Quality of life of patients treated with opium tincture or methadone: A randomized controlled trial.


Introduction

- Quality of life (QoL) is a crucial patient-centred treatment outcome for individuals with opioid use disorder.1
- Opium tincture (OT), a hydroalcoholic preparation of opium containing morphine as the active ingredient, is used in certain regions for opioid agonist treatment (OAT).2
- OAT can enhance QoL among patients with opioid use disorder.3

Aims

- To compare the QoL of participants with opioid use disorder receiving OAT using either OT or methadone in a randomized clinical trial
- To identify the factors associated with their QoL during treatment with either OT or methadone.

Methods

- Phase III multicentre stratified parallel-group, non-inferiority randomized clinical trial conducted in Iran, comparing OT and methadone over 85-day follow-up period.
- QoL was assessed across 4 domains of physical health, psychological health, social relationships, and environment health.
- Generalized Estimating Equations (GEE) were employed for univariate and multivariate analysis.

Results

- 83 participants: 35 (42.2%) in OT arm and 48 (57.8%) in methadone arm
- Mean age = 38.2 (SD 9.1), 88% male, 73% married, and 63% with secondary school or higher education
- Increase in total QoL score from baseline to day 85 in both arms. Non-significant trend for time in follow-up assessments (p = 0.083).
- No significant differences between OT and methadone effects on QoL over time.

Discussion and Conclusion

- OT shows promise as an OAT medication, comparable to methadone, in improving patients’ QoL.
- Integration of psychosocial interventions alongside pharmacological care may sustain QoL improvements over time.

Need for further research

- Exploration of longitudinal QoL trajectories during OAT in various sociocultural settings and their correlation with retention in treatment and use of unregulated substances.
- Examination of psychosocial interventions’ impact on sustaining QoL improvements in OAT.

Reference / Bibliography


Acknowledgment

Canadian Institutes of Health Research, Grant/Award Number: 157934; Aja University of Medical Sciences, Grant/Award Number: 2/12/95; Iran National Science Foundation, Grant/Award Number: 93045481; Tehran University of Medical Sciences and Health Services, Grant/Award Number: 28099