# Unraveling predictors of relapse in substance addictions
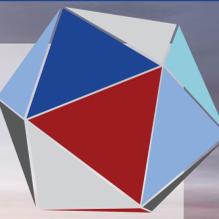
F. Caetano[1], A. Samouco[2], M. Araújo[1], M. Barros[1]; S. Carvalho[1]
1. Hospital de Magalhães Lemos, EPE, 2. Unidade Local de Saúde do Norte Alentejano

Background

Relapse
- → Marital status
- → Unemployment/employment problems
- → Life events
- → Duration of drug use
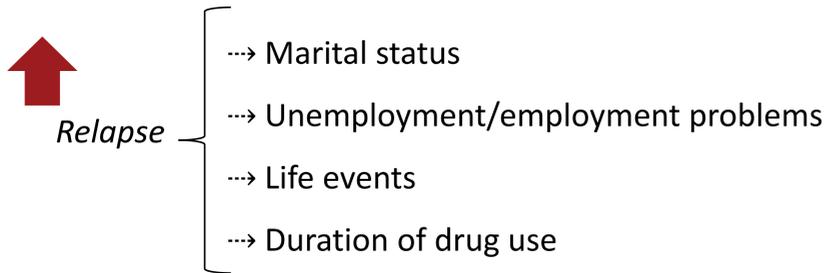
Objectives

- → To identify predictors of relapse and sobriety
- → Develop a method to predict relapse

Material and Methods

Review of clinical files and the available literature.

Sample
- → 100 individuals from *ET Matosinhos*.
- → Only substance addictions (behavioral addictions excluded)

Probability of relapse

Baseline   6-months   12-months   24-months
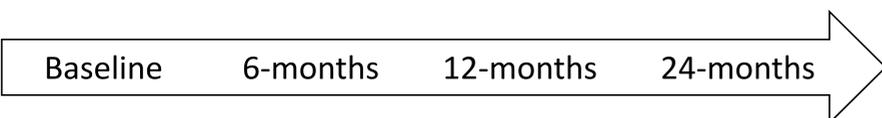
Studied variables

→ Baseline
- → Age, marital status, employment status, criminal record, offspring, loneliness, personal history of drug use (age at onset of addiction, main drug, route of administration, initial drug, concomitant alcohol consumption, medical and psychiatric comorbidities)

→ Follow-up
- → Life events, job and health changes, treatment of choice

Results and Conclusions

26% relapsed within 6 months.

61% stayed sober for at least one year (70% of these patients maintained sobriety for more than two years).

Age at 1st evaluation
Patients first admitted at an older age are less likely to maintain sobriety at 12 months.

Methadone Vs Buprenorfine
Treatment with methadone increases likelihood of sobriety at 6 and 12 months.

Psychiatric comorbidities
Psychiatric comorbidities decrease likelihood of sobriety at 12 months.

Patient's Social Environment
Divorced or widowed patients, as well as patients with children, are less likely to maintain sobriety at 6 and 12 months.

Probability of sobriety at 12 months	Coefficient	Std. Err.	z	P > |z|
Age at 1st evaluation	-0.045	0.0223	-1.97	0.049
Having children	-1.219	0.529	-2.31	0.021
Psychiatric comorbidities	-1.016	0.393	-2.58	0.010
Methadone	1.154	0.371	3.11	0.002
Marital status_widowed	-2.359	1.105	-2.13	0.033
Marital status_divorced	-1.130	0.555	-2.03	0.042

- Some factors may signal higher probabilities of relapse while others point to sobriety.
- When understanding the evolution of addiction throughout time, we may have to look at different variables