

## Effect of the Motivation-Skill-Desensitization-mental Energy model for drug relapse prevention among heroin addicts in a compulsory rehabilitation center, China

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How to decrease the high relapse rate of heroin addicts is still a hard and hot problem worldwide. In view of this, we developed a question-oriented Motivation- Skill- Desensitization- mental Energy (MSDE) model for heroin relapse prevention which encompasses a variety of psychological/behavioral interventions including cognitive behavior treatment (CBT), neuro-linguistic programming (NLP), mindfulness, many activities for mental growth and so on that emphasize on different targets. A randomized controlled trial was conducted to evaluate the effect of this model. Ninety-two heroin addicts from Xiangyang compulsory rehabilitation center in China were randomly assigned to receive MSDE intervention or routine education. The intervention group (IG) received MSDE intervention in group format over four weeks (five hours per day, six days per week). Obsessive Compulsive Drug Use Scale (OCDUS), Beck depression inventory (BDI-13), Barratt Impulsivity Scale (BIS), and Buss Aggressive Scale (BAS) were used pre- and post-intervention. Subsequent encouragement has been doing during the follow-up questionnaire survey. The IG showed significant decrease in the scores of various dimensions of OCDUS and BDI-13 after intervention ( $P < 0.01$ ). It also showed less anger, hostility and self-attacks after intervention ( $P < 0.05$ ), and had less planning impulsivity and cognitive impulsivity versus the control ( $P < 0.01$ ). According to the three-month follow-up, the IG showed higher abstinence rate (47.8%) than the control (6.5%) ( $P < 0.001$ ). These results revealed that the MSDE model was effective in reducing chronic craving and depression as well as altering impulsive and aggressive personality, and did decrease short-term relapse rate significantly.

### Biography

Yuehua Peng is studying for a master's degree at Tongji Medical College, Huazhong University of Science and Technology. The major focus of her study is drug abuse intervention and prevention under the leadership of Professor Zengzhen Wang. She has participated in a state research project which included MSDE model for heroin dependent patients, neurotransmitter supply for drug relapse prevention and so on.

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## Prevalence of smoking and attitude toward smoking cessation among community pharmacists, Saudi Arabia

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**Background:** Although the percentage of the population that smokes has declined in the US and other countries, it is increasing in Third World countries. In Saudi Arabia, despite warnings on every packet of cigarettes indicating health hazards related to smoking, this habit is increasing rapidly, particularly among the younger population.

**Objective:** To assess the prevalence and risk factors of smoking among community pharmacists and explore their attitudes toward issues related to smoking cessation.

**Methods:** A survey was conducted in November 2003 in community pharmacies in Riyadh City, Saudi Arabia. Community pharmacies were randomly selected from the Ministry of Health Registers List. A self-administered questionnaire was used for data collection.

**Results:** The survey revealed a 19.9% prevalence rate of cigarette smoking among community pharmacists. Lung diseases, including cancer, and cardiovascular diseases were mentioned as the main risk factors of cigarette smoking. The majority of the surveyed pharmacists agreed with banning smoking in common places, and they are willing to support patients who want to quit smoking. They also believe that the pharmacist can play a positive role in smoking cessation.

**Conclusions:** Although pharmacists who participated in this survey were fully aware of the health hazards related to smoking, we found that their activities in promotion of smoking cessation were far from exemplary. Based on these findings, there is a need to put more emphasis on pharmacists to devote time for anti-smoking counseling.

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