

ABSTRACT

OPIOID DETOXIFICATION: THE RELATIONSHIP OF ANXIETY AND PHYSICAL WITHDRAWAL SYMPTOMS TO ADDICTION TREATMENT PROGRAM COMPLIANCE

The purpose of this quasi-experimental descriptive research study was to determine the relationship of the opioid detoxification medication dosage (Suboxone) to anxiety, physical withdrawal symptoms, and sleep disturbance; and the relationship of anxiety, physical withdrawal symptoms, and sleep disturbance to completion of an 8-week addiction treatment program. To be a part of the study, the patient must use the opioid detoxification medication (Suboxone) and agree to the 8-week treatment program for addiction counseling and education. The questionnaires consisted of (a) the Beck Anxiety Scale (BAS), (b) the Clinical Opioid Withdrawal Scale (COWS), and (c) the Sleep Questionnaire. Results of the data analyses suggested no relationship between dosage and anxiety, physical withdrawal symptoms, or sleep disturbance. There was also no obvious trend between physical withdrawal symptoms and treatment program completion. However, the data suggested a strong relationship between anxiety and sleep disturbance and failure to complete the treatment program, and therefore maintain abstinence.

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