

## Opioid substitution treatment is proven to positively impact drug users living conditions and well-being

## Well-being OST Drug users

Opioid Substitution treatment (OST) has been present in European countries for over 40 years. However, OST implementation in the region is not harmonized, with countries having different approaches and levels of patients' coverage.

An analysis of the implementation of OST in four jurisdictions (Spain [Catalonia], Sweden, Netherlands and Poland) and a study of OST impact on clients' living conditions and quality of life were undertaken. The ALICE RAP project adapted the OECD "How's life?" model to the context of OST to gather information on the well-being and health of clients in OST in each of the mentioned jurisdictions. Results show that treatment improves several aspects of their life, from the general perception of health (fig.1) to employment status, material resources, social support and personal wellbeing (fig.2). Countries with a longer tradition of providing OST (Sweden -since 1967- & The Netherlands -since 1968- vs Catalonia -since 1983- & Poland -since 1992-) show better levels of improvement in most of the wellbeing dimensions (although this relation was not statistically significant). This evidence, together with wide availability of methadone, its low price, and the ease of its administration, strengthens the need of moving towards the harmonization of OST across Europe.

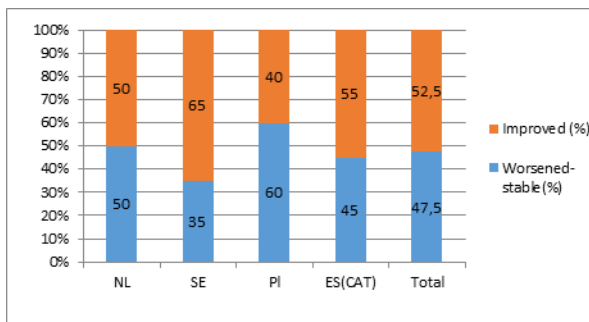


Fig 1. Perception of general health of clients in OST

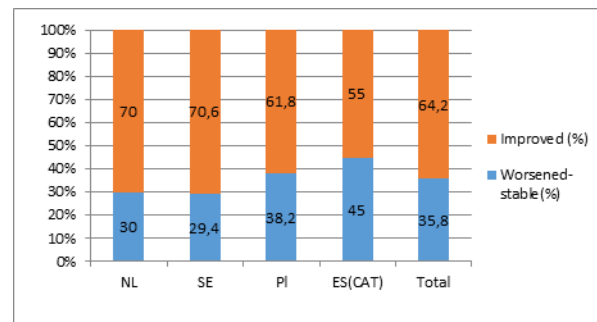


Fig 2. Well-being of clients in OST

## READ MORE

Palacio-Vieira J, Segura L, Colom J, Moskalewicz J, Welbel M, Olsson B, Eriksson Tinghög M, Trautmann F (2014): *Living conditions, quality of life and wellbeing among clients in opioid substitution treatment (OST) in four European countries: Spain Catalonia, Sweden, Netherlands and Poland*. Addiction and Lifestyles in Contemporary Europe: Reframing Addictions Project (ALICE RAP): [Deliverable 13.2](#)

OECD (2011) *How's Life?: Measuring well-being*, OECD Publishing.