

# ABSTRACT

## BACKGROUND

Methadone maintenance treatment (MMT) is widely accepted treatment option for the Opioid dependent individuals. The evaluation of the quality of life and retention in the treatment represents the assessment of the effectiveness of the treatment program.

## OBJECTIVES

The study aimed to identify the impact of MMT program on clients' quality of life after 6 months in treatment. Another objective was to find the retention rate in the program and to explore the factors that may be associated with the high drop out from the program.

## METHODS

A total of 84 patients were recruited from the 5 different methadone clinics of Kathmandu valley. A prospective follow-up design was used. The semi-structured proforma was filled. To assess quality of life, the WHOQOL-BREF 26-item version was used. The tool was used to assess the quality of life at baseline and after 6 months and retention rate was calculated at the end of 6 months.

## RESULTS

Following 6 months of methadone maintenance treatment, significant improvements ( $P < 0.001$ ) were observed in all domains of quality of life i.e. physical, psychological, environmental and social. Least improvement was noted in the social domain. By the end of 6 months, 63 patients still remained in MMT program (75%). The factors associated with higher drop outs included lower doses of methadone, polysubstance abuse and prior treatment history.

## CONCLUSION

Methadone maintenance treatment substantially improves the quality of the life of the opioid dependent individuals. The adherence is poorer for the patients who were taking lower doses of methadone, who had history of polysubstance abuse and who were treated previously for drug related problems.