Research paper

Developing an Educational Package Based on Third Wave Treatments and Evaluating Its Effectiveness on Craving and the Severity of Addictionon Methadone Treatment Patients

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Abstract

The aim of present research was to developing an educational package based on third wave treatments and evaluating its effectiveness on craving and severity of addiction on methadone treatment patients The research method was a semi-experimental pre-test-post-test with a control group. The statistical population of the research included people undergoing addiction treatment, working in Chadormello Ardakan Mine in 2022. The research sample consisted of 60 of these people who were selected by purposeful sampling. The tools of this research included McLellan et al Addiction Severity Index and Folstein, LuriaVisual Temptation Scale for Substances.The experimental group received 10 sessions training based on third wave treatments. The data were analyzed by covariance analysis. The results of the analysis of covariance showed that the prepared educational package reduced craving and severity of addiction in the patients of the experimental group compared to the control group.

Keywords: Craving, severity of addiction, third wave treatments

Introduction

Addiction is one of the most fundamental problems facing human society, which has increased dramatically compared to previous years, and the population of addicts is increasing (White, et al., 2020). Addiction is the repeated use of a drug or chemical substance that affects multiple areas of people's functioning (Boland, et al., 2021). The severity of addiction can be defined as long-term use of various substances, increasing problems caused by use (Chetri, et al., 2023). In many of today's definitions of drug addiction, craving has been identified as a central phenomenon and the main factor in continuing to abuse and returning to substance abuse after treatment periods (Nicolas, et al., 2022). Education based on third wave treatments, due to the use of techniques such as acceptance, mindfulness, living in the present, causes psychological flexibility and helps substance abuse patients to get rid of disturbing thoughts, unpleasant emotions, and as a result, they can better resist the temptation to use drugs (Arjmand, et al.,

2018). Therefore, the present research sought to compile and evaluate the effectiveness of a comprehensive educational package based on third wave treatments on the temptation to consume and the severity of addiction in people undergoing addiction treatment. Therefore, the hypotheses of this research were: 1. Educational package based on third wave treatments has an effect on the severity of addiction in people undergoing addiction treatment. 2. Educational package based on third wave treatments has an effect on craving in people undergoing addiction treatment.

Method

The present research method was semi-experimental with a pre-test-post-test design with a control group. The statistical population was made up of all people suffering from addiction under treatment in Chadormello Mine in 2022. 60 people were selected as a sample using the purposeful sampling method and were randomly assigned to two groups of 30 people, experimental and control. Inclusion criteria included a history of at least 2 years of drug use, being under methadone treatment and working in the Chadormello Mine in 1401, Exclusion criteria included absent from more than three meetings, suffering from a physical or mental illness. The training program was implemented in 10 sessions of 60 minutes once a week as a group for the experimental group. Data were analyzed using by covariance analysis in SPSS24 software.

Tools

Addiction Severity Index (ASI): This index was designed by McLellan, et al. (1992). This index has 106 items and collects the problems of the patients during the last thirty days, the last year and during the lifetime. McLellan, et al. (1992) calculated the internal consistency of this questionnaire using the Cronbach's alpha method 0.85 and the concurrent validity of this questionnaire through correlation with the addiction severity questionnaire of Costen, et al. (1983) reported 0.54. Cronbach's alpha of the scale was 0.75 in this research.

Visual Analogue Scale (VAS): This scale was designed by Flostin and Luria (1973). This scale is a visual analog scale. Participants were given a tablet and asked to rate their current, week, and month-to-date craving intensity on a scale of 0 to 100, with 0 meaning "no cravings at all" and 100 meaning "the strongest." Craving is always. Flostine and Luria (1973) reported its reliability by Cronbach's alpha method as 0.73 and content validity, the overall content validity index of the tool as 0.82 and the content validity ratio as 0.78. Cronbach's alpha of the scale was 0.71 in this research.

Third Wave Treatments Protocol: In the first stage, based on theoretical literature, research background and existing programs in this field, the relapse prevention treatment package includes three of the most common third wave treatments for addicts, including Therapy based on acceptance and commitment, mindfulness therapy and dialectical behavior therapy and its content validity was evaluated through the opinions of professors and a group consisting of psychologists, therapists and doctors of addiction treatment centers.

Results

First, the presuppositions of multivariate analysis of variance are checked. The results of checking the normality of the research variables with the Smirnov Kolmograph test show that none of the calculated Smirnov Kolmograph test statistics are not significant (p>0.05); The results of Levin's test in examining the homogeneity of variances of the research variables showed that the statistics of the variables of temptation to use and severity of addiction were not significant (p>0.05).

Table 1: The results of ANOVA on craving and intensity of addiction in groups.

Variable	Source	SS	Df	MS	F	Sig	Eta
Severity of addiction	489.42	group	1	489.42			
	898.64	error	28	67.81	6.70	0.001	0.33
	76722	total	30	2557.4			
Craving	798.17	group	1	789.17			
	9243.54	error	28	78.73	9.69	0.001	0.39
	14220	total	30	47.33			

According to the results of Table 4 it can be said that the comprehensive training package based on the third wave treatments is effective on Craving and the intensity of addiction of the subjects. The effect rate was 39% for the Craving and 33% for the severity of addiction.

Discussion and Conclusion

The results of the present study showed that the educational package based on third wave treatments leads to a decrease in the severity of addiction in methadone treated people. This training, which includes cognitive behavioral problem solving, moment-to-moment awareness of emotions (awareness mind) and unconditional acceptance of the mind, makes people acquire the skills needed to solve problems strengthen. Also, the results of the present study showed that training based on third wave treatments leads to a reduction in craving in people under methadone treatment. Increasing psychological flexibility in these treatments increases the patient's ability to cope with the craving for use and withdrawal symptoms as the main indicator of continued use in these patients. The most important limitations of this study were the lack of random sampling methods and lack of follow-up. It is suggested to increase the power of generalizability, at the research level, using random sampling methods, and in order to check the durability of this treatment, follow-ups of several months to several years should be carried out.

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Conflict of Interests

The author declared no conflict of interest.