

A Proposal Relapse Prevention Program According to Marlatt's Cognitive-Behavioral Model for Addicted Patient Undergoing Drug Treatment

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Abstract

The problem of relapse is the biggest event and the main cause of the most failures during treatment process of drug-dependent patients which can cause the number of patients increase in the community. So planning and efforts to reduce this problem should be considered as a part of addiction prevention programs in the community. These Interventions are focused in the field of third prevention and can effect patients' improvement positively and reduce pathologies caused by the disease. On the other hand, in our country, especially in recent years, despite the expansion of treatment programs and efforts to reduce the number of people with addictions, this disorder and bad news related to complications and damage caused by it is continued to increasing. Experts mentioned the frequency of relapse as a main reason of the failure in treatment and harm reduction programs. These points show the necessity of addressing the issue of relapse across addiction treatment and drug problem controlling process in the country. In this paper we consider this issue and according to the previous literature in the relapse prevention field, especially on the base of the Marlatt's cognitive-behavioral relapse prevention model, we propose a program to prevent the relapse in addicted patients undergoing drug treatment.

Keywords: addiction, relapse prevention, marlatt's relapse prevention model

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