

The impact of client's Education in the Narcotics Anonymous meetings on tendency to use drugs

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Abstract

Background & Aims: Drug addiction is a complex disease that has the fourth place in death rate after accidents, stroke and burn in our country. Although non-pharmaceutical methods have an important role in addiction treatment, there is limited information about the advantages of them. This study is carried out to investigate the impact of client education in the NA meetings on tendency to use drugs.

Methods: This study is a clinical trial study which people were randomly selected and divided into two control and intervention groups. The tools include two demographic and tendency to use the drugs standard questionnaires. The intervention group participated in 12 sessions of 90 minutes in Narcotics Anonymous meetings and after 3 months the results of pre and post intervention in both groups were compared.

Results: The results showed that the average age of participants was 33.54 ± 9.3 . Most of the participants had high school diploma degree. The most used drug was Opium. The participation of clients in the Narcotics Anonymous meetings was effective on tendency to use drugs ($p=0.002$).

Conclusion: Based on the results, Education in the NA meetings probably results in fewer tendencies to use drugs. Therefore, organizations and responsible centers should support the clients to continue addiction treatment by holding the meetings in a better condition.

Keywords: Narcotic Association meetings, drug treatment, drug tendency