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Evaluation of Methamphetamine dependence treatment rehabilitation in Thailand

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Abstract

The study is to assess the rates and duration of abstinence and patients' improvement of two drug dependence treatment rehabilitation models, Matrix and FAST models which are widely used in Thailand. FAST and Matrix models are different in terms of in and out-patients. In addition, Matrix model is a cognitive behavior therapy while FAST model is transformed from the Therapeutic Community model.

Two government run drug dependence treatment centers (DDTCs) and a psychiatric unit in a provincial hospital were selected. Within these treatment centers male volunteers, aged 15-35 years who reported currently using methamphetamine were randomly selected to assess their baseline data. Any improvement in the baseline was assessed twice at, 1.5 and 3 months during the rehabilitation period and in follow-ups at 1, 3 and 6 months after being discharged at 4 months.

From one hundred and seventy-six participants, 84 and 92 cases from Matrix out-patients and FAST in-patients respectively were recruited. After being discharged, 115 cases were found and interviewed after the 6 month follow-up, the rate and duration of abstinence showed no statistical difference between Matrix and FAST models. The rate of abstinence at the psychiatric unit was better than the two DDTCs. The non-relapse cases that completed the 6 month follow-up showed better improvement than the relapse cases.

Biography

Usaneya Perngparn, Ph.D. Director of Drug Dependence Research Center, WHO Collaborating Centre for Research and Training in Drug Dependence and Assistant Dean, College of Public Health Sciences, Chulalongkorn University, Bangkok. She has experiences for over 25 years in many research and academic areas i.e. alcohol, drugs and HIV/AIDS. She also conducts and oversees research in drug dependent populations, IVDU, MSM and transgender. She has a close collaboration with many national and international institutes. In 2012, she was an active advisor in the senator committee in drug dependence study for national policy. Her works are in national and international publications.