

Abstract

Introduction: The low level of drug adherence in addicts who are quitting is one of the biggest challenges in the treatment and management of this disease. So this study was set to evaluate the effect of information therapy on adherence to treatment among clients of addiction treatment centers in Jiroft.

Methodology: The present quasi-experimental study was performed on 60 patients referred to addiction treatment centers in Jiroft. The control and experimental groups were selected by simple random sampling. To determine the effect of information therapy on adherence to treatment, the Morriskey 8-Questionnaire was used. The level of adherence to treatment was assessed before and after the intervention, which consisted of 6 one-hour training sessions per week. Descriptive statistics such as mean numerical index and standard deviation for goals one, two, four, five and also chi-square test to compare for three and five goals were used.

Findings: The results showed that adherence to medication was low in both test and control groups before the notification; but after reporting, the chi-square test results to compare the frequency of the test and control groups in three variables of adherence level (strong, moderate, weak) was 9.84 which was statistically significant ($p = 0.010$). Therefore, the experimental and control groups had a significant difference after informing. In fact the information in the experimental group had a significant and positive effect.

Conclusion: Because of the low level of adherence to treatment, using of education and information on timely and correct drug use and its importance in the treatment of addicts can improve their adherence to the drug.

Key word: Information therapy, adherence to treatment, addiction treatment centers