

SIGNIFICANCE OF GROUP THERAPY IN MANAGEMENT OF OPIOID USE DISORDERS

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ABSTRACT

Background:

Individual with Opioid use disorders are increasing in India. There are several options for the treatment, most common is Psychopharmacological but relapse rate is high with Psychopharmacological treatment. Group therapy can be an effective treatment option after Pharmacological intervention (Withdrawal Management).

Objective:

To assess the efficacy of Group Therapy on individual with Opioid use disorders.

Hypothesis:

There is no effect of group therapy on individual with Opioid use disorders.

Methodology: Experimental-Control group research design was used in the present study .50 samples were selected through purposive sampling. 25 samples were from Ankur Rehabilitation Centre, Indore (MP) 25 samples were collected various psychiatrist clinics of Indore (Indore). All were diagnosed as Opioid use disorder by the Psychiatrist as per criteria of D.S.M.-5. Initial stage all participants were on medication (Withdrawal Management) but at the time of study no one was on medication. Minimum Two group sessions (45 minute each) were given to the

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participants till three months. The efficacy was assessed by six months of follow up of individual with opioid use disorder followed by clinical interview.

Result: Results indicated that Group Therapy found is an effective treatment for Opioid use disorders.

Key Words: Group Therapy and Opioid use Disorders

Opioids are a group of drugs that are used for treating pain and derived from opium (a product of poppy plant). Any long-term use puts individual at risk of addiction, even if the substance is used as prescribed. Many people who use opiates will develop a tolerance to them—a phenomenon that can trigger the cycle of addiction. This means that the same amount of the drug no longer has the same effect as it once did. When this occurs, people routinely take more and more of the substance to elicit the desired response. This ever-increasing dosing places one at great risk for overdose.

Opioid use disorder is a medical condition characterized by a problematic pattern of Opioid use that causes clinically significant impairment or distress.^[1] It often includes a strong desire to use Opioids, increased tolerance to Opioids, and withdrawal syndrome when Opioids are abruptly discontinued.^{[2][3]} Addiction and dependence are components of a substance use disorder and addiction represents the most severe form of the disorder.^{[2][4]} Opioid dependence can manifest as physical dependence, psychological dependence, or both.^{[2][5]}

Opioids include substances such as morphine, heroin, codeine, and oxycodone. These can be bought illegally or prescribed. The diagnosis of opioid use disorder is often based on criteria by the American Psychiatric Association in the DSM-5.^[2] These include a preoccupation with a desire to obtain and take opioids, as well as using more than intended despite social and professional consequences due to these behaviors.^[3]

Opioid use disorder can be treated with opioid replacement therapy using methadone or buprenorphine.^[6] Being on such treatment reduces the risk of death.^[5]

In 2013 opioid use disorders affected about 0.4% of people.^[2] As of 2015, it was estimated that about 16 million people worldwide have been affected at one point in their lives.^[7] It resulted in 122,000 deaths worldwide in 2015,^[8] up from 18,000 deaths in 1990.^[9] In the United States in 2016 there more than 42,000 deaths due to opioids overdose, of which more than 15,000 were the result of heroin.^[10] A majority of heroin users begin by using prescription opioids.^[11]

Opioid use disorder can develop as a result of self-medication, though this is controversial.^[12] Scoring systems have been derived to assess the likelihood of opiate addiction in chronic pain patients.^[13]

The DSM-5 guidelines for diagnosis of opioid use disorder require that the individual has significant impairment or distress related to opioid uses.^[2] In order to make the diagnosis two or more of eleven criteria must be present in a given year:^[2]

1. More opioids are taken than intended
2. The individual is unable to decrease the amount of opioids used
3. Large amounts of time are spent trying to obtain opioids, use opioids, or recover from taking them
4. The individual has cravings for opioids
5. Difficulty fulfilling professional duties at work or school
6. Continued use of opioids leading to social and interpersonal consequences
7. Decreased social or recreational activities
8. Using opioids despite it being physically dangerous settings
9. Continued use despite opioids worsening physical or psychological health (i.e. depression, constipation)
10. Tolerance
11. Withdrawal

Management

Opioid use disorders typically require long-term treatment and care with the goal of reducing risks for the individual, reducing criminal behaviour, and improving the long-term physical and

psychological condition of the person.^[14] studies suggested that inpatient treatment was found effective with low rate of relapse followed by group therapy ,individual therapy and self help group participation.

Group therapy is one of the most effective treatments for the patients of Opioid use disorders. Through the group dynamic, clients foster hope and examine core issues that exacerbate their addictive disorders. They also work to develop their communication skills and learn to engage in fun, healthy social experiences. The group dynamic encourages honest feedback and facilitates bonding between individuals with shared experiences . Clients weigh in on the issues of others in order to offer suggestions or provide outside perspectives, broadening the individual's understanding of the conflict.

Other goals of group therapy include gaining inspiration through the recovery of others, self-identifying as a recovering addicting, and examining core values. Participants support and nurture each other like a family by reinforcing good behaviours and helping each other cope during difficult tasks. These groups further encourage exploration of emotional and interpersonal conflicts, confrontation about denial and harmful behaviours, and discussion about responsibilities and limitations. They add structure to chaotic lives and provide a safe environment in which to practice newly developed skills.

Hence present topic was chosen for investigating the significance of group therapy in management of Opioid use disorder.

Objective: To assess effect of group therapy on the individual with Opioid use disorder.

Hypothesis: There is significant effect of group therapy on the individual with Opioid use disorder.

Methodology

Sample and Sampling:

50 participants were selected through purposive sampling from various psychiatric clinics and rehabilitation centres of Indore District. Participants were divided into two groups. First group (25 Participants) was receiving inpatient treatment in Ankur Rehab Centre, Indore (MP), is labeled as Experimental group and Second group (25 Participants) was receiving only psychiatric treatment is labeled as control group. The mean of age was 23.8 year. All participants were educated.

Research Design: Experimental-Control group research design was used in the present study.

Procedure: All participants were informed about the research purpose. All were diagnosed by the psychiatrist. Data was collected after, Three months of treatment followed by six month of follow ups. All participants were receiving treatment for the same. Although outpatients (control group) was receiving Naltrexone therapy only by the psychiatrist and Inpatients (Experimental Group) was receiving group and individual therapy only, initially they received psychopharmacological intervention for withdrawal management till 3 weeks from admission. At the time of discharge and follow ups, they were not on any medicines.

Tool: (i) DSM-5 criteria of Opioid Dependence syndrome was taken for confirming the diagnosis. All participants were diagnosed by psychiatrist.

(ii) Detailed clinical interview followed by MSE, was done at pre and post Research.

Results: Results indicate that group therapy was effective in management of Opioid use disorders in individuals. The relapse rate was assessed 29.56 % after the six month follow ups, which was very low in the comparison of individuals with opioid use disorders (Relapse Percentage-78.77 %), receiving Naltrexone therapy only.

Discussion and Interpretation: Along with individual therapy, family therapy and dedicational management, group therapy is an indispensable element of effective substance abuse and mental health treatment. Group therapy is a broad term for any type of therapy aimed at creating symptoms reduction and recovery in two or more people. When people learn to interact freely with other group members, they tend to recreate the same patterns of interactions that have


proved troublesome to them outside of the group. The group therapy environment provides a safe environment to the experiment with alternative ways of treating the Individuals with Opioid use disorders and others that may be satisfying. Many people feel they are somehow weird or strange because of their problems or the way they feel; it is encouraging to hear that other people have similar difficulties, and can grow past time. The primary aspect of group therapy is to motivate the individual with Opioid use disorder for sharing. Most people find that when they feel safe enough to share personal issues, therapy groups can be growthful and affirming. [15,16,17] studies state that group therapy is an effective tool in the treatment of opioid use disorder. Through group therapy denial can be break easily by listening of another person having same problem. In group therapy patient can identify the issues, which were faced or facing by the patient through the experience of other. [18] Sokol et al. (2017) stated that interaction of patients may result in an additional impact on clinical and recovery-related outcomes during the treatment.[19] studies supported the fact that Group therapy is a suitable, cost effective and durable treatment option for the management of individual with opioid use disorders.




Conclusion: Group therapy is proven is an effective treatment option for the treatment of Opioid use disorders. The relapse rate is found low of the participants as assessed by six month follow ups.

Implication: In the treatment of Opioid use disorders, group therapy should be include on regular bases (at least two sessions in a day)

Limitation: There are three limitations in the In present study (i) there is a lack of accurate tool for assessing the efficacy of group therapy at pre and post level (ii) participants were not classified on the bases of onset (iii) there were co-morbid (Personality disorders, panic attacks etc) issues present, those effected the results of present study.

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