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## IS OPIOID DEPENDENCY RELATED TO COPING STRATEGIES?

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### Introduction:

Using opioid for recreational purposes has a very long history in Iran. Social influence is a useful framework in understanding how the social environment affects the individual's behavioral choices to use drugs.

### Objectives:

This study aimed to compare coping styles between opioid dependent and healthy controls.

### Methods:

This study compared opioid dependent individuals entering methadone maintenance treatment program (n=150) with healthy controls (n= 225) on measures of coping strategies with Jalowiec Coping Scale (JCS) and some socioeconomic factors. JCS consists of 40 coping behaviors, 15 problem focused and 25 affective focused items. Analysis of variances (ANOVA), multivariate linear regression and binary logistic regression were conducted.

### Results:

Compared to controls, opioid dependent subjects reported less use of problem focused coping (P = 0.04). Control group were significantly more single than opioid dependent group (76.4% versus 23.6%; P = 0.01). There was a significant relation between opioid dependence with cigarette smoking (P < 0.001), lower education (P = 0.006), being employed (P < 0.001), having children (P < 0.001). Also, cigarette smokers had a significantly lower problem focused coping scale in comparing with non smokers in general (P < 0.001).

### Conclusion:

Opioid dependent subjects showed more vulnerable toward the stresses of life such as marriage, having children and a job. Educational programs to improve problem solving and coping skills can be helpful to reduce the rate of dependency to opioid and cigarette.