# Effectiveness of Mindfulness-Based Relapse Prevention in opioid Dependence Treatment &Mental Health

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***Abstract***

**Objectives:** This project was aimed to evaluate the effectiveness of mindfulness-based relapse prevention therapy in opioid dependence treatment and mental health.
**Methods:** In this clinical trial study, 90 patients with the diagnosis of opioid dependence (based on DSM-IV criteria) were randomly to assigned three groups following detoxification: 1- mindfulness based relapse prevention plus *Naltroxan*, 2- cognitive behavior therapy relapse prevention, plus *Naltroxan*, 3- *Naltroxan* alone. The Two experimental groups take 12 weekly session two hours group therapy plus *Naltroxan* group took *Naltroxan* only. The data were analyzed with using analysis of variance with repeated measures and chi-square tests.
**Findings:** therapy compliance, retention in treatment, decrease in somatic symptoms, anxiety, social dysfunction and increase in health was significantly in both combination of psychological intervention method than the *Naltroxan* group. Mindfulness-based on relapse prevention was more effective than CBT relapse prevention in decreasing of, social dysfunction, relapse prevention, increase of therapy compliance, and health.
**Results:** Mindfulness based relapse prevention was superior to CBT and *Naltroxan* and considerably increased effectiveness of opioid relapse prevention therapy.

**Keywords:** Mindfulness-Based on Relapse Prevention, opioid dependence, mental health