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Efficacy of Trauma Informed Care in Reducing Anxiety and Depressive Symptoms Among Patients on Medication Assisted Therapy for Opioid Use Disorder: A Randomised Control Trial

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EFFICACY OF TRAUMA INFORMED CARE IN REDUCING ANXIETY AND DEPRESSIVE SYMPTOMS AMONG PATIENTS ON MEDICATION ASSISTED THERAPY FOR OPIOID USE DISORDER: A RANDOMISED CONTROL TRIAL

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ABSTRACT

The concept of trauma-informed care (TIC) has been over flogged in the traditional healthcare settings of patients with mental disorders with some success but there is a need to ascertain its impact amongst patients in recovery for drug addiction. It is pertinent to state that patients with early life adverse childhood events (ACEs), ongoing stressors and significant life events remain vital targets of trauma -related diagnostic entities since these factors play role in predicting the predisposing, precipitating and perpetuating factors in the dynamics of opioid use disorder and other addictive problems. A clear understanding of how the intrinsic and extrinsic stressors culminate in trauma or how a single significant violent experience causes trauma needs more evaluation among people with addiction.

Although most healthcare providers need to have an in-depth knowledge of how these traumatic experiences can influence the screening, assessment, treatment planning for these populations, there is need to use structured care backed by evidence-based therapies to see how certain symptoms such as anxiety and depression can be used to assess the effectiveness of such interventions. It will be important to assess the outcome of such interventions in behavioral health services using randomized control trials to ascertain its efficacy. Using instruments such as Hospital Anxiety and Depression Scale (HADS) to assess anxiety traits and the Trauma Assessment for Adults (TAA) to assess level of trauma effects, the impact of trauma-informed care can be ascertained in the recovery process of patients on medication assisted treatment (MAT) for opioid use disorder (OUD).