Socioecological Determinants of Recovery in Opioid Substitution Treatment Patients: A Systematic Review and Thematic Synthesis

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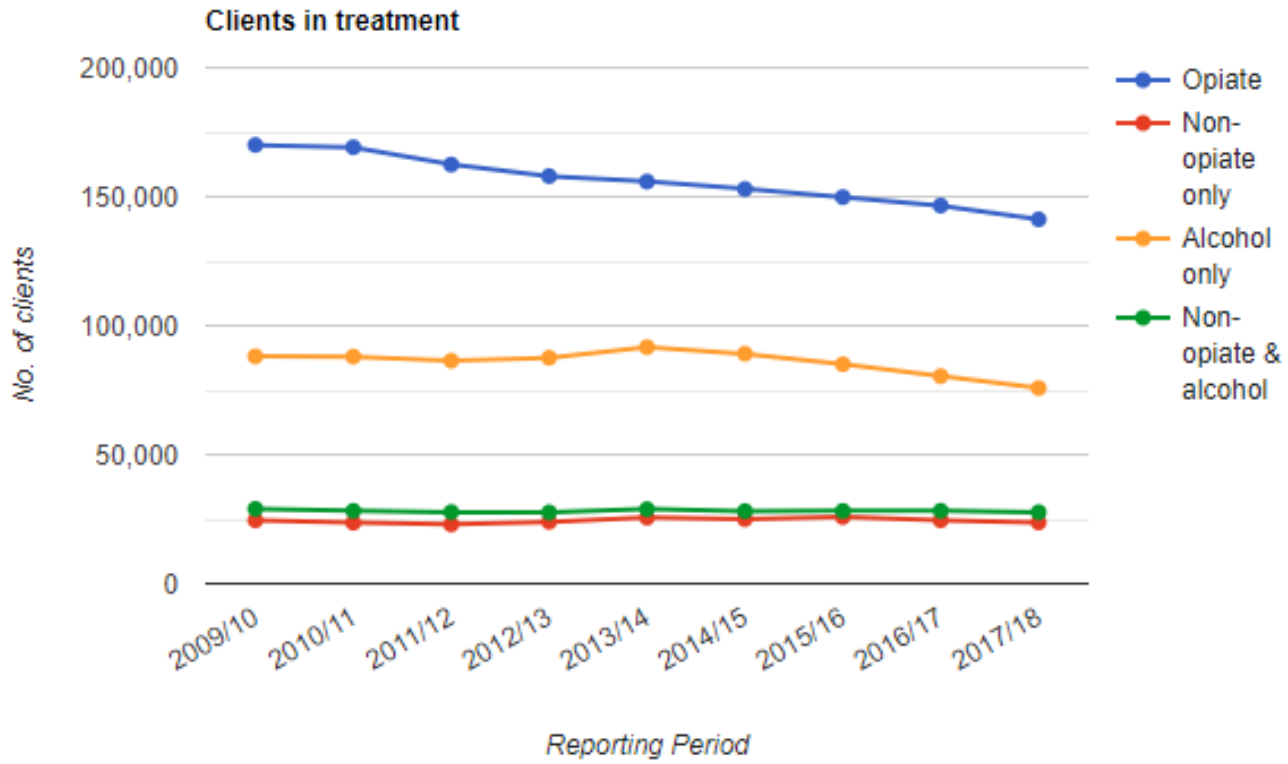
University of BRISTOL

MRC Integrative Epidemiology Unit

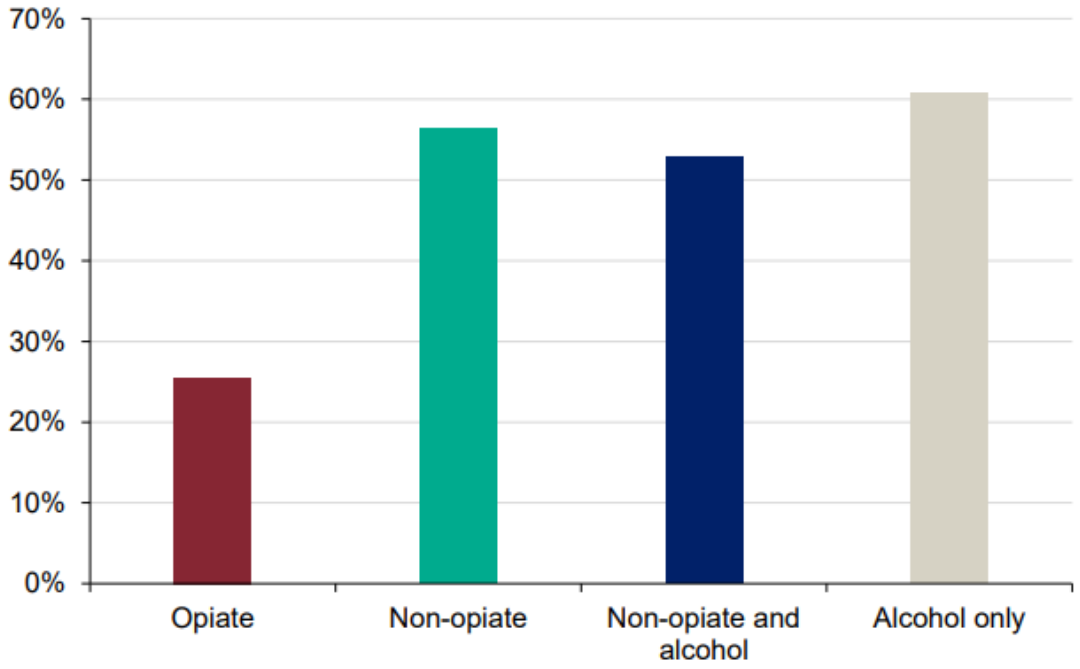
National Drug & Alcohol Treatment Population



Source: NDTMS – National Drug Treatment Monitoring System (2019)

Treatment completions

Figure 6.1.1 Proportion of exits that are treatment completed free of dependence by the four substance groups 2017-18

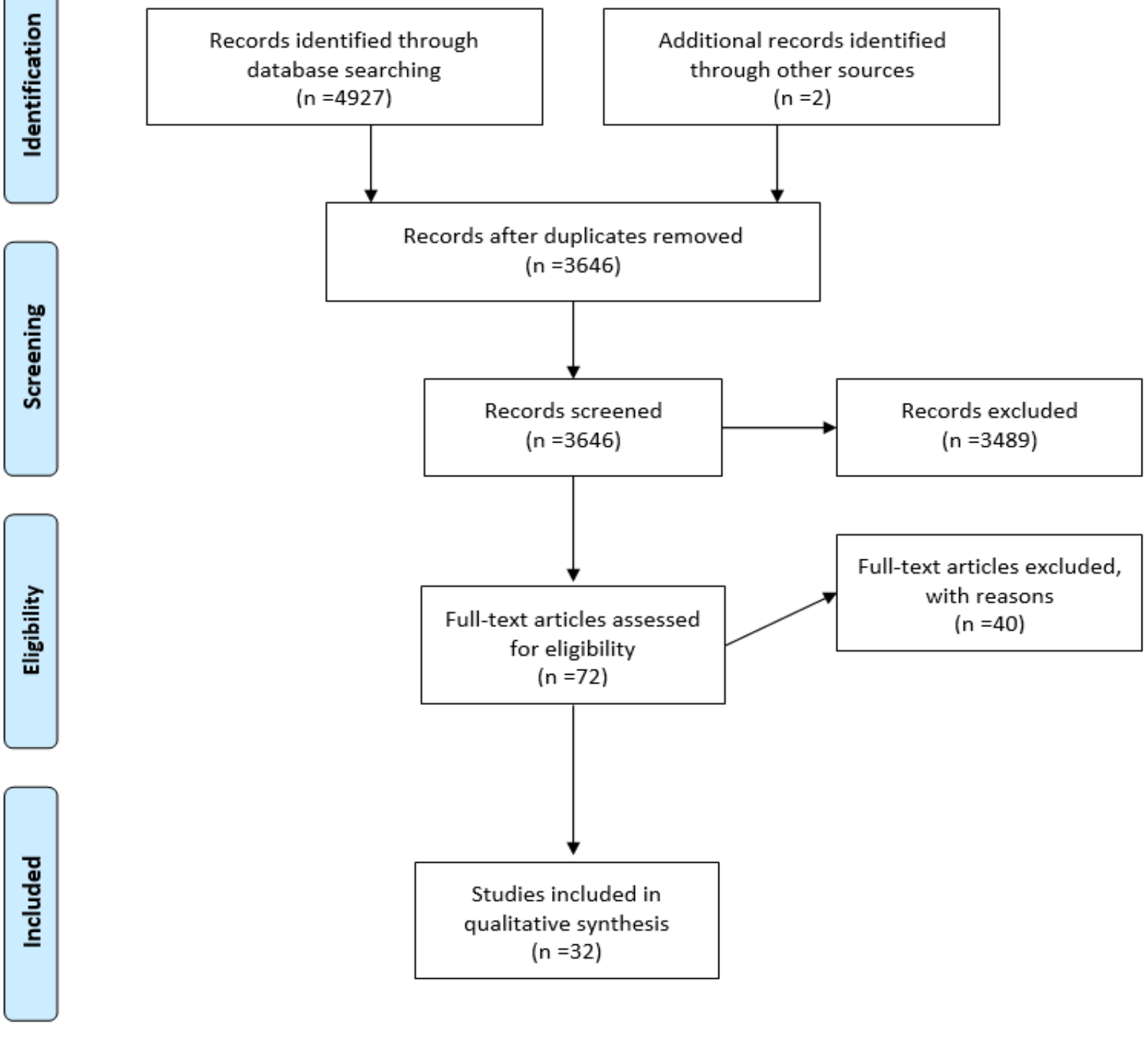


Source: NDTMS – National Drug Treatment Monitoring System (2019)

Aims

- **Aims**:
- Identify facilitators and barriers to recovery within OST
- Familiarisation with qualitative literature on OST
- Identify possible targets for intervention development

- **Inclusion criteria**:
- Any country (English language papers only)
- Adults (18+)
- Service users and stakeholder views
- Peer reviewed articles published in last 20 years


Identification
Screening
Eligibility
Included
Records identified through database searching (n =4927)
Additional records identified through other sources (n =2)
Records after duplicates removed (n =3646)
Records screened (n =3646)
Records excluded (n =3489)
Full-text articles assessed for eligibility (n =72)
Full-text articles excluded, with reasons (n =40)
Studies included in qualitative synthesis (n =32)

Characteristics of Included Studies (n=32)

- UK (10)
- USA (8)
- Ireland (5)
- Canada (3)
- Australia (2)
- Norway (2)
- Italy (1)
- Sweden (1)

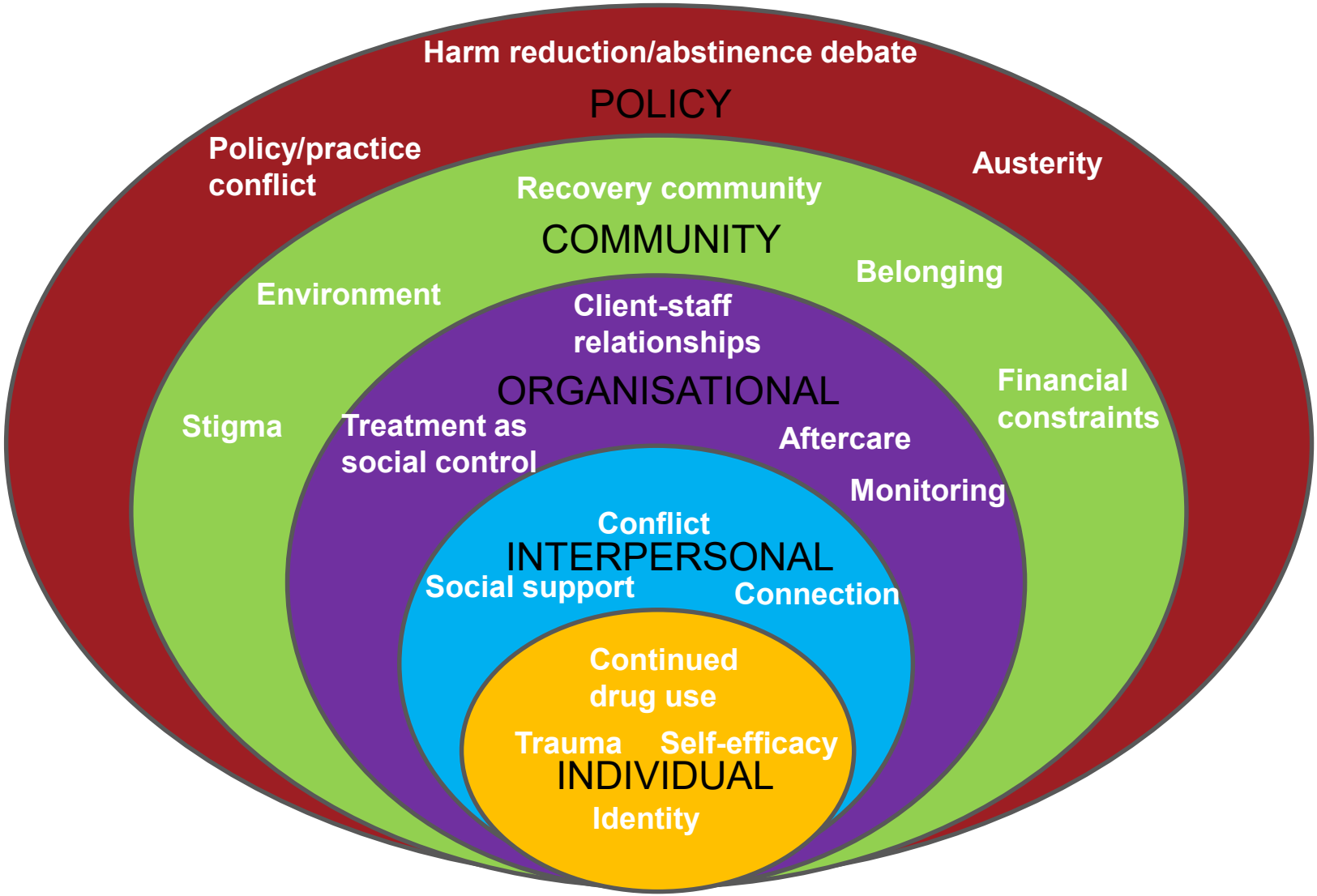
Service users (24 studies): n=680

Stakeholders (3 studies): n=63

Both (5 studies): n=263

Total participants: n=1,006

Socioecological Model (Bronfenbenner, 1979)



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Trauma

[describing experience of children's home] "Life there was horrible, horrible, horrible, horrible, some terrible things, Oh I don't even want to talk about them..." (Moran et al, 2018).

"You know, I'm busy. My mother's in the hospital, you know. I'm dealing with the death of a brother and my son was just murdered. I got a lot going on in my life right now." (Lindsey-Smith & Rosen, 2009).

"I lost two children in 9 days. My son, he hung himself in prison, three days left in his sentence. My daughter committed suicide 9 days later. She went out, bought Xanax (alprazolam), and took the whole lot and she took about nine bags of heroin as well and just threw herself off the bridge. Afterwards, I tried to kill myself." (Moran et al, 2018).

Trauma:

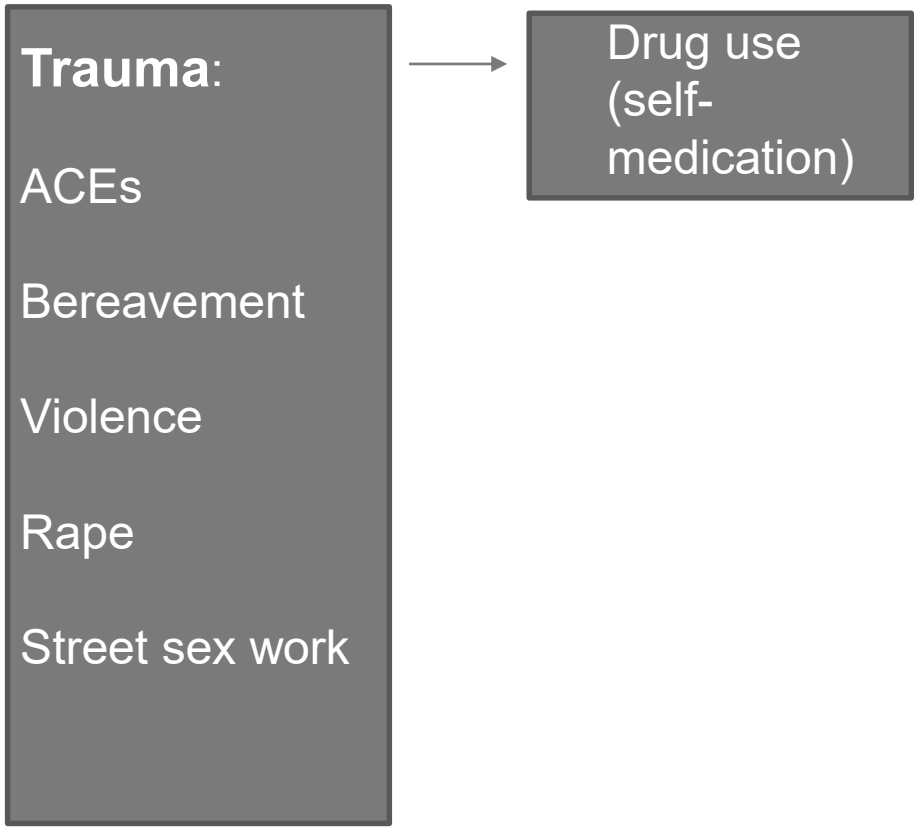
ACEs

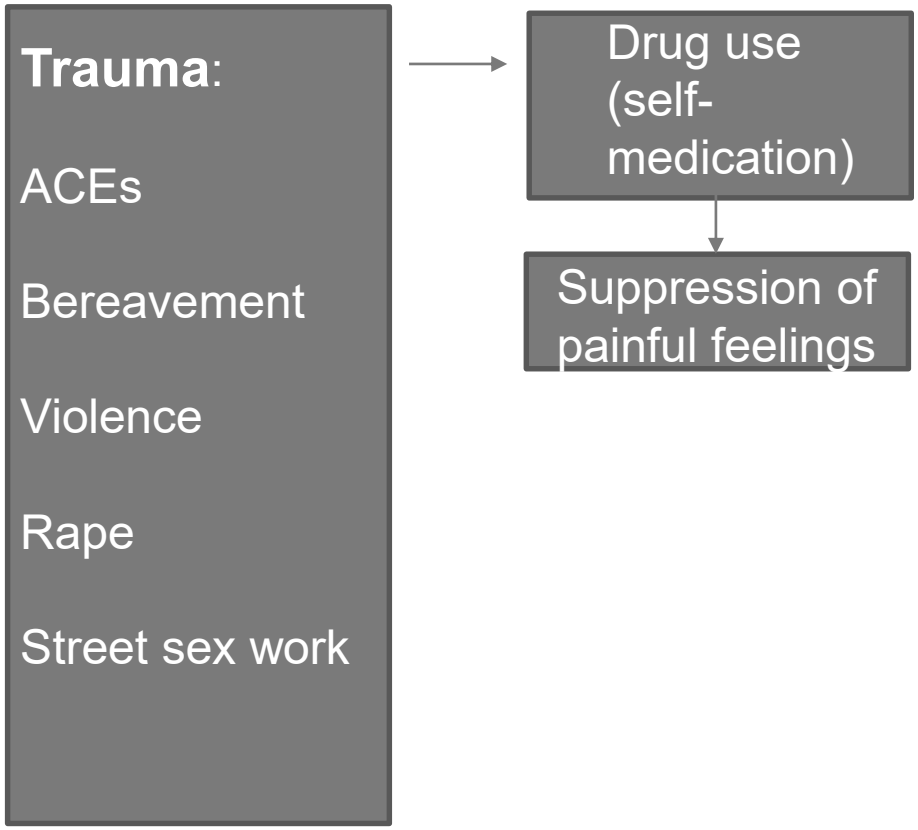
Bereavement

Violence

Rape

Street sex work


Trauma:
ACEs
Bereavement
Violence
Rape
Street sex work
Drug use (self-medication)


Trauma:
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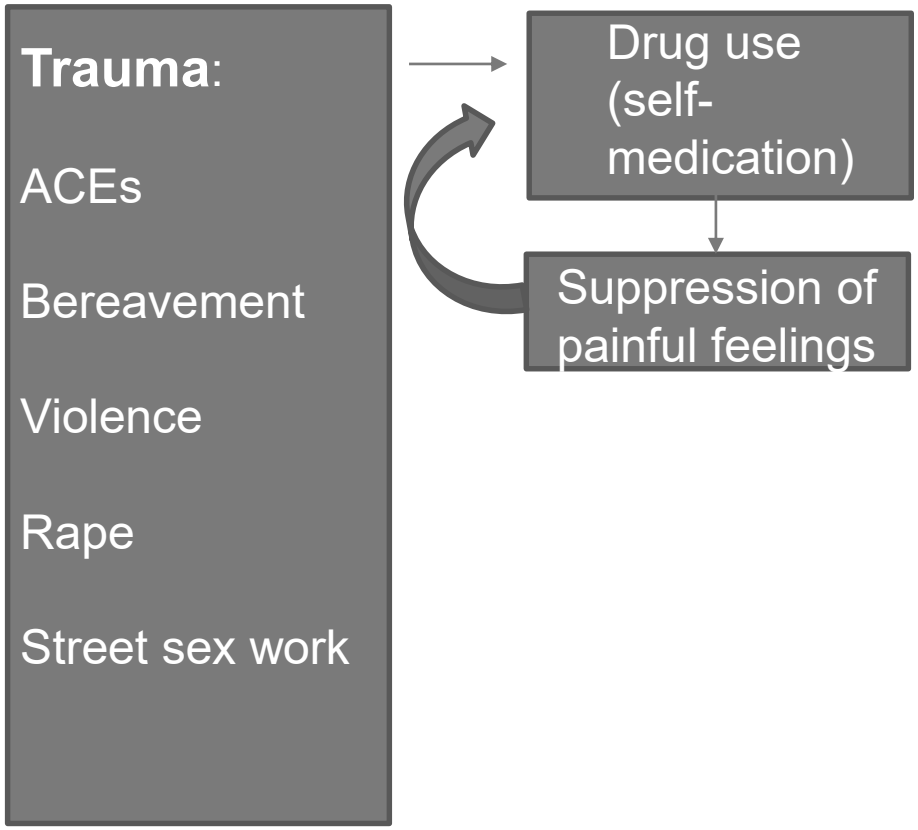
Rape
Street sex work
Drug use (self-medication)
Suppression of painful feelings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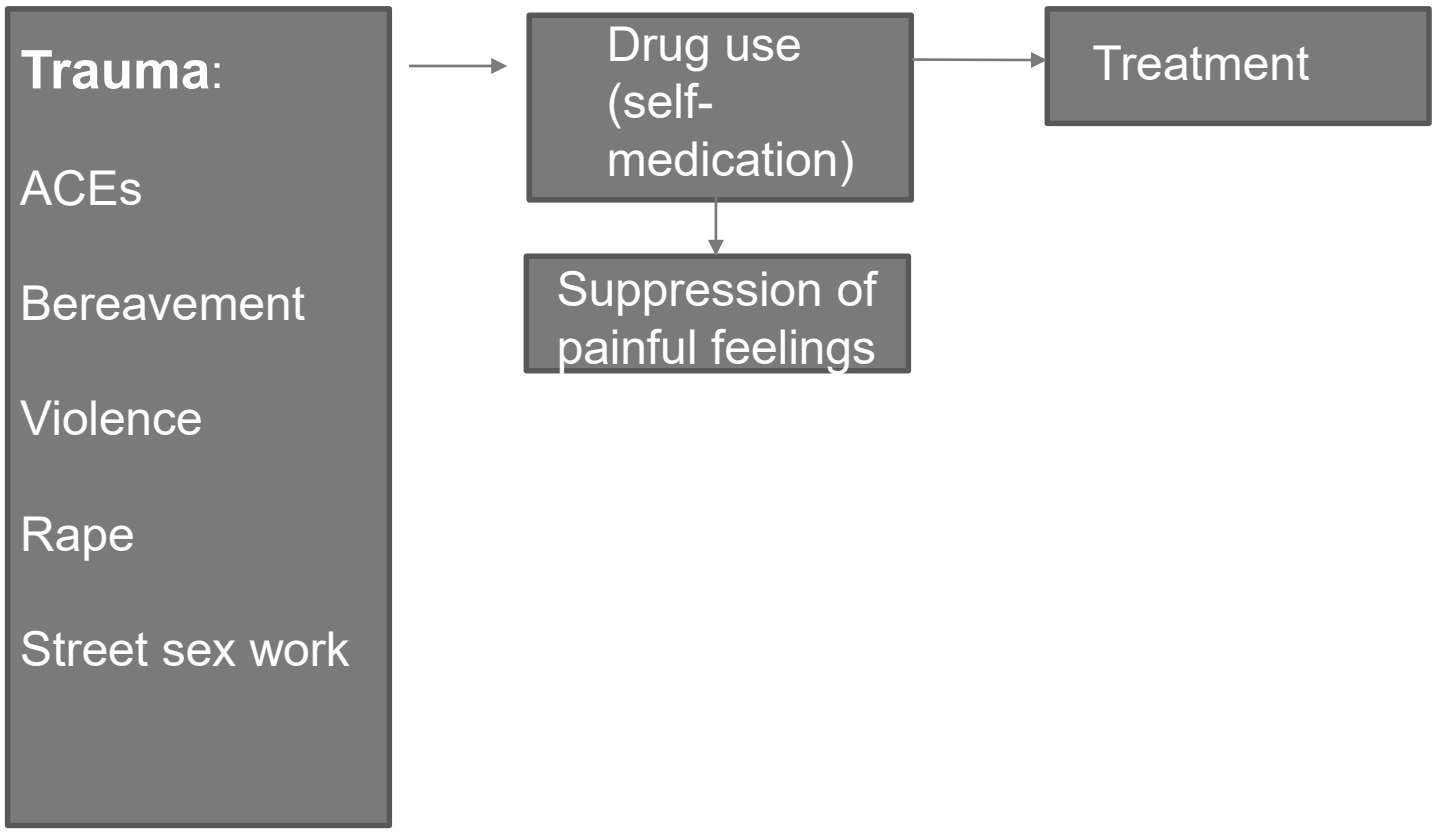
Trauma:
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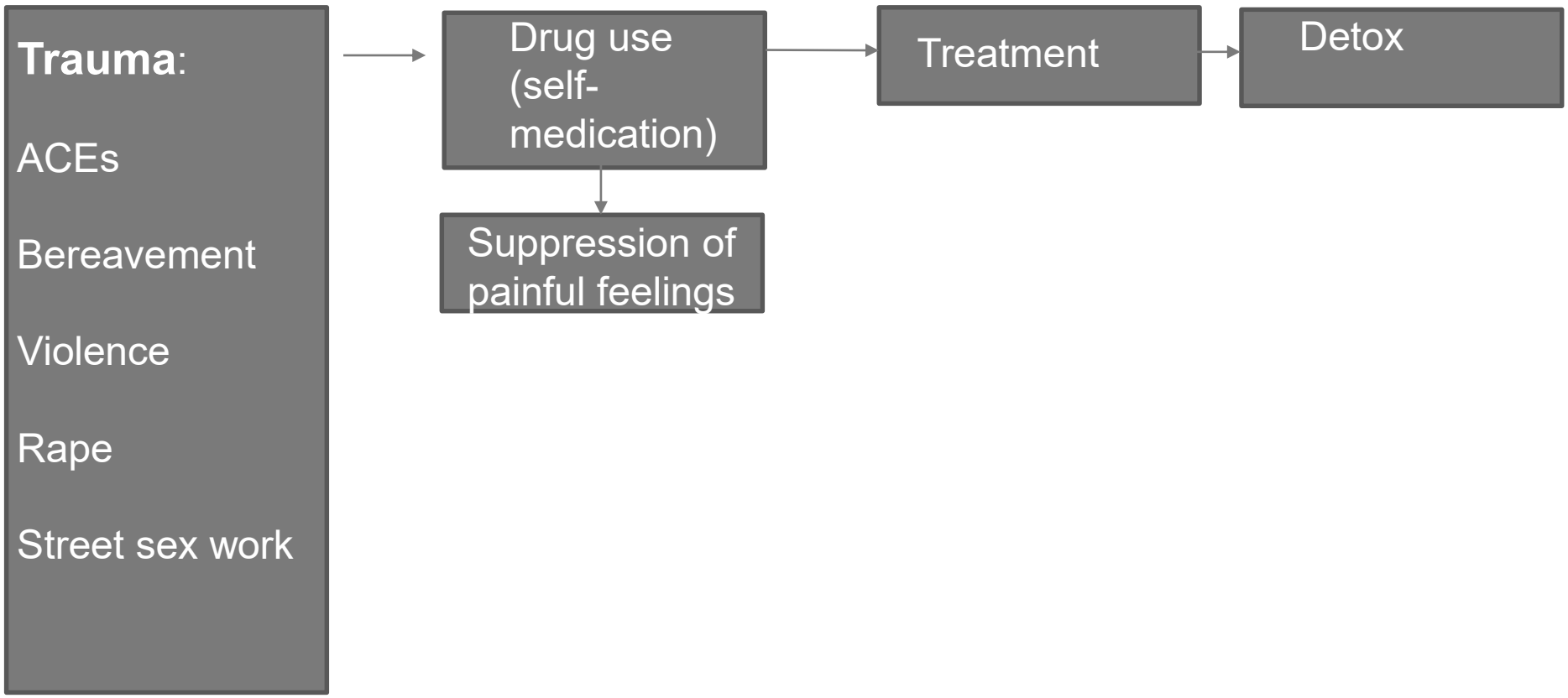
Treatment


Trauma:
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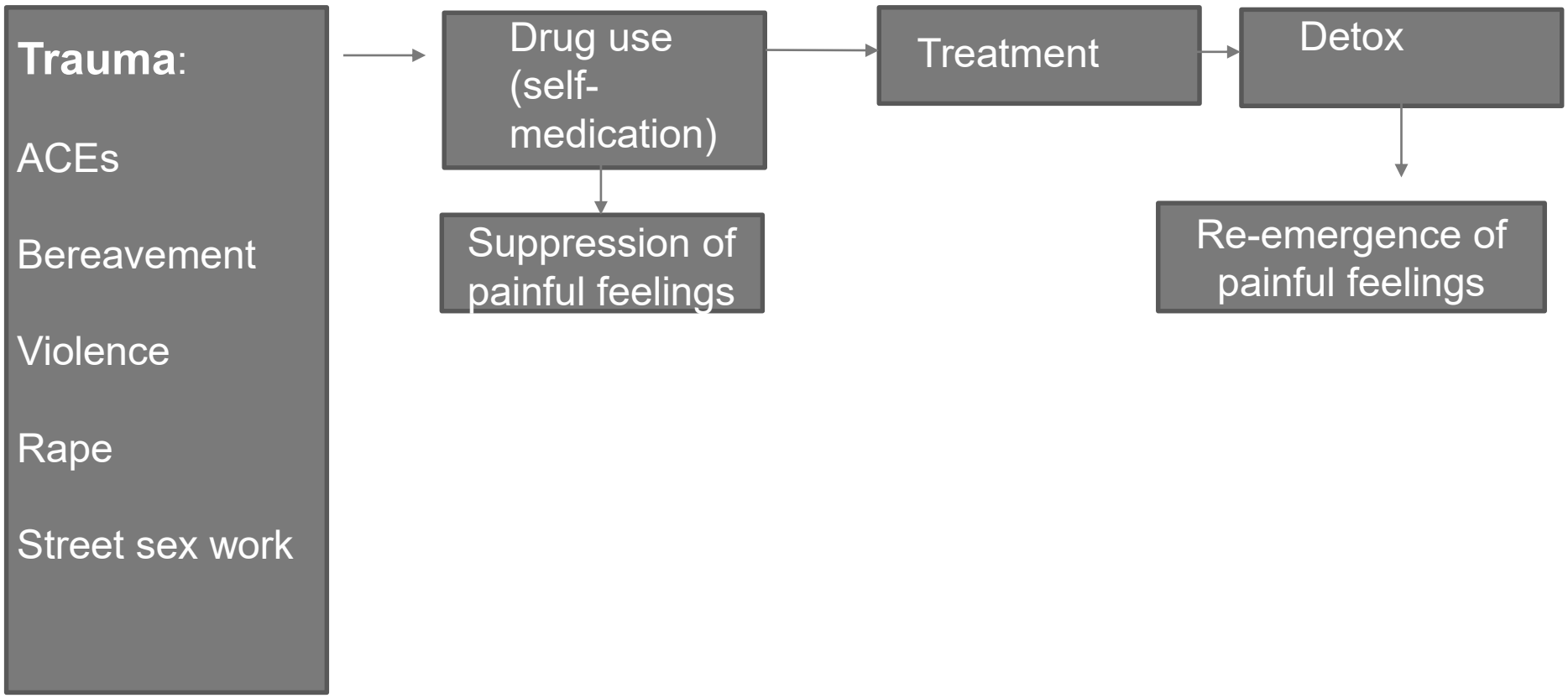
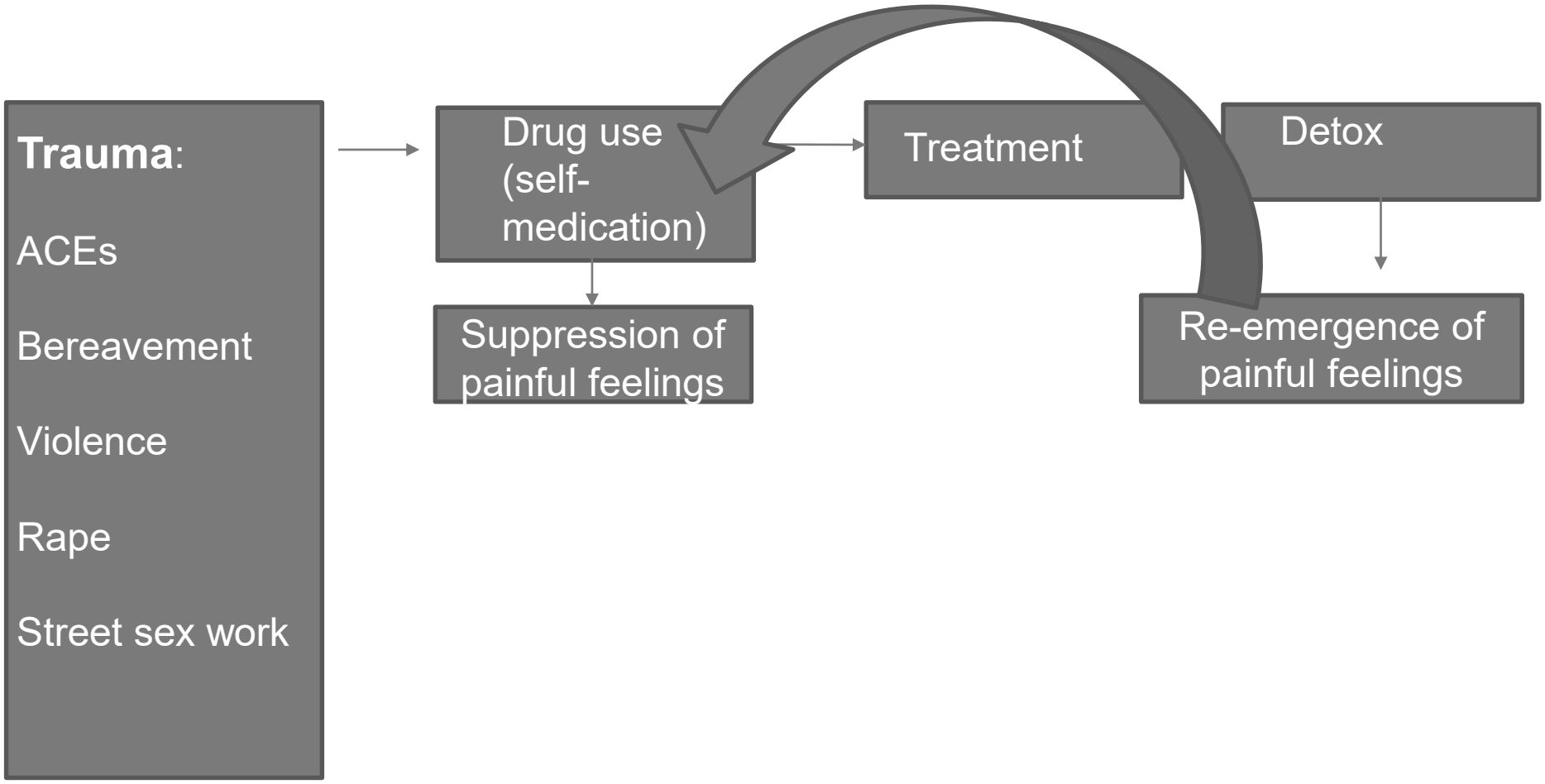
Rape
Street sex work
Drug use (self-medication)
Suppression of painful feelings
Treatment
Detox


Trauma:
ACEs
Bereavement
Violence
Rape
Street sex work
Drug use (self-medication)
Suppression of painful feelings
Treatment
Detox
Re-emergence of painful feelings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Treatment
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Re-emergence of painful feelings

Summary

- Recovery from opioid dependency is a complex problem that requires a complex solution.
- Interventions targeted at the individual only will have limited success.
- Possible targets for intervention are trauma, stigma and isolation.

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UKCTAS UK Centre for Tobacco & Alcohol Studies

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Moran, L., Keenan, E., & Elmusharaf, K. (2018). Barriers to progressing through a methadone maintenance treatment programme: perspectives of the clients in the Mid-West of Ireland's drug and alcohol services. BMC Health Serv Res, 18(1), 911.

PHE. (2018.). Adult substance misuse statistics from the National Drug Treatment Monitoring System (NDTMS). Retrieved from https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/658056/Adult-statistics-from-the-national-drug treatment-monitoring-system-2016-2017.pdf

Smith, M. L., & Rosen, D. (2009). Mistrust and self-isolation: Barriers to social support for older adult methadone clients. [References]. Journal of Gerontological Social Work. Vol., 52(7), 653–667.

Community

Caught between two cultures:

“Recovering heroin users want to be normal and yet they also want to retain their individuality, they aspire to the mundane and yet they are anxious that this is also boring, they want to comply with social norms and conventions and yet they want to retain their distinctiveness” (Nettleton, Neale, & Pickering, 2013)

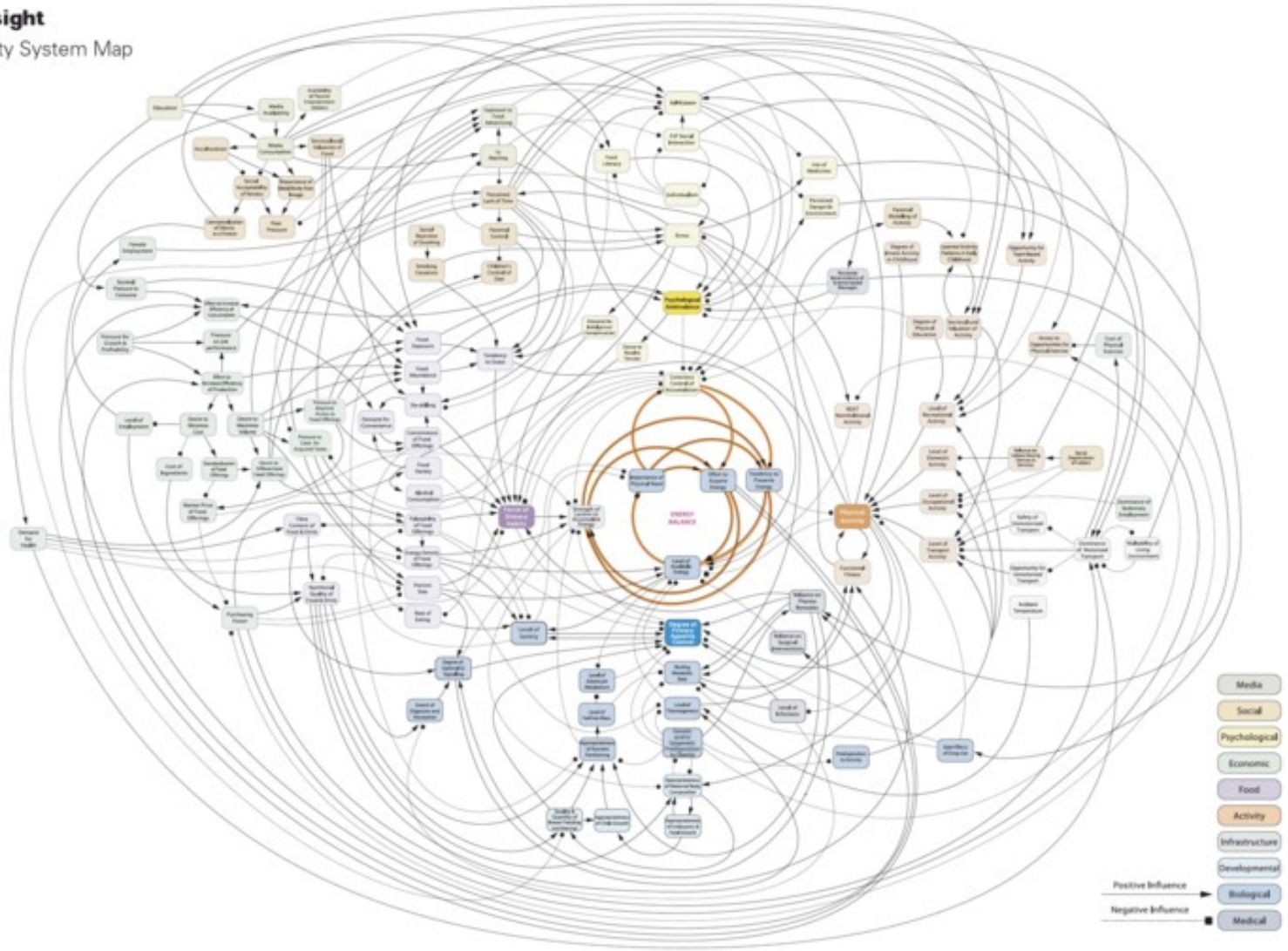
Interpersonal

Influences of family and friends (positive and negative):

“It happened that I started abusing again. When I went back to Terni I found all my friends, the old ones, and I started again right away. Would you believe it! When you fall back into that crowd, they offer it to you right away and it's over."(Cordella, Greco, Elia, & Varazi, 2017).

Foresight

Obesity System Map



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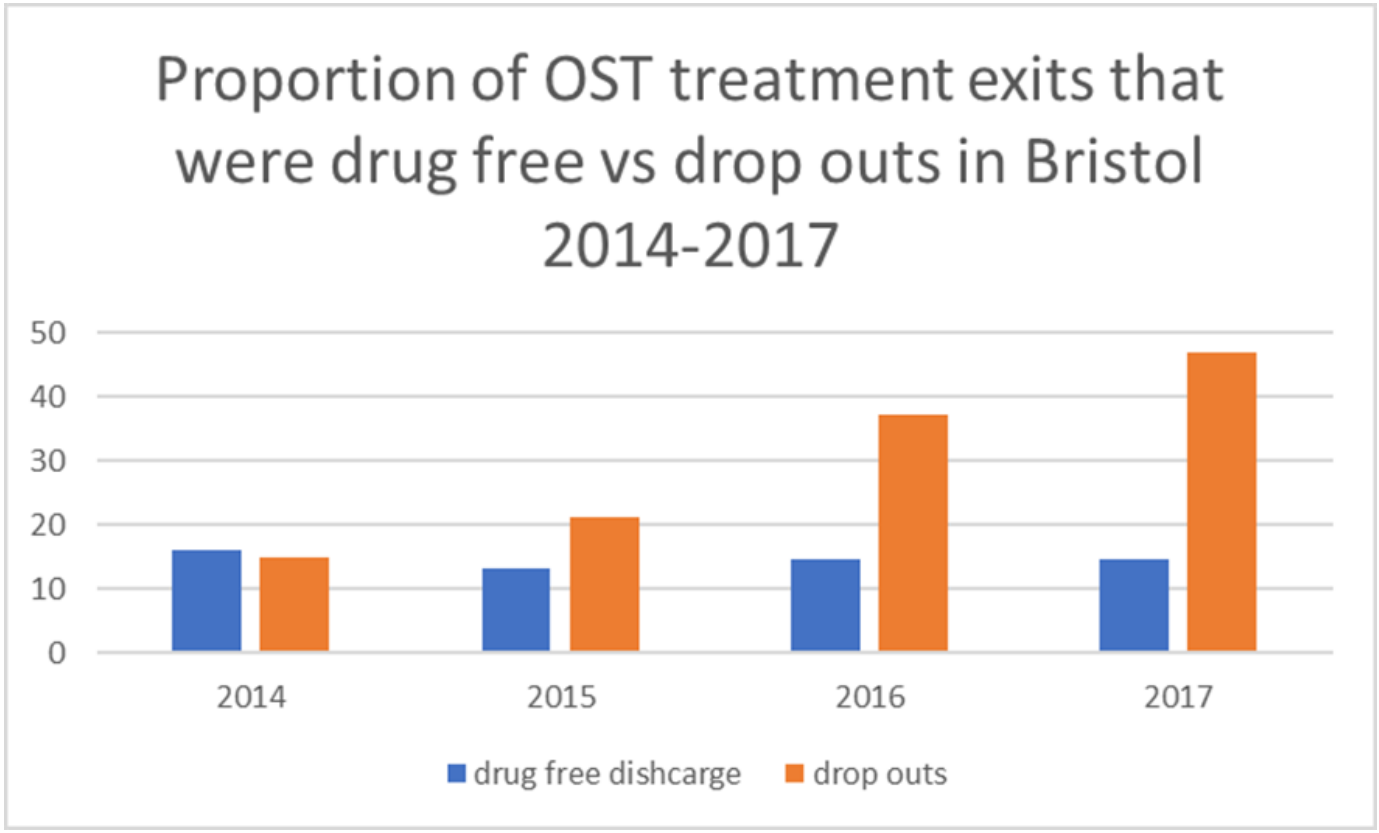
We have a retention problem too



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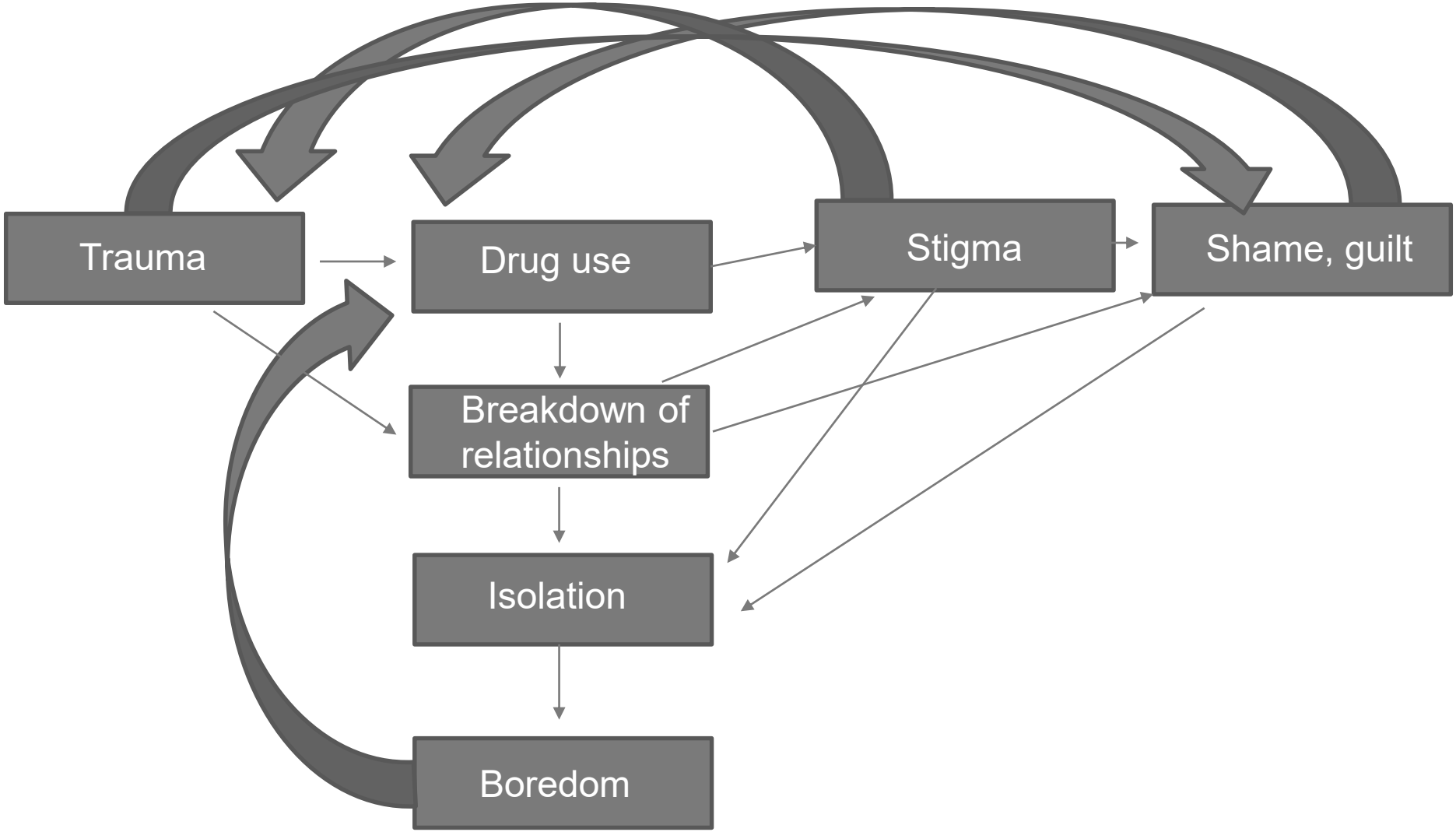
Trauma
Drug use
Stigma
Shame, guilt
Breakdown of relationships
Isolation
Boredom

Intrapersonal

Self-Efficacy & Locus of Control

“Perhaps more significantly, participants framed their recovery in avoidance language (staying away from drugs, walking away from temptation, hiding from trouble) as opposed to engagement language (e.g., finding a job, maintaining a healthy lifestyle)” (Redden, Tracy, & Shafer, 2013)