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 assigned to 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 took 12 weekly sessions 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