

SCIENTIFIC ABSTRACTS

Prediction of Risky Behaviors Based on Concurrency of Alcohol Abuse and Opiate Dependence in Patients Treated in Methadone Maintenance Program: North Khorasan Addiction Study

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Background: High prevalence of risky behaviors in alcohol dependents have been shown in several studies, but correlation between alcohol abuse and risky behaviors and relapse in patients with opiate dependence has been less investigated. This study aimed to determine the effect of alcohol abuse in rate of risk-taking behaviors in opiate dependents patients treated on maintenance program in North Khorasan addiction rehabilitation clinics in northeastern of Iran.

Methods: We conducted a cross sectional survey of patients sampled from North Khorasan addiction rehabilitation clinics database. Data was collected using an interviewer-administered questionnaire, which included the alcohol abuse self-report and risk-taking behaviors checklist and socio-demographic and substance use characteristics. Chi-square test was used for comparison of results. Statistical analyses were performed using the SPSS 22 software. Differences were considered significant at $P < 0.05$.

Results: We interviewed 7133 patients (82.5% were men). The median age was 32.4 years. 953 patients (13.4%) had a history of risk-taking behavior in last year. Risk-taking behavior in patients with alcohol abuse was significantly higher compared with patients without history of alcohol abuse (49.7% vs. 12.3 %, $P < 0.001$). History of being in jail in last year was significantly higher in alcohol abusers compared to non-abuser group (12.7% vs. 5.1% $P < 0.05$). The prevalence of risk-taking behaviors in patients with opium dependence was 9.6%, with heroin dependence was 35.9% and in subjects with concomitant use of heroin and methamphetamine was 54.6%.

Conclusion: Alcohol abuse among patients undergoing MMT is associated with an increased rate of risky behaviors. Moreover, risky behaviors were significantly correlated with type of substance abused. Concurrent treatment of alcohol-related problems including systematic monitoring of alcohol use is recommended to reduce the risk for relapse into illicit drug use and improve harm reduction program.

Keywords: Addiction; Alcoholism; Opioid-Related Disorders; Risk-Taking; Poly-Drug Use

Conformity of Drug Abuse International Standards, Psychological and Sociologic Theories and Drug and Alcohol Use Prevention in Iran in 4 National Development Programs

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Background: The international drug abuse standards were achieved by review of a vast meta-analysis in the world and released 2 years ago in Vienna. Review of national programs in recent 20 years and conformity of them is the main objective of this presentation.

Methods: Based on research that was supported by UNODC and DCHQ, the demand reduction program in Iran at the mentioned time was studied. The international standards and national plans were compromised and the conformity was found.

Results: Life skills training, at universal level and this training for adolescence is done that is acceptable. Community-based programs and basic approach of that are used from 12 years ago. This program is acceptable too. Universal education and media campaign is also used at a vast widespread that is not recommended by international standards as single activity. Tobacco and alcohol policies are observed only in a few years ago, the activities that are very important.

Conclusion: based on these findings and scientific findings (psychological and sociologic), we should partially revise national activities, policies, budgeting and other aspects of alcohol use prevention. It means we should become free from prejudice and try to be evidence-based planners. Otherwise we will approach to loss our resources.

Keywords: Addiction; Alcoholism; Health Policy; Prevention and Control