

THE EFFECT OF METHADONE MAINTENANCE TREATMENT IN
IMPROVEMENT OF QUALITY OF LIFE FOR HEROIN USERS IN HAI
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ABSTRACT

To determine the effectiveness of methadone maintenance treatment (MMT) on the lives of heroin users, this study aims to assess improvement in quality of life (QoL) among heroin users who enrolled for 6 months in MMT. A cohort study was conducted at 3 clinics in Hai Phong city. The QoL of heroin users was measured by the WHOQOL-BREF 26 item version and separated into 4 domains (physical health, psychological health, environment, and social domain). This study used paired sample t-test to compare the mean of QoL scores at the baseline and at the 6 month follow-up. Four hundred and fifty eight heroin using males were enrolled in the MMT program, and 440 (96.1%) remained in treatment at for the entire 6 months. Following treatment, statistically significant improvement quality of life scores were found in all four domains ($p < 0.001$).

Additionally, this study also determined individual factors affecting improvement in QoL. The major results of binary logistic regression showed improvement in QoL regardless of the heroin users' individual factors.

Emphatically, the findings point out that methadone maintenance treatment is helpful in improving the QoL for heroin users in Hai Phong city.

KEY WORDS: QUALITY OF LIFE/METHADONE MAINTENANCE
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