



Main Causes of Drug Compatibility and Recurrence (A Systematic Review)

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Abstract

Introduction: Addiction is a psychological, social and economic illness that results from unnecessary and unauthorized consumption of some substances such as alcohol, opium, cannabis, etc.; this social disaster causes certain mental and psychological dependences in the addict and affects his function in society and in the domain of health in a negative way.

Method: The present study was conducted by searching Addiction Tendency and Recurrence keywords through Persian and English databases, including magiran, SID, Google researchers, direct science, and Pubmed. Studies unrelated to and inconsistent with the present research were excluded. Studies and resources that were more in line with the subject matter of the research and which examined the causes of drug dependence and recurrence were used in the present research.

Result: Addiction is a disorder involving the transmission of addictive substances into the brain cells, changing the overall function of the brain and causing a nerve signal which activates the central nervous system. Addicts have to regulate the amount of substance consumed in order to cope with the need for the brain.

Conclusion: the families of people affected by the disease and the staff of the rehabilitation centers must become aware of the causes of the recurrence of addiction; moreover, the factors leading to the recurrence of addiction should be left out of the reach of individuals who have high potential of relapse. Particularly, the family plays a major role in preventing addiction and reducing its recurrence, and many studies have shown that family relationships and the degree of intimacy between family members are highly effective in controlling the tendency and possible relapse of the individuals.

Keywords: drug, compatibility, recurrence

INTRODUCTION

Addiction is a psychological, social and economic illness that results from unnecessary and unauthorized consumption of some substances such as alcohol, opium, cannabis, etc.; this social disaster causes certain mental and psychological dependences in the addict and affects his function in society and in the domain of health in a negative way (1). Drug is a general name for various natural and synthetic types of compounds that are often classified as addictive substances because of their potential dependence on consumption. In 1964, The World Health Organization stated that the term "addiction" is no longer a scientific term; instead, they used the expression of 'drug dependence' (2). Along with the use of opium, the use of narcotics goes back to 7000 years ago, when Sumerian civilization used to call this substance the pleasure plant. Morphine and heroin were produced in 1806 and 1874 as opium derivatives. The good effect of these substances has made people call them gods own medicine. However, it gradually became clear that the narcotics and other psychoactive substances would make the consumer dependent. The phenomenon of tolerance also causes an ever-increasing use of the substance to get the previous effect, and if withdrawal is used, unpleasant symptoms are caused by deprivation and the desire for re-use of the substance makes the addict incapacitated from any activity (3-4). The pattern of consumption has changed with the arrival of the industry and the production of substances such as crack, which is a combination of some blended beer

heroin, at a low price and powerful effects which has, in turn, reduced the price of other drugs; this has led to an increase in the rate of consumers and addicts over time. A high rate of drug use is observed in Iran and other developing countries. Iran has a common border of nearly 1925 kilometers with Pakistan and Afghanistan as the major drug producing countries, and this makes the case of Iran more critical (5 and 6). According to statistics, about 73 percent of drug addicts are under 40 years of age and the average age of them is about 35 years old in Iran (3), which indicates the young at which addiction is increasingly developing in Iran. Since the substances affect the brain and change the structure and function of the brain, addiction is considered a brain disease (7). Addiction has been a major dilemma of Iranian society for many years. The relationship between addiction and several other social issues and damages has made this phenomenon much more important than a simple social problem and has turned it into a social crisis. (8-9) The collapse of individual character, the destruction of the family institution, the increase of other types of social crimes, the reduction of productivity and employment, increase in the number of unemployed people and the overcrowding of the community, the occupancy of hospital beds, the reduction of public health and dozens of other complications are totally dependent on the number of addicts in the community. Additionally, the majority of addicts commit suicide (3,10). Generally, researchers and experts have identified many factors affecting the tendency towards

addiction. Some people believe that as these substances help reduce stress, individuals get more and more willing to use them. Others believe that people with personality and psychosocial disabilities use drugs to escape these problems because they cannot resist the problems and failures of life. Another group of researchers believe that social crises and disruption generate discomforts and turbulences the most immediate solution of which turns out to be drugs for some people (11-12). The causes of addiction recurrence are the same factors that affect the incidence of addiction in the first place; these factors can be categorized in four groups of personal factors (mental retardation, depression, illness, pleasure, lack of self-confidence, independence, lack of personality development, frustration and low education), family factors (addiction of family members, family disputes, parenting weaknesses, parental unemployment, and parental low education), social factors (school environment, frustrated friends, unhealthy recreation, unemployment, social unaccountability, cultural poverty, population growth, uncontrolled immigration), and economic and geographical factors (residence on the routes of drug traffic, ease of access to Drugs, poverty and economic crisis, unemployment and escape from life problems) (10-13). Given the harmful effects of addiction on individuals, the family and society, and the necessity of identifying the causes of tendency towards addiction in order to prevent people from developing this dangerous disease, providing knowledge on the factors affecting the recurrence of this disease is quite essential for the prevention of reappearance of this disorder. Therefore, the researcher conducted a study in this area to make available a comprehensive resource for individuals and families in order to identify the causes of the occurrence and recurrence of addiction as an effective step to reduce the incidence of the disease and help prevent it from recurring in people who have given up this disaster before.

MATERIALS AND METHODS

The present study was conducted by searching Addiction Tendency and Recurrence keywords through Persian and English databases, including magiran, SID, Google researchers, direct science, and Pubmed. Studies unrelated to and inconsistent with the present research were excluded. Studies and resources that were more in line with the subject matter of the research and which examined the causes of drug dependence and recurrence were used in the present research.

FINDINGS

Addiction is a disorder involving the transmission of addictive substances into the brain cells, changing the overall function of the brain and causing a nerve signal which activates the central nervous system. Addicts have to regulate the amount of substance consumed in order to cope with the need for the brain (14). Due to the transit of materials from Afghanistan to other countries in the world and the common border between Iran and Afghanistan, harmful effects of drug use and dependence are more common and critical in Iran; this has made Iran the largest drug user country in the world. Billions of dollars are spent

annually on fighting with drug traffickers, domestic retailers, drug addicts and providing support for families of addicted people. The statistics of drug victims in specific social groups, such as soldiers in barracks, male and female students, especially those living in dormitories and boarding houses, housewives, night shift workers, and prisons has increased significantly (6). The prevalence of addiction among Iranians in the Qajar era can be considered as one of the social characteristics of this period. Several causes and factors contributed to the prevalence of opium consumption among Iranians in the age of the Qajar period, including the availability and abundance of this substance, the misconception of the public, the lack of knowledge of traditional doctors and the prescription of opium by them for each disease, and psychological problems caused by social frustration. The use of opium in the Qajar era had several negative consequences for people, the most important of which were unemployment, the emergence of some unconventional and destructive environments, the disintegration of families committing immoral acts and crimes (15). Faded faces, broken families, sighted eyes, child offenders, robbery, delinquency, suicide, prostitution, and many other social dilemmas and crises are the main things addiction brings about in the society (16). According to the United Nations Office on Drugs and Crime (UNODC), 10 to 40% of women tend to use drugs in Asian and developing countries. In addition to complications such as sickness and death, if women use drugs they endanger their fetus and there is the possibility of LBW, early delivery, malnutrition, abortion, or neonatal withdrawal syndrome for the fetus (17). Tendency to drug use has been defined as the attitudes and beliefs of individuals in regard with negative and positive consequences. Therefore, the tendency to use drugs in people is evaluated based on their beliefs and attitudes toward these substances. Misconceptions and beliefs such as very little use of drug does not lead to addiction, using drugs recreationally does not end in addiction, every experience is worth one time testing, and opium is the only form of drug and methamphetamine has no form of addition, and several other misconceptions have, unfortunately, led to the prevalence of addiction in society. Family has the most important role in shaping the beliefs and the personality of the individuals. Therefore, the type of relationship parents has with their children and the way family members interact with each other has a significant effect on the attitude, emotions, interests, and personality of the children; this is why the family is the most important cause of tendency or lack of tendency to addiction (18). Most important factors contributing to the incidence of addiction are friends and colleagues (46%) and strangers (42%) in men and family and relatives (40%) and strangers (30%) in women. About 80% of addicts are illiterate; 38.8% of men experience their first drug use at work and 87.10% of women experience it at home. 63% of the urban population and 76 percent of the villagers have personally decided to give up drug use; 12.5% of urban population and 2.8% of villagers were motivated by their wives to fight addiction. Singles, widows, and divorcees had history of former

leaving addiction (16). The results of some studies show that some people are trapped in addiction to reduce the pain caused by severe illnesses. A significant proportion of addicts are addicted because of the false and at the same time dangerous misconception in the use of drugs in relieving pain and suffering from physical illnesses (12). It should be mentioned that despite all efforts done in the realm of fighting with, and putting an end to, addiction, addiction recurrence statistics are very worrying. Various studies have suggested that only 20-50% of patients continue to discontinue drug use after one year and only 19% of post-treatment drug users can resist up to one year after leaving addiction. Another study found that 81% of people started taking drugs again after 6 months of not taking drugs. Based on the results, 95% of addicts experience recurrence after 6 months even under the best conditions and treatments; the other 5% experience recurrence within 1 or 2 years after they left addiction for the first time (10). Various studies were conducted to find the main causes of drug dependence recurrence. Based on the findings of formerly conducted studies, the main causes affecting the recurrence of drug dependence have been reported to be friends, psychological stresses, visits to former places, misplaced situations, family and community departures, seeing objects and tools for drug use, the lack of planning for the employment of addicts, the lack of awareness of coping with life problems, the contaminated social environment, addicted friends, leisurely absenteeism, lack of participation in the treatment group, anxiety and depression, and low level of hope.

DISCUSSION

Addiction is a chronic and recurrent disorder that is a threat to human health and well-being. In addition to health threats, the very serious consequences of addiction involve family life, economics, security, cultural growth, and the undermining of political stability and the threat of democracy in societies. (20) Women are one of the groups who have experienced significant increase in regard with addiction; the incidence of addiction in this group of individuals would have far more devastating direct and indirect effects on children, families, and society. The majority of addict women complained of social stigma, humiliation, rejection by family and community, and extreme poverty as the most fundamental problems with which they face (16). The causes of addiction tendency have been discussed in several studies. Addiction of family members, the role of friends, attention to religious tendencies, economic problems, and marital conflicts are those that have a significant relationship with the tendency of people to addiction. For more than 80% of addicts, the role of friends, the availability of drugs, smoking, unemployment, lack of power to say no to others and not exercising have been the most important and frequent causes of addiction (14,22). The results of another study confirmed eight hypotheses on the causes of addiction tendency. The first hypothesis showed that there is a significant relationship between socializing with criminal friends and the tendency towards addiction. According to the second hypothesis, there is a direct relationship between

pleasure and tendency to addiction; the third hypothesis discusses the relationship between the poverty of the family and the tendency to addiction; the relationship between cultural poverty with the tendency to addiction is discussed in the fourth hypothesis. The fifth hypothesis investigates the relationship between material well-being in the family with the tendency to addiction. Sixth, seventh, and eighth hypotheses mention the relationship between inappropriate family structure, unemployment and anxiety with a tendency to addiction (6). From the perspective of veteran addicts, the main factor affecting the tendency to, and recurrence of, addiction was the psychological pressures from the war (22). Many addicts and their families considered the role of low self-esteem as the main factor in the tendency toward the occurrence and recurrence of addiction. Some also considered successive failures in life to be a major contributor to addiction. Also, economic inequalities and unemployment and lack of job opportunities are considered as causes of occurrence and recurrence of addiction (20). In addition to tendency to addiction, another important point is people who have been affected by this disease and then recovered. Evidence suggests that most of these people are not able to continue their withdrawal and start using drugs again after a while. One of the reasons many addicts have mentioned in regard with addiction is the false beliefs about the effect of drugs they take; they wrongly believe that these drugs can be relaxing (23). Based on conducted researches, the most common causes of addiction recurrence include exposure to opium, financial bankruptcy, being friend with addicts, rejection by family, mental constraint for drug use, disability and physical impairment, and having false self-confidence; family disputes, short periods of recovery and social problems are also important causes of recurrence. Friends are the first people to encourage re-use of drugs and the most important cause of recurrence of addiction, suggesting that the weaker the relationship between parents and their children, the stronger the peers' effect. Also, based on other studies, temptation and insomnia are the most important individual factors, and easy access to drugs, family conflicts, and lack of adherence to treatment are the most important environmental causes of recurrence (9, 24). The results show that the probability of recurrence in opioid users (opium and opium poppy) is lower than that of unprofessional addicts who consume synthetic and stimulant drugs (25). It is also likely that relapse in married individuals is lower than that of single people (26). Therefore, by providing conditions for employment and family formation in people who used to be addicts, their motivation can be increased and, consequently, the possibility of a return to drug use is reduced. The recurrence of addiction is not a single factor phenomenon; a set of cultural-economic, individual, social and family factors are involved with varying degrees of importance. The main causes of the recurrence of addiction include the feeling of loneliness and isolation within the individual domain, inappropriate parenting relationships with children within the family context, the presence of addicted friends within the social domain, and lack of recreation and entertainment for leisure from the viewpoint of addicts

within economic and cultural domains (27). 100 people die from addiction every month and 34% of the registered divorces are due to addiction. There are also many other complications that cause irreparable damage to the individual, the family and society (14). Therefore, it is very important and essential to prevent people from suffering from this disaster and to prevent it from recurring in the affected population. It is, also, essential to expand the services, especially the psycho-socialist, tailored to the needs of addicts to increase the success of their addiction treatment (17). Like any other disease, addiction, necessitates two types of primary and secondary prevention. Preventing people from becoming addicted is the main objective of the primary prevention and the recurrence of addiction and the relapse of the person who used to be addict but left addiction is the main objective of the second prevention program. Although drug therapy is the first choice for treating addiction, the use of medication alone would be useless by itself and it won't have any consequences except for wasting money, time, and energy. Unfortunately, the focus on drug therapy causes more than 80% of people to relapse in under 6 months. Complementary therapies such as psychotherapy, family therapy, occupational therapy, exercise therapy, and behavioral therapeutic therapy, in addition to medication, reduce the likelihood of recurrence from by 2-25% (7,28). The family is the most important cause of the tendency of the individuals towards addiction; it, also, is the main cause of the recurrence of addiction. Creating a warm emotional environment in the family, sharing the needs and problems of children and adolescents with parents, and not communicating with criminal friends play essential role in preventing individuals from being affected by addiction (7). Although it is almost impossible to eradicate addiction, it is possible to provide a comprehensive understanding of the exact mechanism and nature of addiction and the underlying causes of it. There are several ways to reduce rate of addiction recurrence; some of these ways include 1) providing expert counseling for addiction treatment centers; 2) more accurate monitoring of police forces and local residents; 3) preventing drug trafficking from leaving to former drug use sites; 4) preventing people from having contact with addicted friends; 5) focusing the majority of addiction treatment programs on the first three months after leaving addiction (10,28,29,30). The positive impact of cognitive-behavioral therapy on reducing the relapse rate of addicts and increasing their motivation in various areas of life, including education and work, is proven. The main purpose of cognitive therapy is to make changes in the cognitive processes of individuals (31). Based on what was stated above, families and individuals must become familiar with the causes of addiction tendency and prevent the development of conditions which pave the ground for the occurrence of this disorder. Additionally, the families of people affected by the disease and the staff of the rehabilitation centers must become aware of the causes of the recurrence of addiction; moreover, the factors leading to the recurrence of addiction should be left out of the reach of individuals who have high potential of relapse. Particularly, the family plays a major role in preventing

addiction and reducing its recurrence, and many studies have shown that family relationships and the degree of intimacy between family members are highly effective in controlling the tendency and possible relapse of the individuals.

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