



# Evaluation of discovery and understanding of the conditions and backgrounds addiction treatment and recovery among members of Narcotics Anonymous Forum

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## ABSTRACT

**Objective:** Iran Region Narcotics Anonymous established in 1994. So far most of the researches done in this field are comparative and quantitative and there isn't any remarkable research on the way it works, so this research is to study the matter from qualitative point of view. **Methodology:** This is a Ground Theory research in kerman region of narcotics anonymous and its purpose is to find out the conditions of long time remedy. For this purpose we attended four active communities in kerman 22 people were interviewed face to face one hour and half. **Results:** After analyzing the interviews we found that, since in this method remedy is public and is performed within a group, region of narcotics anonymous is one of the most successful methods in this case. Here each member receives hope and sympathy from their teammates that improves the group and in this process each member refines his identity in which there is no narcotic and it result in long time remedy. **Conclusion:** In the end it is concluded that it is so difficult to cure narcotics addiction individually and it's the most profitable to work within a group or community.

## 1. Introduction

Addiction is a mental illness, social and spiritual well-being and freedom from addiction is a need for changes in this aspect. From the viewpoint of a therapeutic community TC, addiction, self-byte complex disorder of the whole person and to accept the primary responsibility for disorder and recovery. Therefore, from the perspective of TC, addiction is a symptom and not the essence of the original disturbance. The problem is not material. The purpose community center addict therapeutic lifestyle change and change his identity. In order to achieve this long-term change of the scientific program and is proven. From the viewpoint of a therapeutic community, drug use disorder drug users not isolated. Poor performance and turbulence represents the major disorders than people who have arrived in their general personality. The overall picture shows that those people when entering the facility, indicate risk of physical and social crises. Substance is recently out of control, they can show little abstinence, personal and social responsibilities to them is worthless and taking the diversion of matter has become a way of life.

## 2. Materials and methods

### 2.1 Resident

those who have managed to overcome their dependence and physical addiction to drugs and to continue with treatment and lifestyle changes are the center of your identity is said to be residing (Ahmadi, 1998) is reached.

On the other hand drug addiction treatment has been successful for several reasons. A large number of treatments have had limited success. Many overall probability of success for drug addicts face contact in ways they (proof et al., 2010). Full recovery can be made only by cutting expenditure, it should be noted that the principle of recovery does not take place in a closed space, in real terms addiction recovery community is permanently threatened to be seen.

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Regardless of the nature and level of development it can be said that substance abuse as a social problem since emerged that social phenomena such as urbanization and industrialization took place. Essentials of industrialization led to the tensions in personal and social levels. Missing city name not only reduce the role of parental monitoring, but also reduce the regulatory role of religion as well. The problem of drug-related offenses is one of the most complex challenges that are currently facing the Iranian society. Increase in drug offenses in Iran is causing this growing awareness that Iran is faced with a major social problem (Akhtar scholar, 2006).

The World Health Organization annual report in 2005 showed that in the world there are about 200 million are addicted to various drugs, unfortunately, this report presents the highest prevalence of addiction in Iran is 2.8 percent. Kazakhstan and Russia with 2.3 percent instead of 1.2 percent in the next rankings are (proof et al., 2010).

Currently, addiction and substance abuse is a public health problem in our country. As reported by the Headquarters for Combating Narcotics 2 million (5.2% of the country population) are substance abusers (ibid). In Iran, about 80 thousand prisoners are drug-related, ie more than half of the prison population (Akhtar scholar, 2006). According to field observations and participatory Statistically, people with substance abuse is more than these figures. Unfortunately, in recent years drug use traditional drugs such as opium or hashish from side to side pulled synthetic drugs, which reduce the price as well as various social groups easier access to it. These substances are so dangerous that sometimes a person has consumed even once they are addicted to the drug.

In 2001, more than 0/54% Of world opium seizures in Iran in stock 76 per cent of opium, heroin and morphine 19 percent and 5 percent of the world's cannabis. Drug turnover in the year one thousand and 600 billion dollars, 500 billion dollars, profit opioid Mafia.

85% of world opium production in Afghanistan, Iran is among the most vulnerable countries in this field. The drug is produced naturally in the 12 kind in the world, but synthetic drugs that are more devastating negative effects, in 1500 generated (Khayatipour et al., 2010). Now, according to unofficial According to the interior minister over three million three hundred thousand addicts in our country and a total of more than five and a half million people are involved in this problem (Select, 3 / 3/2014).

Because of the proximity Khorasan, Sistan and Baluchestan and Kerman to Afghanistan, this region with the highest dependence on drugs form. 70 percent of public bads such as divorce, it is an addiction family (Akhtar scholar, 2006).

## **2.2 Therapeutic community**

Cooperate with the treatment and participation in educational programs are gradually discharge and solve the problems residing in action.

does not have. Regardless of medication use, regardless of the dimensions of psychological dependence, cultural and economic addict, only the effective removal of drug (morphine) insists that while most experts believe the long-term psychotherapy and group therapy for patients detoxified self detoxification of your detox is more important. Unfortunately, the medication causes disease focus 80% of those less than 6 months reoccur. It should be noted that all efforts made in the field of drug addiction, drug addiction relapse is very disturbing statistics. Ahmadi (1998) have suggested that only 20 to 50 percent of patients can continue to cut consumption after a year. Ahmadi (1998) states that only 19 percent of drug users after treatment discontinuation can continue for six years. Rahimi (2005) showed that 81 percent of people have been left less than six months Relapse. In the field of scientific research bases, Fallahzadeh and Husseini (2006) Factors in the Relapse expressed as follows: addicted friends, psychological pressures, referring to the former, traumatic situation, rejection by family and community and see objects and tools of substance (Fallahzadeh and Husseini, 2006). Rahimi (2005) for employment addicts lack of planning, lack of knowledge of how to cope with life's problems, social environment contaminated, addicted friends, Prnshdn leisure, participate in group therapy, anxiety, depression and low levels of a person's hope of the relapse knows the reasons (Cohen, 1994). Amini (2003) Causes of Relapse to Opioid Contact, financial ruin, classmates addicts, family rejection, mental feel compelled to use drugs, disability and handicap, and having its own false confidence (Amini, 2003). It also showed that addicted friends, family disputes, a short period of leave and social problems are important risk factors for relapse of addiction.

According to cognitive theory, many addicts have features that put them at risk of addiction. These features include: hypersensitivity to own discomfort and others, lack of motivation to control the behavior, impulsivity, sensation seeking and low tolerance for boredom, low threshold of tolerance for frustrations, and ... Hunger and cravings occur spontaneously. This method of treatment is that the conscious control of these trends affect the patients. Cognitive therapy is a psychotherapy that tries to maladaptive behaviors and beliefs and inefficient to teach and change control procedures. Treatment techniques include loose desires through undermine the beliefs that it strengthens the (Giddens, 1994).

## **2.3 Using drugs addiction inpatient in the hospital**

This second method is like the difference that the addicted person is hospitalized for kidney treatment is performed under the supervision of your doctor. The advantage of this method is that Bymarmtad closely necessary medical care and nurses in the hospital is located and because access to the drug or impossible and Agrpahy patients required a very specific drugs are oral or parenteral.

These drugs are easily given or received, he is still in hospital and therefore, any signs of cracking is whether mental or physical Strytrdman. method

This approach, which focuses on the authenticity of the authenticity of the environment, believes that the facts in the process of understanding and interpretation of human beings in daily life and would-be significant. Therefore, not only the understanding of reality is important, but also has many forms as well. Based on this approach, since the interpretation and understanding of the world around Ajtay in the context of everyday life forms, meanings and produced depends on the context within which meaningful. (Garden and Mohammadpur, 2009).

Research design underlying theory as the most appropriate method to achieve personal knowledge of process improvements in selected patients.

Methods of data analysis.

In analyzing the data collected in the method of the underlying theory of coding procedures used. It should be noted that data in this process, apart from collecting and sampling does not take place. At each stage of data analysis before deciding on a way to continue to consider any data or example of what to look for (blessed, 2004).

The main structure of the data in the underlying theory is based on three types of coding: open coding, axial coding and encoded selective (blessed, 2004). The unit of analysis in theory underlying concept. Dgrgvnyhay sampling methods related to concept-level attributes and dimensions, rather than the distribution of cases in line with the dimensions of a concept to be measured.

#### **2.4 Open coding**

is to design a questionnaire about the data, compare facts, events and other phenomena based on their similarities and differences. the events and similar events will be as common and are placed in one category (blessed, 2004).

This process can not be implemented in whole or view an interview, but this method can only be used for parts that are informative or perhaps extremely vague. This method helps to gain a deeper understanding of the text. There are three ways to open coding: 1. 2-line analysis including third-sectional analysis of all the entire document .The concepts are derived accordingly.

#### **2.5 Axial**

Strauss and Corbin axial coding have summed it: "axial coding process more of the subcategories to the main categories to be included. This involves a complex process of inductive and deductive thinking is done in several stages.

#### **2.6 Selective coding**

The third stage of coding, coding is optional. This type of coding integration process and refining categories in order to create a theory (Golparvar, 2008). Pivotal issue in the integrity of reaching a pivotal concept that it is listed under the main categories. The main categories include the main research theme and can be summarized in a few words so that all the categories and concepts found in the cover.

### **3. Discussion and results**

#### **3.1 Research findings**

In general, given the sequence of events and processes of addiction and recovery issues in the community and based on the research paradigm model, are presented and discussed. It should be noted while explaining some of the terms and concepts are explained.

##### **3.1.1 physically**

All participants with age at the same time pointed out that active addiction, they also consume more. It was great consequences for individual consumption. One of the first and most important of them is the reduction of physical force. So that over time greatly reduces drug use, physical ability, if not longer able to do a lot of things. His experience in the field of participants put it this way: "Of course not addicted very active. I took my material of my ability. A garage that Sabkhvnm wanted to make tiles.

Or another participant said: "I went to his house butler for about 10 days with a friend. We started smoking heroin. Reminds me of everything I had gone from my family, my mother. Once you're happy. One is ringing. Damadmvn and the sister. When you see me, you touch my sister started her own head. They later said that your face was black. Take me home. Ethnic kids we bring you the top hospital for a needle in my head telling me to Brvmvn not forget him. When the team wanted needles, gloves, he hurt his hand a long illness. I did not know where I am so emaciated and dying needle into the game. And she could not get the needle into me. "

and could no longer continue to exercise. So that participants says: "60% of the exercise went, was one of the heroes of Kerman. I was the first person shooting. You state that I was in front of the Rangers involved. In addition to exercise, but I missed I got laid off from the system. "

##### **3.1.2 Chaos in life**

Most participants in the course of their lives have experienced the chaos that had engulfed their entire life. That office had lost their lives in general. This life can be examined in two dimensions: internal and external.

##### **3.1.3 Internal chaos**

To beliefs, attitudes and psychological states that are heavily influenced by the drug. Over here it's the circle of vision is limited; only thinks his material, in this case, the majority of participants are known as tunnel vision. In fact, here one sees intake pipe and the surrounding area does not pay any attention. One of the participants clearly describes it-that "just saw myself and my own desires. The supply and consumption did not care about other things. I looked out of the question that I wanted. I saw the next one. " Or another collaborator in this regard, points out that "when the heroin pull completely lost Different dies, do not have nothing else do not you think, say and stupefies the people of the vessel is not at all of these stories, I cerebrum Adam does not work. "

just fire me repeatedly, was the only criterion to marry me. Create the fire was enough for me. After 5 years my family to understand that I have three children, died and falling home corner "Find .dyd tunnel and priorities production and consumption, leading to the chaos outside.

#### **3.2 Chaos outside**

At this stage, what happens in one's life that is visible to others. Most participants were as important to them no other family as well as the problems have been unaware of it. In this context, a participant says: "I have four children but did not know when I grew up, my eyes were closed. There was this son of a soldier and had gone to work, I do not know, I did not know how many classes were my children. "

In other person on stage is the stage of turmoil that feeling for his wife and children, and only think about supply and consumption of its own. Participant says: "I got another rejection from my family, my kids and wife went sideways if I had no feeling towards them. The best room I went with my friends, but I did BchhHam the night away in the kitchen tiles can sleep on. "

One of the turmoil to the extent that, had a death wish your children to prepare food. He says: "I was very bad with my son, my son was born 12 years as beaten, I had a guy one day. I wish I had my son and I go on my car up the material I take blood money."

not. Participant in this regard says: "I did it all night, 13 years did not see the sun rise every time I go to work, but any work of the service'm fit I could not get up early enough for one or two minutes, finally, I was fired from the factory I did not know anything, my mind this was that the materials I then sold my car. " Or another collaborator says: "In the military, I was fired because of high consumption and fraud, I went into the labor market, but I still could not do this to either quit due to my fear."

he and thereby provide the needed money. One of the things stolen.

One of the participants pointed out that "nothing was released from prison, I was a local, you already knew worked well, the first thing I stole 4 to birds from a house and went to her house for my cupbearer" .

Or other partnerships such as that, "I took the boulevard gasoline stood up and I can go to a taxi stand right there with money buy material then went to get gas latter all being well, at least not careful next time go somewhere else. "

The goal is to complete any money that I do not smoke I came back home apparently does not. "

Even participants pointed out that his wife and children's equipment stolen and sold. Participant says: "I was somehow left me the other way. What do I do what I do not do the pills I took the ring I got her, I went to her for my butler. Or another participant said: We were living like animals, only one animal earring from her ear kill her daughter to go with him was material. Now that I'm missing you I'll break down my throat and tears in my eyes catch me.

The consequences of such actions and behaviors of the family of his hand fails and can no longer tolerate him. He regarded disgrace for the family and want Somehow rid of him. Participation Knndh-Ay says: "I have several times used the house I rang my mother to take me to express a choke 110. Sometimes I run away, but sometimes it was returned Grftnm 110 and ..... ". Or participant says: "One day I was taking my brother came home I was butler for me. My family if I told him the dead to tell Municipality remember not add up. Brvmvn he will not see only one lamb, was addicted doesnt understand just law enforcement. "

Thus the person generally ostracized from the family of his social relations is limited. This stage can be as weakened named.

Get the message of recovery: family via instant messaging community members (save drug addicts who still suffer)

Most participants were compiled by the NA to get the message through a member of the Association is in different places. They do. 4 of the participants in this way have been logged. In this regard, the participant explains: "One day someone came to you like flies concrete factory would be permanent unless Let me talk about the Forum, the Forum brochure I have been reading, I cried permanent whatever you say if I was in, I knew. After several meetings came after three months, I got you. "

Or "wedding night was a desk sat a few heads turned and asked one of them what the woman. I was so angry, I did not know what to answer. What do you think she said she asked the Knarysh I think opium. I started to say something without talking. I realized that the NA forum are right there and you've got the message board meetings I attended. "

Participant says: "Cease being taken, and arrest of, you being thrown in a prison rehabilitation or even the latter are rather shy person who was neither water nor grass, I was really tired at the door. This time I really wanted to leave. I do not know what I slept for 20 days. In these days of us did not even have a meeting. I met with NA 's in the center. After I was discharged into the meetings. " Or another participant says: "I get to go home knowing that I'm addicted and I take comfort in the house. My mother I was tired, I'm out of the house or rang 110 words take me. It was then that I met with NA. " Message Board Forum through rehabilitation centers, Ndamtgaha and doctors who are suffering drug addiction treatment centers have to be provided.

Person is logged and gradually become familiar with the rules and principles and start working the steps. Some of these principles and steps leading to the survival of the individual and the community are encouraged to continue along the path of recovery. Continuing to refer to these principles and impact of each of them.

### 3.3 Sympathy

One of the important things that attract addicts to the community, understanding that he is by other members. This means that no individual blame, because doing a number of things in the past, accept him and listen to his words, without the judge in his case. To sympathize members and having the same experience easily understand each other and this creates an atmosphere of mutual understanding based on trust. In this space, causing the person to feel comfortable participating in the meetings will be continued.

Participating in this case says: "My attachment to large meetings, because I feel that Hmdrdym, there is a confidence in my past because I thought no one like me, who have not done the things I've . When I heard the kids' participation, I am not alone. When you have one to love and trust him asking him things and I got this atmosphere I Association " .

Or another participant says: "When a person with high purity, serving good shape and good economic situation TEM respect me, listen to me, hug me ten words ten, I know that I understand, feel good I lost to a dozen. When I ask you not meeting what woman, what have you done and what materials you'd like, just say we've done some things stayed clean You've Come clean if you want to get things done. "

or say that was crazy. But I know a place where children go and I do not hear me talking Khndn. They understand and accept me with all Nqsham. "

Or: "When I got home I wanted to tell you who does not understand me, or I ask why? But when you say meeting all understand and anybody does not ask why? " .

Or: "One day I stuck my meeting very sick loved one, finally done it and had kicked the seat in front of me who threw empty, nobody told me something and the meeting continued, for marching I was so embarrassed. After the meeting, I spoke with Rahnmam say something I've said lots of times before I came to feel that I did something bad. Do not busy so your mind. I really understands me. "

Another condition that mutual understanding will help people in the community forums this general rule is that people should have sex guide. That is why these people experience conditions similar features and the same problems, empathy, sympathy and understanding for them easier.

### 3.4 Rebirth

The majority of participants after the start of a new era experienced to work out the steps that we've brought it under the category of rebirth. This new era in the life after continuous participation in the meetings and working the steps achieved in life. Whatever a person attend meetings and work out steps to continue, these changes also occur more often. If you do these two things negligence and delay, positive changes in him not occur. Capable of participating in meetings and working steps can be divided in two dimensions, and examined it.

## 4. Conclusion

The loss of one's life into chaos and confusion, and preparation and consumption is a priority for him. All of this leads to is that people tend to consume to lose and are willing to abandon the material. , friendships, relationships and career.

All participants point out that the message board is effective in a specific situation. According to the topics mentioned causal conditions entry into the community in this study we have considered issues related to the core category of dependency.

All participants have noted that the message board in different organs have taken the message.

In addition to anonymity, there Hamdard Narcotics Anonymous provides a constant presence in the field. As you read or heard repeatedly withdrawal is accompanied by pain and suffering and that suffering is sometimes lead back to addiction. have been able to endure this pain-along and then I also can not cut their consumption. The motivation Afrahm context of the recovery.

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