

P01-104

EXPLORING THE MENTAL STATUS OF PEOPLE WITH OPIUM AND HEROIN ADDICTION

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Introduction: Individuals who engage in drugs abusing are more susceptible to a variety of physical, social and psychological health problems.

Objective: This study describes mental disorders of patients with opium and heroin addiction before taking MMT.

Method: Participants included 172 addicts (162 men and 10 women), referring to Fanoos addiction relief center, whose age ranged from 16-66 with mean age of 32.8. All participants were asked to complete a questionnaire about their bad feelings experienced during past month before taking methadone maintenance therapy.

Results: The average age of the first drug abusing was 20.5 with range of 10-60. The most frequent bad feelings that were reported by participants were sensation of anxiety, hopelessness and aloneness. 68.6% of patients had a history of depression, 56.4% were aggressive and 26.3% of them had ideas of suicide.

Conclusions: Exploring of mental status of addict people before taking MMT can be used for evaluation of treatment effects and designing more effective interventions.