

## Factors determining heroin addiction treatment outcome and the likelihood of sustained abstinence in heroin addicts

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**Background & Aim:** Factors determining heroin addiction treatment outcome have not been studied extensively despite the practical and theoretical significance. It is uncertain whether we are able to predict the odds of sustained heroin abstinence and affect the factors that increase the likelihood of the recovery. This study aimed to identify factors that either individually or in synergy support the sustained multiannual abstinence.

**Method:** In this translational ambidirectional cohort study, we evaluated two groups of heroin addicts that underwent the same therapeutic procedures with different outcomes (133 abstainers and 56 relapsers) using the non-standardized questionnaire to study: the history of addiction, motivation for the treatment, parental attitudes and control, job satisfaction, social and emotional relationships, alternative satisfactions, use of other substances during treatment and treatment characteristics. The chi square analysis was used to determine specific significant factors that act individually. The binary logistic regression provided a mathematical model of the synergistic effect of significant factors.

**Result:** The study found a new variable, an abstinence marker, defined by the synergistic effect of the following factors: Use of tramadol before treatment ( $p=0.011$ ), non-use of Benzodiazepines ( $p=0.001$ ), length of Naltrexone use ( $p=0.0005$ ), non-use of Cannabis ( $p=0.002$ ), non-compulsive exercise ( $p=0.009$ ) and employment and job satisfaction ( $p=0.0005$ ) during recovery.

**Conclusion:** This study reports a mathematical model that predicts multiannual sustained abstinence as an outcome of heroin addiction treatment.

### Biography

Masa Karleusa Valkanou is a Clinical Psychologist with 10 years of experience, working at The Lighthouse of Arabia, Dubai, UAE. She has completed her MSc in Psychology and Counseling from University of Sheffield. She is a Certified Systemic Family Psychotherapist enrolled in Child and Adolescent Psychoanalytic Psychotherapy. Her specialization works are with adults, children and adolescents of different psychological disorders. She has gained rich clinical experience in the field of addiction working at psychiatric clinic for addiction, Lorijen Hospital, Serbia. She has worked as a Lecturer at ESB-Heriot-Watt University, the Military Academy Serbia and Centre for Talented Youth, Nikola Tesla.

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