Orginal Article

Qualitative Research Factors Affecting Adherence to Treatment in Addicts Undergoing Narcotics Anonymous of Isfahan City

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Introduction

Substance abuse is considered a fourfold crisis in the 20 century and is recognized as a mental, social, and health issue, which has penetrated every society (Zahed, Ghalilo & Narimani, 2010). Individuals would experience impaired performance in society, family, relations, and occupation by developing an addiction. There are different programs for the treatment of drug-addicted persons. One of these therapeutic programs is to participate in Narcotics Anonymous (NA). It is an international association with members in more than 160 countries. Relapse or addiction relapse is the most challenging issue that faces researchers and experts on drugs. It is, therefore, important to study factors associated with relapse prevention and treatment adherence.

Method

This is a qualitative research that uses a thematic analysis based on Braun and Clarke's (2006) six-phase framework. The sampling technique in this study was the method of purposive sampling based on the factors contributing to treatment adherence and affecting participation. Inclusion criteria for participation included attending NA for at least 2 years. The total samples included 11 individuals who were questioned through a semi-

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structured in-depth interview to explore their experiences regarding factors related to treatment adherence. Participant selection was continued until the data saturation has been achieved. Data were collected by conducting semi-structured interviews. In preparing the interview questions, the researcher used advice and opinions of the researcher's advisor and supervisor, as well as of today's experts on addiction.

Results

Six factors have been mainly affecting treatment adherence, including: 1) family support as a predictor of adherence; 2) behavioral support as a predictor of adherence; 3) spiritual support as a predictor of adherence; 4) social support as a predictor of adherence; 5) personal life improvement as a predictor of adherence; and 6) therapeutic support as a predictor of adherence.

Conclusion

Based on the results of this study, the persons' adherence to treatment occurs at NA alongside with six main categories, including family, behavioral, social, spiritual, personal life, and therapeutic supports. It is, therefore, necessary for an addiction therapist to consider all categories throughout the treatment.

Keywords: Adherence to treatments, Addiction, Narcotics anonymous