

# **An Assessment Model for Methamphetamine Dependence Treatment Rehabilitation in Thailand**

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Joint International Conference on Alcohol, Drug and Addiction Research in Commemoration of  
H.M. the king's 84<sup>th</sup> Birthday Anniversary  
6-8 February 2012, Bangkok, Thailand

## **Abstract**

The study is to assess the rates and duration of abstinence and patients' improvement of two drug dependence treatment rehabilitation models, Matrix and FAST models which are widely used in Thailand. FAST and Matrix models are different in terms of in and out-patients. In addition, Matrix model is a cognitive behaviour therapy while FAST model is transformed from the Therapeutic Community model.

Two government run drug dependence treatment centres (DDTCs) and a psychiatric unit in a provincial hospital were selected. Within these treatment centres male volunteers, aged 15-35 years who reported currently using methamphetamine were randomly selected to assess their baseline data. Any improvement in the baseline was assessed twice at 1.5 and 3 months during the rehabilitation period and in follow-ups at 1, 3 and 6 months after being discharged at 4 months.

From one hundred and seventy-six participants, 84 and 92 cases from Matrix out-patients and FAST in-patients respectively were recruited. After being discharged, 115 cases were found and interviewed after the 6 month follow-up, the rate and duration of abstinence showed no statistical difference between Matrix and FAST models. The rate of abstinence at the psychiatric unit was better than the two DDTCs. The non-relapse cases that completed the 6 month follow-up showed better improvement than the relapse cases.