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A study of efficacy of Psychological acupuncture therapy (PAT) and Cognitive behavioral therapy (CBT) on psychological disorders associated with addiction (depression, anxiety, insomnia and sleep disorders) in Malaysia and Iran

Statement of the Problem: The aim of the study was to evaluate the efficacy of Psychological acupuncture and Cognitive behavioral therapy on depression, anxiety, and sleep disorders associated with addiction among patients in Malaysia and Iran. This article examines the efficacy of Psychological acupuncture and related techniques for the treatment of drug dependence in experimental settings and clinical practice will be reviewed, and the possible psychological mechanisms underlying this effect will be discussed.

Methodology & Theoretical Orientation: This study conducted in Malaysia and Iran. Twenty and seven patients included to this study (n=27). Malaysian patients were assigned to study in Dr. Nick Omar Acupuncture clinic in Kuala Lumpur, Malaysia (n=13). Iranian patients were assigned to study in Malak Abad Psychological Services office in Mashhad, Iran (n=14). They were grouping in one controlled group and two experimental groups. The controlled group received only medication treatment. Psychological acupuncture and cognitive behavioral therapy were conducted on two experimental groups for three sessions weekly which lasted for two months (eight weeks). The primary outcomes anxiety (Beck Anxiety Inventory; BAI) and insomnia (Insomnia Severity Index; ISI) were measured at baseline and at follow-ups 5 weeks and 3 months after the baseline assessment. Secondary outcomes were drug use and addiction service utilization. Complete datasets regarding BAI/ISI were obtained from 37/34 subjects in the NADA group, 28/28 in the LP group and 36/35 controls. Data were analyzed using appropriate statistical techniques (Chi-square, Analysis of Variance, Kruskal Wallis, Repeated Measures Analysis of Variance, and Wilcoxon Signed Ranks tests)

Findings: Psychological Acupuncture along with Cognitive behavioral therapy (CBT) relieves withdrawal symptoms, prevents the craving for drugs and increases the rate of participation of patients in long-term treatment programs. The best results have been obtained by treating patients in an open-group setting, using acupuncture points in the external ear with needles without electrical stimulation. The same points are used at each visit, regardless of the type of drug to which the person is addicted. This method is also used for the treatment of persons suffering from stress, depression, anxiety, insomnia and sleep disorders. Psychological acupuncture and Cognitive Behavioral Therapy (CBT) reduced alcohol craving compared with all controls (SMD = -1.24, 95% CI = -1.96 to -0.51); and acupuncture reduced alcohol withdrawal symptoms compared with all controls (SMD = -0.50, 95% CI = -0.83 to -0.17). In secondary analyses: acupuncture reduced craving compared with sham acupuncture (SMD = -1.00, 95% CI = -1.79 to -0.21); acupuncture reduced craving compared with controls in randomized controlled trials (RCTs) conducted in Western countries (SMD = -1.15, 95% CI = -2.12 to -0.18); and acupuncture reduced craving compared with controls in randomized controlled trials (RCTs) with only male participants (SMD = -1.68, 95% CI = -2.62 to -0.75).

Conclusion & Significance: This study showed that acupuncture was potentially effective in reducing alcohol craving and withdrawal symptoms and could be considered as an additional treatment choice and/or referral option within national healthcare systems. Acupuncture therapy could effectively and safely improve the sleep quality of outpatients receiving MMT. The substantial attrition at follow-up is a main limitation of the study.

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Biography

Dr. Seyed Amir Jazaeri was born in Iran. He finished M.A. and B.A. degree in Iran, Ph.D. in Psychology in India and Postdoc in Malaysia. He has his expertise in addiction treatment and psychotherapy with alcohol and drug addiction. He finished an acupuncture training course in The Faculty of Homeopathy Medicine, Department of Chinese Acupuncture under supervision of Professor. Dr. Nick Omar at Kuala Lumpur, Malaysia and started to use Psychological acupuncture on addiction and psychotherapy with addicts in University of Malaya Center of Addiction Sciences (UMCAS) and Dr. Nick Omar clinic in Kuala Lumpur. This approach is responsive to psychological disorders and addiction treatment and has a different way of focusing on psychotherapy.

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