Kian Rehabilitation Centre during January 2014.

Results: In total, 41 men and 8 women were included. Concurrent use of alcohol reported in 0% of cases during last 24 hours, 2% in last week, 3% last month and 9% last year. Men were significantly more prone to drink alcohol ($P = 0.023$); they mostly abused homemade alcohols.

Conclusion: Patients under MMT are relatively prone to abuse homemade alcohols. Educational programs should be focused on disadvantages of concurrent use of CNS depressant alcohols in patients under MMT.

Keywords: Ethanol; Methadone; Poly-Drug Use**The Motivational Model of Alcohol Abuse: Implications for Prognosis, Prevention and Treatment Programs**

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Growing number of evidence indicates that individuals' motivational structure - the patterning of an individual's way of relating to goals - plays an important role in increasing the risk of alcohol use. Adaptive motivational structure which includes pursuit of important, subjectively attainable, alcohol-unrelated goals is inversely related to substance use. The strength of this relationship increases as the individual has experienced more life problems as a consequence of consuming illegal substances such as alcohol. Treatment by Systematic Motivational Counseling (SMC) which improves motivational structure reduces substance/alcohol use, and the amount of reduction is correlated with the amount of change in motivational structure. Here, evidences from various cultures supporting the claims are presented that demonstrate motivational structure is a predictor of substance/alcohol abuse, its prognosis and intervention outcomes based on SMC.

Keywords: Alcoholism; Motivation; Psychotherapy