

Longer addiction treatment is better, study confirms

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(HealthDay)—The longer patients receive treatment for addiction, the

greater their chances of success, a new study finds.

The study included 72 people, with an average age of 30 years. The participants were being treated for a variety of addictions, including alcohol and drugs such as opioids, amphetamines and benzodiazepines.

The only significant factor in [treatment success](#) was the length of treatment. After one year, the treatment success rate was about 55 percent for those who underwent a standard 30-day treatment program. But the success rate was about 84 percent for those in [treatment programs](#) that lasted more than 30 days, the investigators found.

The findings are important because most government and [private health insurance](#) programs only reimburse patients for 30 days of addiction treatment, said study leader Dr. Akikur Mohammad, of the University of Southern California, and colleagues.

Mohammad is a psychiatrist, an addiction medicine specialist and the founder and CEO of Inspire Malibu, a drug [addiction](#) treatment center.

"Aftercare is crucial once an individual has completed drug or alcohol treatment and is in recovery. There is a continuity of care that should be followed once initial treatment is completed," Mohammad said.

"This usually involves a lower level of treatment, such as outpatient care and a sober living environment. Our study shows that the absence of such treatment after 30 days significantly reduces the chances of the patient maintaining their sobriety," Mohammad said in a university news release.

The study was published recently in the *Open Journal of Psychiatry*.

More information: The U.S. National Institute on Drug Abuse has

more about [drug addiction treatment](#).

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