

عنوان مقاله:

Supporting factors of constancy in quitting drugs : A qualitative study

محل انتشار:

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خلاصه مقاله:

Introduction: Inconstancy and failure to overcoming drug abuse are among the main concerns of planners, practitioners, and families of addicted individuals. Thus, the present study was undertaken with the aim to identify supporting factors in constancy in overcoming drug abuse. Method: This qualitative study was conducted using semi-structured individual interviews with ۱۲ patients who had overcome addiction for over ۲ years. Data obtained from the interviews were analyzed using content analysis. Results: Content analysis of the obtained data revealed five main themes. These themes consisted of changing the friendship atmosphere (including complete separation from friends who distribute or consume drugs, finding or recovery of non-addict friends, and reducing the number of friends and more contacts with family), family support and acceptance (including parents' support, acceptance of and belief in the decision to overcome addiction, and frequent praise and encouragement from the family), introduction to successful experiences of overcoming addiction (including television programs (movies, series, or documentaries), and meeting individuals who have overcome addiction), participation in receptive groups and environments (distance from isolation and loneliness, withdrawal from labeling situations) and association with spirituality (including remembrance of Allah, and performing religious practices). Conclusion: The results of this study can help social planners, families, and addiction therapists have to successfully and permanently overcome addiction.

کلمات کلیدی:

Addiction, Constancy in quitting, qualitative research, content analysis

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