

Evaluation of TC Treatment of Addictions: A long-term follow-up study in Spain



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Aims: a) to carry out a long-term follow-up evaluation of the Therapeutic Community treatment for addictions developed by *Proyecto Hombre* in Navarre (Spain); and b) to make a comparison between the program completers and dropouts in a wide set of variables.

Design: A long-term follow up design (mean of 6 years after leaving treatment) was used to analyze the effectiveness of the therapeutic program.



Evaluated TC, in Estella (Spain)

Setting: A Therapeutic Community treatment for addiction in Pamplona (Spain) **Participants:** The sample consisted of 155 subjects (113 completers and 42 dropouts), who were located among the 414 patients that began treatment for drug dependence in the evaluated program.

Measurements: A personal interview was carried out with each one of the located subjects. All participants were assessed with the Drug dependence Follow-up Questionnaire, the Alcohol Use Disorders Identification, Test (AUDIT) and the Relapse Interview.

Conclusions: The patients who completed the entire treatment program showed a lower probability of relapse and a better social and personal adjustment.

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Comparison between groups at follow-up assessment (%)



Findings: There were no differences between completers and dropouts on baseline variables. The results showed the existence of relevant statistical significant differences between the groups. Dropouts had a higher and sooner rate both of relapses and of necessity of new treatments for drug addiction than the completion group. The program was also effective in reducing criminal behavior and improving the state of health. All of these variables differed significantly when comparison between completers and dropouts was made. However, there were not any differences between groups in family and educational variables. **All subjects improved in these variables after receiving the treatment.**