

P03-241

FACTOR ANALYSIS OF CAUSES OF RELAPSE IN PATIENTS OF OPIOID ADDICTION

M. Mukhtar¹, M. Khan², M. Gull³, N. Sana⁴, H. Chaudhry³

¹Psychology, AZM Center, Sargodha, ²Psychiatry, Sexual Health Institute of Pakistan, ³Psychiatry, Sir Gangaram Hospital, ⁴Psychology, Sexual Health Institute of Pakistan, Lahore, Pakistan

Introduction: Relapse in patients of opioid addiction is very common. Dynamics of addiction relapse are not fully understood as yet. Psychiatrists would explain it on basis neurotransmitter mediated disorders like anxiety, depression, OCD, lack of impulse control and etc. For sociologist relapse is an outcome of contradictions with in society. For a psychologist it is due to maladaptive life style. In this study integrated approach has been adopted to find out relative importance of different factors implicated in relapse.

Method: Team of psychiatrists, psychologists, addiction counselor identified different causes of relapse in patients with opioid addiction. They designed graded scale in which 10 factors were included. Study group was comprised of hundred relapsed patients. They filled Performa's according to their personal experiences. Regression method was used for factor analysis.

Results: Statistical analysis revealed that peer group pressure, anhedonia, and premature ejaculation are first, second and third, factors respectively. Factors like pains and aches, insomnia, impulsivity and etc followed.

Discussion: Every relapse prevention program should adopt policy keeping in view relative importance of causes of relapse. For peer pressure narcotic anonymous meeting is the best solution. Anhedonia is due to reduction dopaminergic input at nucleus accumben. Dopamine agonist drugs like bupropion can be used for that. Inordinate sexual behavior and substance abuse are strongly associated. Premature ejaculation plays vital role in relapse of patients of opioid addiction. Sex therapy and drugs like SSRI,s and gabapentine can improve intra vaginal latency time.

Conclusion: Factor analysis can be helpful in relapse prevention program.