The Impact of Treatment on Addicts:
An Explorative Study

Sol Kjärman & Joy Uche

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Handledare: Åsa Vidman
Examinator: John Lilja
ABSTRACT
The aim of this thesis is to explore the impact of treatment on male addicts who attend Narcotic Anonymous (NA) meeting between the ages of 45 to 60 years that have been free from drug addiction without relapse in 10 years. The interest is to really understand how the addicts have been impacted and what factors have contributed to their being able to remain free from drug abuse without relapse. The research is a qualitative study. Semi structured interviews based on interview guide that are made up of six open ended questions was used to generate information (Primary data) from eight interviewees. The data generated was analyzed using qualitative content analysis in hermeneutic perspective. Also, Maslow’s need hierarchy theory and early research was used to analyze the data that were generated. It was found that the former addicts experienced improvement in their psychological health identity and social situation. Furthermore, they were impacted by different treatments like cognitive behavioral therapy, environmental therapy and the NA 12-step program. The findings of the study also indicates that the interviewees gained job, education and driving license because of the drug abuse treatment they have undergone. In addition, having a partner, stable family and regular attendance of NA meeting have helped the interviewees to remain free from drug use in 10 years. Furthermore, from the findings, improved psychological health, improved changes in identity and social situation are themes found from the coding and categorization from qualitative content analysis method. The main theme found is getting new ways of gaining control of addiction in relation to improved psychological health, improved changes in identity and improved social situation.

Key words: Addicts, drug abuse, drug freedom treatment, narcotic anonymous.
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PREFACE
We wish to use this medium to show appreciation to those who contributed immensely to the success of this thesis.

First of all, we want to thank our supervisor, Åsa Vidman, for her rigorous efforts and timely assistances during the course of this thesis work.

Special thanks also go to all the interviewees. Your participation and the experiences you have shared with us have been of great help to establish this thesis. You also helped us to have a deeper understanding of this study much more than we know prior to this work.

Equally deserving our appreciation are our husbands and children for their great support, patient, encouragement and being there throughout the process of the study.

The topic of this study has given us the opportunity to get a deeper insight into the aspect of working with addicts in the future as a social worker. The authors of this thesis, Joy Uche and Sol Kjärman have contributed equally in every part of this research project (conception, research design, collection of data and analysis) and to the drafting of this bachelor's thesis.
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1. INTRODUCTION
Few years ago the authors of this thesis had the privilege to work voluntarily with people who have problem with drug abuse in one of the international Churches in Sweden. During the course of the voluntary work, it was discovered that some of these addicts have been free from drug use for a long period of time without relapse, while some have the problem of maintaining their clean time. This gave birth to the idea to write on the impact of treatment on addicts that have been free from drug use without relapse in 10 years.

According to World Health Organization (2015) drug abuse is a big problem in our society today and even in the lives of the addicts and their families. Drug abuse can be described as the harmful use of psychoactive substances. The use of these substances can bring about the development of behaviors that depend on the use of substances which makes it difficult to control the use of drugs (West, 2006).

This thesis is originated from narcotic drug abuse. According to United Nation World Drug Report (2011, as cited in Hein, 2011), drug abuse is a global health concern and an issue that arises in all countries all over the world. It is a health problem and it affects not only the abuser of drug but also their families, friends and the society as a whole.

There are different treatments and different thoughts about what makes a person free from drugs. According to the National Institute on Drug Abuse (2012) there are different kinds of drug addiction treatment. One example of drug addiction treatment is the behavioral therapy (like the cognitive behavior therapy and the contingency management), medications (such as serotonin, methadone and buprenorphine medication treatments), outpatient and group therapy. The type of treatment or combination of treatments that is offered to persons that are addicted differs from person to person since human beings are unique, their needs are not the same. Also, the types of drugs the addict use could differ from addict to addict. Behavioral therapy inspires people to be involved and take part in drug treatment. Additionally, it provides possible ways and different approaches of coping with the desire and urge for drug. Further, it educates one on how to prevent and overcome relapse. It also help people, for example, to develop good relationship and parenting skills.
Moreover, medication which is also a type of treatment, such as methadone is used to treat addicts that are addicted to opioids. Buprenorphine is used to treat people that are addicted to heroin. Serotine is used to treat people that are addicted to cocaine and amphetamines. These medications help the brain system of the addict to function better unlike the bad effects of the drugs which have the tendency to destroy the brain system. Outpatient treatment involves different kinds of treatment program like individual and group drug counseling for the addicts. The group therapy emphasizes on social reinforcement, helps to impose behavioral contingencies and enhances a drug free lifestyle (National Institute on Drug Abuse, 2012).

According to Winerman (2013), motivational interviewing is also a behavioral treatment that is employed in the treatment of addicts. It involves well organized dialogues that assist the addicts to increase their motivation to overcome addiction. This treatment helps them to understand the present state of their life and their dreams for the future about their life.

Apart from the various treatments described above, there is also the 12-step program which could be viewed as a kind of treatment aftercare that narcotic anonymous make use of. Narcotic anonymous is a global community based organization that helps with the provision of support network for addicts who are interested to be free from drug use lifestyle. The addicts who are members of the narcotic anonymous work with the 12-step program with the help another member of narcotic anonymous called the sponsor who have more experience of the 12-step program and have been free from drug use for a long time (Narcotic Anonymous World Service, 2015). Fiorentine and Hillhouse (2003), argued that addicts’ treatment completion and participation in 12-step programs seem to be effective in maintaining abstinence from drug abuse. However, more regular or weekly participation in the 12-step programs is suggested as this will have more impact on the addicts’ recovery, and it is said not to be expensive aftercare resource. According to White et al. (2011), there are not many studies on narcotic anonymous. Meanwhile, the persons attending NA meetings have had the 12-step program and other treatments.
Hence, it is interesting to know what they think about the impact. It seems to be a relevant topic to investigate on because it is among some of the social problems that affects the society. Looking into the scope, it is evident that it affects young people, adults, men and women (World Health Organization, 2015).

1.1 Aim and Research Questions
The aim of this thesis is to explore the impact of treatment on addicts that attend narcotic anonymous (NA) meeting.

Research Questions

- How do the addicts experience that their lives has been impacted by the treatment?
- What are the factors emphasized by the addicts that is helping them to remain free?

1.2 Scope
This project focuses on male addicts between the ages of 45-60 years that have been free from drug in 10 years without relapse and still attend narcotic anonymous (NA) meetings. Furthermore, it can be said that it is difficult to get people that are less than 40 years with 10 years drug free without relapse. Also, it may be suggested that under this period of 10 years and above, the addicts' may have gone through a lot of difficult situations in their lives such as loss of friends, family, job, and the impact these situations may have on them and their loved ones.

1.3 Definition of Concepts
Addict: According to online Cambridge dictionary (2016), an addict is “someone who cannot stop doing or using something, especially something harmful”. In this study when we use the word addict, the authors of this thesis refer to an individual who does not have control over illegal narcotic drugs.

Drug: In this study, when the authors use the word ‘drug’, it only refers to illegal narcotic drugs.
Drug abuse: According to Medical dictionary (2016), drug abuse is “the habitual use of drugs not needed for therapeutic purposes but solely to alter one's mood, state of consciousness or to affect a body function unnecessary”. In this study, when the authors use the word ‘drug abuse’, this refers to the use of illegal narcotic drug.

Drug freedom: The authors of this thesis define drug freedom as condition or criteria for an individual who have been dependent on illegal narcotic drug and have now refrained from using it in 10 years without relapse.

Treatment: The word treatment in this study refers to any help that is given to an addict in order to break free from any kind of drug abuse.

1.4 Disposition
The first chapter of this study presents the introduction, aims, research questions and definitions of concepts of this study. The second chapter gives information about earlier researches that are related to this study. This chapter is followed by the theoretical framework for the study and here, Maslow’s need hierarchy theory was presented. The fourth chapter is the methods. It gives in detail the methods used to carry out this study, generate and analyze information, the ethical aspects that were taken into consideration in this study, the trustworthiness of the study and the discussion of the methods. Chapter five presents the results and analysis of the study, and the themes that were identified. These analyses were presented in the light of hermeneutic perspective using qualitative content analysis. Maslow’s need hierarchy theory and earlier research was also used for the analysis. Finally, chapter six gives a concise concluding discussion about the study that has been carried out, connection of the study to international social work and gives recommendation for future research. Reference list, consent letter and interview guide was also presented under the references and appendixes sections.
2. PREVIOUS RESEARCH
This section of the thesis takes a look at previous writings and research works that have
been carried out on topics that are closely related to this thesis. Efforts have been made
to itemize them into different sub-headings in line with the methods and objectives of
this thesis, thereby giving it a good understanding. It may also be said that this previous
research are chosen because it is considered relevant to our studies and contributes to a
clearer understanding of our study.

2.1 Drugs and Addiction
There are both legal and illegal drugs. Also, there are different kinds of drugs. South
(1999) says that some drugs like cannabis could be seen as a soft drug while heroine
could be viewed as hard drug. It was also emphasized by South (1999) that, drug use is
more of a normal part of everyday life in our modern society. In 1996, it was allowed,
for example, to start to cultivate and use marijuana in California for medical reasons and
even doctors were also allowed to prescribe some of the illegal drugs for legitimate
medical reasons. However, drug addiction was said to be a major problem because it
affects the family, society and country. The Malaysian National Anti-Drug Agency
(NADA) (2011) indicates that there have been high increase in the number of
individuals that abuse drug from 2007 to 2011 in Malaysia. NADA (2011) states that
“as for drug abuse there has been a consistent increase of 150 percent from year 2007,
which was 26,763, to 72,369 in 2011” (Zamani et al, 2014, p.151).

Illegal drug is linked with brutality and other social problems that distresses and injure
families, communities and society. Substance abuse contributes to the spread of
sexually transmitted diseases like HIV and other diseases like hepatitis. Additionally,
McNeil and Guirguis-Younger (2011) indicates that, drug abusers are at risk of health
problems like malnutrition, brain damage and dental problem. Moreover, they are
exposed to the risk of sexual problems, physical violence and health challenges. The
health challenges of the drug abusers tends to aggravate and worsen with time because
of the fact that some of the addicts find it difficult to accept or hold fast to treatment.
The reasons for this could be the addicts’ low self-esteem and insecurity which makes
them to get the feeling that they are not welcome in the health care.
Another reason could be the feeling of being stigmatized by the society. Hence, in the long run, the addicts are at risk of dying young if they do not get treatment (McNeil and Guirguis-Younger, 2011).

West (2006) says that the addictive drugs have a direct effect on human being’s nervous system. A small proportion of addictive drug, for example, can take away a bad feeling in human beings and make them happy like cannabis and cocaine. At the same time, some of the addictive drugs can cause psychological adaptation in the sense that if the addicted does not get the drugs, their body may not function in the right way and the moods may change. This could lead to other problems like criminal behaviors. According to Parker et al (1995, as cited in South, 1999, p. 5) “it is non-acquaintance with drugs or drug users that has become the deviation from the norm”. It is important to note that it takes time before a person become an addict, and the time is said to vary from person to person. Lurigio (2000), argued that drug addicts will see the need to commit crimes in order to support themselves in the use of drugs, and the tendency to carry out other crimes is high. It may also be said that the prison is overcrowded by offenders and re-offenders that depend on drugs use. According to Tonry (1995, as cited in Warner and Kramer, 2009), it is suggested that the main target of treatment were drug offenders and they were considered as individuals that increase the prison population (West, 2006; South, 1999; Warner and Kramer, 2009).

2.2 Reasons for Addiction

There are many ways into addiction. According to South (1999), one reason why people use drugs could be that people want to escape from the boundaries of paramount reality to explore the mindscape. Schäfer (2011), argued that a painful and traumatic experience during childhoods in the family was considered to be contributing factors to addictive behavior in adulthood. Also, societal factor, for example, lack of social network by the individual may contribute to drug abuse. In addition, it can be said that the earlier stage of drug abuse is connected to personality and cognitive problems. The drug addicts’ are at risks of low self-esteem, shyness, negative perception, psychopathological issues, not having good relationship in the family, inability to control one's behavior when it comes to fulfilling desires and belonging to a dysfunctional family (South, 1999; Schäfer, 2011).
2.3 Treatments of drug addiction
The treatment of drug addiction is said to be important in preventing drug abuse and future criminal behaviors. The rehabilitative method of treatment that was considered as ideal come under criticism in the mid-1970s. According to Robert Martinson (1974, as cited in Warner and Kramer, 2009), he concluded that “nothing works” in his article on treatment effects, and this results to rehabilitation losing its relevance as an ideal principle of intervention. However, researchers have revived rehabilitation through challenging “nothing works” by proving that drug addicts’ treatment was effective in reducing drug use by the addicts and the crime that is associated with drug abuse (Cullen, 2005). Thus, there is need by the state policy makers to look for effective sentencing guidelines that will take care of sanctioning drug addicts’ offenders. According to World Health Organization (2015), policies which affect the extent and the patterns of drug abuse and its consequences can help to combat the health problems caused by drug abuse. Furthermore, interventions provided at the health care system level can help to restore the health of the addicts. In Malaysia, the National Anti-Drug Agency (NADA, 2011) considered drug rehabilitation process as vital docket for them and efforts are made in the treatment of drug addicts, and it is considered to be effective. Palmer (1978, as cited in Cullen, 2005, p.9) said “a cup half empty is also half full. That is, one should not overlook the fact that many programs have reduced recidivism and have provided personal assistance to a sizable portion of the offender population”. Hence, Cullen (2005) made emphasize on the implementation of programs that are in harmony with the principles of effective intervention and reviving rehabilitation. It may be said that the use of criminological concept in the treatment programs has been able to reduce drug abuse and recidivism, thus showing that drug addicts’ offenders are not beyond help (Warner and Kramer, 2009; Cullen, 2005).

Lurigio (2000) pointed to research evidence that shows drug abuse treatment as having impact on the addicts. For example, the treatment modality for drug abusers that is mostly studied is the therapeutic community (TC). Vigdal (1995, as cited in Lurigio, 2000, p.502) considers the TC treatment as an “intensive, long-term, self-help, highly structured residential program for chronic hard-core drug users that allows individuals to phase into independent living”. The treatment is said to be effective in reducing crime, illegal use of drugs and recidivism of offenders.
Anglin and Powers (1991) suggested some of the treatments that have impacted on narcotics addicts’ behaviors. The addicts are said to undergo many intervention conditions like legal supervision and drug testing, methadone alone, and both treatment simultaneously. Anglin and Powers (1991) also suggested that a combination of methadone maintenance treatment and legal supervision can be used to improve the psychological wellbeing and behaviors of narcotics addicts. The impact of methadone maintenance alone on improving the behaviors of the addicts is said to be the same as using both treatments simultaneously. However, methadone maintenance alone is considered to have significant impact on improving behavior, such as in employment when compared to legal supervision intervention condition alone. Zamani et al, (2014) argued that rehabilitations carried out in an institution had a successful impact on drug addicts’ resiliency and cognitive distortion (Anglin and Powers, 1991; Lurigio, 2000; Zamani et al, 2014).

2.4 Contributing Factors to Treatment Success
It is vital not to neglect the overall context that the addicts under treatment find himself or herself, and family is the most important agent of them all. The family is considered as an agent of socialization in the societies and has served as means of support and change during drug addicts’ treatment. Zamani et al, (2014) suggest that the family has a vital part in the psychological and physical development of a person under treatment. Studies on rehabilitation and reintegration of drug addicts indicate that family and marriage play a positive role in helping the addicts to become free. However, it can also be argued that families may be having a negative impact on the process of treatment of drug addicts. This negative impact is experienced when the addict’s mate find it difficult to trust them. Also negative impact is evident among addicts that reunite with their married and unmarried mate in the aspect of support mechanisms and role expectations. Irrespective of how bleak the situation of treatment might be, the family is considered to be a vital element in the treatment process of addicts. Fisher (2003, as cited in Zamani et al, 2014), argued that family influence has an impact on the drug addicts and that the main important predictors of development results are the area of family functioning, such as in areas of family struggle and cohesion and communication. It also suggests that there is a significant correlation between family adaptability, resilience and family
cohesion as a measurement for family functioning. The treatment should focus on stabilizing the addicts’ families by giving them social support on how to deal with the recovered drug addict as a member of the family. This is seen in the case when one of the parents involved in drug addiction which caused discord in family control, and may cause other member(s) of the family to engage in crimes (Gideon, 2007; Zamani et al, 2014).

Research conducted on rehabilitation and treatment shows that less attention are paid on psychological problems of the drug abuser that are on treatment. Zamani et al, (2014) suggest that effective intervention strategy should be one that influences the family to strengthen the cognitive and resilience qualities of a person. Successful treatment on drug addiction requires proper focus on good mental health care for those individuals undergoing it. The intervention program and strategies for rehabilitation should examine mental health issues of an individual in relation to cognitive distortion, resilience and family function. Hence, research indicates that an individual with a positively functioning family will show higher level of resilience and low level of cognitive distortion, while individuals with low cognitive distortion has low level of resilience. Furthermore, South (1999) emphasizes that some people are resilient and able to cope without being involved in illegal drugs despite having problems due to changes in social organization and unemployment problem. He also added that the drug abusers are usually those with weak social organization and that the most important cause of weak social organization is joblessness. One way to solve this problem, in the author's opinion, could be through the creation of more jobs especially in the vulnerable areas (Zamani et al, 2014; South, 1999).

2.5 Narcotic anonymous 12-Step Program
The narcotic anonymous (NA) 12-step program is based on the 12 steps from Alcoholic Anonymous. NA members work with themselves with the NA 12-step program. According to Narcotic Anonymous World Services (2015), the first step of the 12-step program states that addicts have to acknowledge that he is powerless and that his life is unmanageable. The second step talks about the fact that the addict has to believe in a greater power that can help and restore them to sanity. After this is the third step which emphasizes on the power of making decisions by the addict. This in a way will enable
the addicts to turn their lives and will to the care of God. The fourth step says that the addicts have to strive to make search and fearless inventory of themselves. In the fifth step, the addicts have to be honest to themselves and to other people. This helps them to confess the bad things they have done and not to engage in bad acts again. Next is the sixth step which makes emphasizes on the willingness and readiness of the addicts to allow God to take away all the defects of their character and behavior. Seventh step says that, the addicts have to ask the higher power to take away their shortcomings. The eight step entails making a list of all the people the addicts had harmed and the addicts’ willingness to make amends to them all. Next step talks about contact with all the people the addicts had hurt physically, socially, financially and psychologically. Tenth step emphasizes the importance of watching and looking into themselves, and even admit it when they make mistakes or do bad things, and to make corrections. The eleventh step talks about the power of prayer and meditation. A moment of silence to think about what happened during the day and make a plan for the next day and ask for the power of God to carry out the good things they have planned for everyday of their life. The last step emphasizes the importance for the addicts that have been free from illegal drugs to carry the message of the process of working with oneself through the NA 12-step program to the other addicts so that they can be free from illegal drug use.

Furthermore, Sussman and Ames (2008) says that the NA members speak openly about their problems and the successes they have achieved. They also work together to develop problem solving skills and make friendship with one another. They give each other hope and comfort one another that they are not alone in their problem. This helps to impact on their feelings and reduce their anxiety. Also, the NA members acknowledge that the higher power will help them in their daily life and in their recovery from drug addiction.

According to White et al. (2011), it can be said that Narcotic Anonymous has not received any substantial attention from academics and professionals when compared, for example, with its longevity as an addiction recovery mutual aid and its number of memberships. There has not been academic history published as regards to NA comparable to Alcoholic Anonymous where thousands of professionals’ journals has emerged. The comparable studies which actually focus on NA is very little and does not
show a rigor evaluation of the effects of NA participation on outcomes of long term recovery (White et al., 2011). In addition, Narcotic Anonymous World Services (2015) says that because the program is anonymous, it is difficult to get statistics that shows the effect of NA 12-step treatment. But it has had a great positive impact of recovery in the lives of the members that goes to NA meetings regularly. Thus, it can be argued that the increase in the members of the 12-step programs and inclusion of 12-step principle in treatment programs are evidence of its popularity instead of its effectiveness (Fiorentine, 1999; Fiorentine and Hillhouse, 2003).
3. THEORETICAL FRAMEWORK
Maslow’s need hierarchy theory will be used as a theoretical framework in this thesis because it is considered to be relevant in the issue that have to do with drug addicts which is viewed as one of the social problem in the society. Maslow’s need hierarchy theory was introduced in 1943 and it is one of the theories of motivation that is based on individual’s needs. This theory, as shown in the figure below, aligns human needs in order of lower to higher order.

![Maslow's Hierarchy of Need](image)

Figure showing Maslow’s Hierarchy of Need

Human needs are outlined in order of physiological need, safety need, belongingness and love need, esteem need and self-actualization need. However, physiological need and safety need may be seen as basic human need. It suggests that once a particular need is met or satisfied, it cannot be said to motivate an individual.
The theory gives insight on five stages of vital human needs, how certain behavior are motivated and thereby resulting to an individual having a successful existence (Parrish, 2010; Stoll and Ha-Brookshire, 2011).

Maslow (1970, as cited in Stoll and Ha-Brookshire, 2011) suggest that the most fundamental needs in the hierarchy is physiological needs, and elucidated that an individual that lack food, safety, love and esteem could have stronger need for food than any other needs. The need for safety includes economic security and physical safety. This also includes dependency, order, structure, law, limit and stability which are considered as of less importance than physical needs. The potent need for belonging, love and affection is viewed as the next in the order of hierarchy. As Maslow (1943) states, “Love needs involve both giving and receiving love” (as cited in Stoll and Ha-Brookshire, 2011, p. 152). This implies that having a sense of place for family, groups and friends, and the need for lovesome relationships become the immediate concern in this order. Esteem needs is one that involve the self and the individual’s long for strength, respect, attention, status, importance and recognition. Esteem need can be considered as being more social because the individual long for achievement and confidence. The self-actualization need is described as the highest likely stage any human could experience and it is the ultimate need. According to Tuzzolino and Armandi (1981, as cited in Stoll and Ha-Brookshire, 2011), it suggests that researchers used Maslow’s hierarchy as a frame. However, in this study, it may be argued that Maslow’s need hierarchy theory of behavior will give insight on understanding the addicts and what motivates them to change their behavior and achieve success in their treatment (Parrish, 2010; Stoll and Ha-Brookshire, 2011).
4. METHOD
Qualitative method is used for this thesis. This method is very much appropriate for a study that has to do with collection of narrative stories of individual lives. Some of the advantages of qualitative method is that it provides deep understanding and description of people's personal experiences. Another advantage is that it is flexible. The researcher can modify the research design as new information emerge. Some of the disadvantages is that it is very difficult to make quantitative prediction. Further it is expensive and labor intensive. Lastly the knowledge from qualitative method might not be generalize to other people or setting because the findings is only unique and talk for the participants in a research study (Kvale and Brinkmann, 2009).

4.1 Selection of Literature
The literature for this study was collected from the database Discovery that is available in the University of Gävle, google scholars, SAGE journals, articles and books. The search on the Discovery database resulted in many hit which ranged between 30 and 1000. We decided to choose mostly peer reviewed and academic journals that are relevant to our study. We searched some of these articles by entering words in the search box like drug addictions and treatment, treatment on drug addiction, 12-step treatment program, drugs, drug abuse, motivation, narcotic anonymous.

4.2 Sampling
In order to get in contact with the interviewees, a meeting was arranged with one of the former chairmen for narcotic anonymous in the whole Sweden who introduced us to different addicts that have been free from drug use for a long period of time without relapse. This gave us the privilege to attend the narcotic anonymous (NA) meetings to see what the addicts do in the NA meetings and also to inform the addicts about the thesis study. We informed the addicts about what we are doing, why we are doing the thesis, what the investigation is all about and what the information generated will be used for. Therefore, we used this opportunity to inform a good number of the addicts that we would like to have an interview with them and made it known to them that their participation is voluntary, their names will be made anonymous and that the information will only be used for the purpose of our thesis. In addition, they were informed that the thesis will be published in DIVA and that they have the right to have access to the thesis.
work after it has been published (Kvale and Brinkmann, 2009). Besides, it was made known to them that they have the right to withdraw from further participation in the interview process if they feel uncomfortable with the questions. The letter of information for participation in the interview was given to all the interviewees before the interview was carried out (see appendix I).

This meeting with the addicts and the information given to them regarding the thesis study resulted in thirteen addicts who showed their interest to participate in the interview for this thesis study. However, despite the fact that thirteen persons indicated their interest to participate in the interviews, on the days agreed for the interview only eight of them were present and were interviewed. It took four days to carry out the interview and on the first occasion, four people were present at the NA meeting place and they were interviewed. The rest four were interviewed at three different occasions. We did not collect information about the background of the interviewees because it was thought as not relevant to the issue and the purpose of the study, and also because of the necessity as regards anonymity of the respondents.

All the eight male addicts that participated in the interview were selected due to the fact that they happened to be among addicts that fall within the ages of 45-60 years that have been free in 10 years without relapse. They were all selected in that they are considered as individuals with experience and are willing to express and share their experiences.

The sampling method used is judgmental sampling since it helped us to decide and choose whom to participate in the research. With judgmental sampling it is believed by researcher that some subject fit better for a research study when compared to other individuals in a setting. Thus, considering the purpose of the research and the nature of our research aim, this sample method enabled us to choose those individuals that can express and describe their situation very well. Hence, this sampling method helped in strengthening the choice of the participants that have acquired experiences and overcame shyness of expressing themselves. Some of the disadvantages of judgmental sampling is that it is erratic. Further it can be bias because of the fact that randomization is not use to obtain the sample for research study (Rubin and Babbie, 2011).
4.3 Interview Implementation and Data Collection

Before we started the interview, we asked the interviewees if they have read and understood the information on the consent letter (see appendix I) and if they had any questions. Thereafter, their consent for the interview was solicited. For the data to be properly captured, the strategy used is that one of us asked the questions and listen carefully while the other person took note of the interviewees’ responses. At the same time, we went through the questions one more time with the interviewees in which two of us took note. Then the third time we read out and gave a summary of what the respondent have said. The reason why we did this is because only one interviewee felt comfortable with the recording of the interview. This strategy thus enabled us to detect if we have exactly taken note of their answers to the different questions, and the time spent on individual interviewee enable us to write down word for word what they said regarding the questions asked. Thus, we were able to take appropriate note of their responses (Kvale and Brinkmann, 2009).

In carrying out the interviews, we used semi-structured interview which is based on interview guide that is made up of six open ended questions to generate information (Primary data) from the respondents (see appendix II). The questions helped to critically find out what, why and how regarding the research issue. This method is very much appropriate for our thesis because the interviewees were able to describe their drug abuse issues using their own words. In addition, the respondents were able to express in details and in depth about the impact of their treatments, factors that have made them to be free from drug use and the strategies they used to prevent going back to drug use. Besides, it gave us the opportunity to be able to probe further and get a deep understanding of the respondents’ situations. It also gave us the opportunity to gain understanding of how each individual interviewee was impacted by the treatment received. Some of the disadvantages of semi-structure interview is that it could be time consuming and it may be difficult for the researcher to detect if the respondent is actually saying the truth or not (Kvale and Brinkmann, 2009).
The interviewees have been on different treatments. They were interviewed individually at different times for 45 minutes. Four of the respondents were more comfortable to be interviewed in their homes while the remaining four respondents were interviewed at a place in the middle of Sweden where they hold narcotic anonymous meetings.

### 4.4 Method of Analysis

All the information that was generated was read several times. After which the results will be analyzed using qualitative content analysis in a hermeneutic perspective. This implies that the utterances provided by the respondents will be transcribed in writing, interpretation made to them and meanings made with respect to respondents’ utterances. In addition, consideration was made of the different elements in the respondents’ utterances and this helped in arriving at an interpretation that best fits the various parts of the respondents’ responses to the different open ended questions that was used as guide during the interview process. After each interview the interviewers sat together to check the information gotten from the respondents and compare both notes that were taken, and later transcribed all the generated information in text. Furthermore, the results were analyzed in line with the earlier research and motivational theory. Themes were achieved by thoroughly reading line by line of what the interviewees said. During the reading, we were able to find out similarities in what they said and were able to form codes or categories and sub-themes on areas they have been impacted on by the treatment, and from these we were able to find our themes (Silverman, 2001).

Table 1 below gives insight concerning how to arrive at codes, sub-themes and theme from a qualitative content analysis perspective. Through repeated readings of our transcribed generated data and putting meanings to what the respondents said, the meaning units were derived from these phrases in the interview. However, meanings were put to these phrases in meaning unit that later transformed to the condensed meaning unit. Then the condensed meaning unit was given a code or name. Thus, these codes were compared and it was considered that they could be organized in different sub-themes. Finally, these sub-themes were organized to theme. According to Polit and Hungler (1999, as cited in Graneheim and Lundman, 2004, p.107) theme is described “as a recurring regularity developed within categories or cutting across categories”.

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In this study, the ideology of having a theme is to help us to have several meanings to what the interviews are narrating and this will help us to link the underlying meanings in categories. Hence, these phrases or words were coded and categorized before the themes were found. Doing this helped us to present the themes in a unified manner. At the same time, it made it easier for us to put these information structurally which will make it easier for us and, hopefully, the readers to understand.

| Table 1. Examples of meaning units, condensed meaning units, codes, sub-themes and theme |
|-----------------------------------------------|-----------------------------------------------|
| Meaning unit                                   | Condensed meaning unit                        | Code                                | Sub-theme                          | Theme                                |
| When I took serotine emotion my feeling was not so up and down especially, I was not so much depressed as I have heard from some of my friends when they stop to use illegal drug | Reduced depression and not having up and down emotion and feeling of stress reduced | Reduced anxiety and depression Stable emotion Reduced stress | Reduce depression | Improved psychological health |
| The treatment was able to impact positively on my mental health | Positive impact on mental health | Improved mental health | | |
| As you can see, the treatment affected me psychologically, that is my way of thinking and doing things | Affected them psychologically, and their way of thinking and behavior | Improved thinking and behavior | Improved cognitive ability | |

Content analysis is an acceptable method in textual investigation. However, the qualitative content analysis gives insight on the objectives of the content of a text. According to Haines-Saah et al (2015, p.62) it says that qualitative content analysis involves “a reflexive movement between concept development, sampling, data coding, data analysis, and interpretation” Hence the purpose of using qualitative content analysis is to help us to be analytic and systematic in our study.
4.5 Ethical Consideration
Ethical considerations are very vital in a research study. All the ethical advices mentioned in Kvale and Brinkmann (2015) have been taken into consideration throughout the whole process of this study. Additionally, in order for us to protect the interviewees’ interest and right in this study, we also abided to the ethical principles and guidelines in accordance to Vetenskapsrådet (2002) [Swedish Research Council]. Their consent was considered when it has to do with recording of the interview and only one interviewee gave his consent for the recording of the interview. The participants chose the setting of where their interview is to take place by themselves to ensure that we respect and protect their privacy, safety and convenience. This is because of the fact that qualitative study sometimes may involve private and sensitive information (Kvale and Brinkmann, 2015). However, anonymity and confidentiality was upheld in this research to protect participants since they told us their secrets and experiences. Hence, the interviewees that participated in the research were made anonymous and their confidentiality were respected. This anonymity was carried out by separating the data collected from the persons that supplied it, and this helps the participant not to be traced with the information supplied. For example, referencing to the respondents with alphabet such as ‘respondent A and respondent B’ so that they are not made visible.

4.6. Trustworthiness of the study
Our pre-understanding of the study issue was general. We did not suggest any answers to our interviewees during the process of the interview. We allowed them to express and describe their experiences as regards the study issue. This made us to get surprising answers that were not expected from the respondents. Thus, each of us went home with the copy of the generated information and analyzed it individually and come up with our written result and analysis. We later compared them and could come up with one agreed result and analysis. This we did by several discussions, and plus and minus of ideas before we could reach a conclusion.
4.6.1 Validity
The meaning of validity is broad. For example, Grinnell (2001) says that validity means the extent to which a certain instrument measures what it is actually expected to measure. This kind of validity can be referred to as construct validity. Validity can also mean that the researcher examine what they actually claim to explore or find out in a research study (Esaiasson et al., 2007). In this study the authors think the validity is high because the authors have studied what they claim they intend to study. Validation has been carried out continuously throughout the entire process of this research study. This was done by continuously going back to the aim of the study and the research questions. Additionally, we did not give the respondents the interview questions before the day we conducted the interview. This helped to ensure that the respondents do not have the opportunity to discuss the questions beforehand with their friends and families. This enabled us to get answers that were as spontaneous and honest as possible from the interviewees. Furthermore, we interviewed with the help of open ended questions. This enabled the respondents to describe their situations and the impact of the treatments on them. Lastly, the answers to the aim and the research questions shows consistency throughout the work. The authors think all of these enhanced validity in this study. (Kvale and Brinkmann, 2009).
Therefore, considering validity in this study have enabled us to ensure that we measured what we intended to measure and to check how good we measured what we purported to measure. Hence, content validity is vital in this research because it helped in showing different skills that check many factors that impact on the individual (Frankfort - Nachmias and Nachmias, 2008).

4.6.2 Reliability
Reliability has to do with how consistent and stable our findings are. To ensure reliability, analyst triangulation was carried out in this study. Each of us carried out independent note taking and analysis, and later compared what our findings are, and then we drew conclusion on the final findings. This enabled us to view the generated information from our interviewees from different perspectives.
The interviewees were asked the same questions in different ways to help check the consistency of the information they supplied to us and the data generated (Rubin and Babbie, 2011).

4.6.3 Generalizability
The result from the study we have carried out did not speak for all the male addicts in Sweden that have been free from drug use in 10 years without relapse. Thus the findings in this study will not be generalizable and it is very difficult to make quantitative prediction (Kvale and Brinkmann, 2009). However, we have been able to get a deeper understanding of the impact of treatment on the addicts from the interviewees. And we think the readers of this thesis will also get a deeper insight on the issue that is being studied.

4.6.4 Discussion of methods
The advantages one can see in this study is that both the authors of this thesis have the same interest to research on the issue that has been studied. Furthermore, both of us have the general knowledge and also know the persons to contact to be able to get access to the people we have interviewed. Additionally, choosing to carry out the study on a limited number of participants gave us the opportunity to meet all the participants personally and to carry out a face to face interview. Further the sampling process lead to the success of this study. The participants are matured people, have experience and they have been free from narcotic drugs for a long period of time without relapse. One disadvantage that could be seen in this study is that thirteen persons indicated their interest to participate in the interviews but on the day agreed for the interview, only eight of them were present and were interviewed. This could be viewed in a way as a critique, but this is out of our control, because the people we studied in this thesis are very sensitive. Moreover, it did not affect the quality of the research we have carried out. Another disadvantage that one could see in this study is that there were some language limitations since Swedish is not our first language even though we speak and write in Swedish. This could be seen as a disadvantage when translating from the interviews which was in Swedish language to English language. But the advantage is that this thesis study is carried out by two people. We also got language help through a former chairman of NA in Sweden who is a Swedish and also speaks English.
5. RESULTS AND ANALYSIS
Through our analysis we found that the impact of treatment is about finding ways to gain control over addiction by improving psychological health, changes in identity and social situation. These main themes thus became the background of these three themes; improved psychological health, improved changes in identity and improved social situation (see table 2). However, these themes are presented and discussed one by one.

<table>
<thead>
<tr>
<th>Main theme</th>
<th>Themes</th>
<th>Subthemes</th>
<th>Examples of codes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finding ways to gain control over addiction by improving psychological health, changes in identity and social situation.</td>
<td>Improved psychological health</td>
<td>Improved cognitive ability</td>
<td>Improved thinking and behavior</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reduced depression</td>
<td>Reduce anxiety and depression</td>
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<td>Improved mental health</td>
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<td>Stable emotion</td>
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<td>Reduced stress</td>
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<td></td>
<td>Improved identity</td>
<td>Promote changes in behavior</td>
<td>Learn how to keep rules and norms</td>
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<td>Gaining control of behavior</td>
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<td>Reduced aggression</td>
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<td></td>
<td>Improved social situation</td>
<td>Improved self-confidence</td>
<td>Trusting in one’s self</td>
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<td>Being bold and realization of self</td>
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<td>Improved Self-esteem</td>
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<td>Gaining loved one’s acceptance</td>
<td>Importance of family</td>
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<td>Caring for family</td>
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<td>Making good friends</td>
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<td>Having a home</td>
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<td>Bettering life with employment</td>
<td>Getting employment</td>
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<td></td>
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<td></td>
<td>Acquiring education</td>
</tr>
</tbody>
</table>

Table 2. Main theme, themes, subthemes, and examples of code.
5.1 Improved Psychological Health
During the categorization of the interviewees’ narrations, ‘improved psychological health’ was one of the themes found in the study, and it reflected on the first question of our thesis work. The participants of this study said that they have a lot of feelings of depression and anxiety before their drug abuse treatment. But they experienced improvement in their psychological health as a result of the treatment they have undergone. The following quotation from respondent C is an example of that:

“One thing I notice when I took serotonin medicine prescribed by the doctor was that my emotion and feeling was not so up and down, especially I was not so much depressed as I have heard from some of my friends when they stopped to use illegal drugs, my mental health improved....”

The quotation above indicates that treatment by serotonin is one way to get improved psychological health. But there are also other treatments that have such effects. For example, in this study, the participants also said that the 12-step program have helped to improve their psychological health. They gained the ability to be able to sort out things in their life and this helped to reduce their worries and anxiety. Besides, they gained the ability to gain control over their feelings and desires for drug. The following quotation from respondent G is an example of that:

“The 12-step program treatment helped me to sort things out in my life. This helped my worries and anxiety to reduce, and I even felt less depressed. I gained the power that I needed to overcome my problems. The 12-step program helped me to gain control over my feelings and desire for drug....”

Apparently, the above quotation indicates that the 12-step program helped the addicts to have improvement in their anxiety and depression, and they could have control over their drug addiction problems. When it has to do with improved cognitive ability, they said that the treatments they have undergone helped them to have increased concentration and that it helped them to start taking some responsibilities like studying. Their excessive thinking which could not allow them to learn, focus, sleep, have goals and reach some goals like any other person improved. The treatment impacted on their cognitive ability, thus making it possible for them to restrain their use of drugs.
The following quotation from respondent D is an example of that:

“CBT treatment feels good because I was able to overcome difficulties of stopping to use drugs, I am able to overcome bad thinking and bad behavior, I could sleep well, I could concentrate more and this led to my going back to school to study nursing assistant and today, I work as a nursing assistant. My anxiety also reduced as a result of cognitive behavior therapy….”

The quotation above indicates that cognitive behavior therapy (CBT) is one way to get improved cognitive ability. It also shows that CBT helped them to develop skills to take challenges and responsibility to do better things in life like studying. Moreover, in this study, there are other treatments that have effect on cognitive ability. The respondents said that they have experienced improvement in their cognitive ability when they had undergone environmental therapy. Emotionally, they considered themselves as balanced and stable without having switch moods with the help of the treatment. All of the treatment is said to have impacted on them in that their anger which is visible in things they do not desire reduced and that have contributed to the success of their becoming free from drug abuse and gaining their lives back. The following quotation from Respondent H is an example of that:

“I was affected by the treatment because it worked for me. I was able to remain free from drugs. The treatment was able to impact positively on my mental health. My mood and emotion became stable and I become less angry, happier and I gained my life back….”

The above statement indicates that the drug abuse treatment have helped them to be happy people. This, in the long run had effect on their psychological health and they could become free from their addiction problems. Thus, as regards depression, the interviewees said that the treatment made them to feel stronger in their body and mind and even were able to do things they have not done before like taking part in dancing school, which made them feel more happy and hopeful. Regarding to improved psychological health, it is evident that the participants of this study have undergone one or a combination of the drug abuse treatments, and
this helped in reducing their anxiety and depression, improved their mental health and cognitive ability.

5.1.1 Discussion
Considering the answers provided by the respondents, it is evident that the drug addiction treatment have impacted positively on the addicts and can be used to improve the psychological wellbeing and behaviors of the addicts. Furthermore, the World Health Organization (2015) states that, interventions provided at the health care system level can help to restore the health of the addicts. Also, the National Institute on Drug Abuse (2012) says that medications such as serotonin, methadone and buprenorphine could be used to treat addicts. However, the medications have effects on the brain system of the addicts to function better. Additionally, the previous research that was done by Sussman and Ames (2008) highlighted that the NA members work with the 12-step program which helps them to develop problem solving skills and to encourage one another. This helps to impact on their feelings and to reduce their anxiety. However, it can be said that medication and NA 12-step program was able to impact on the mental health and psychological problem of the respondents, and that this have contributed to their success of being free from drug use. Moreover, it could be said from the findings in this study that it is evident that different kinds of treatment received by these interviewees were able to impact and improve their psychological health and also on their behavior. They were able to have a meaning in their lives and handle stress without considering drugs as an option. However, all of them agreed that the treatments helped them with anxiety and depression.

It may be argued that gaining back one’s psychological health may become a need for the addicts to function well in the society. Thus, an addict’s bad mental health is an effect of the drug abuse and will, therefore, be motivated to undergo drug addiction treatment which could be considered as a need. Parrish (2010), suggests that motivational theory is one of the theories used to understand and change behavior. So, it may be said from the addicts’ perspective that anxiety and depression which contribute to switch in emotion and low cognition will motivate them to take treatment that address their psychological health. When an addict considers the stigmatization that is connected to an individual with mental health issue, he will be motivated to accept treatment that will help him or her to gain back good mental health and come back to
the society. An addict will also be motivated to take the treatment that will impact on his or her psychological health since such treatment will affect positively on the addict’s cognition and help him or her to get control over his or her addictive behavior. Furthermore, the need to gain control of one's behavior and change one’s addictive behavior may be considered as important motivation which helps the individual to take control of his or her life and become a responsible individual.

5.2 Improved Changes in Identity
In the interviewees’ narrations, ‘improved changes in identity’ was categorized as a theme and it reflects on the first question of this study. All the respondents described how their identities have changed as a result of the treatment which they had undergone. All the interviewees said that the treatment have helped them to deal with shyness, they were able to get their self-esteem back, they get a new image, they were able to live their life according to the acceptable rules and norms in the society, how they see, interpret and understand things about themselves and the society have changed and they learned how to behave in the society without using drugs. The following quotation from respondent H is an example of that:

“The treatment helps me to address my shyness, stigma and I got my self-esteem back. I was able to gain my identity. I could also get control of my problem without taking drugs, I survived and I did not die....”

It is evident that all of these have led to improved changes in the interviewees’ identity and also helped them to gain a new positive identity in the society. Moreover, all the participants in this study said that NA 12-step program is one way to get improved changes in identity. The following quotation from Respondent F is an example on that:

“I learned how to behave in the society without using drugs, I am able to understand how much I have harmed myself, my families, friends and the society. These helped me to change my bad behavior and my identity and also a change in the society....”

It may be suggested from the quotation above that the NA 12-step program have helped the participants of this study to get improved changes in their identity.

As regards changes in behavior, the interviewees said that it was difficult in the beginning to treat other people in a good way because they had a lot of aggression behavior.
The Impact of Treatment on Addicts: An Explorative Study  Sol Kjärman and Joy Uche

However, the treatment reduced their aggression and promoted changes in their behavior. They said that before the drug abuse treatment, they had the habit of manipulating other people and that they lie a lot but the treatment makes them to understand that this behavior is a bad way to treat other people and oneself. Additionally, they said that during the treatment, they understood how wrong it is to involve in criminality like stealing and using violence on other people. The interviewees said that the treatment helped them to keep rules and follow norms like any other person. These helped them to get control of themselves and thereby bring about changes in their behavior. The following quotation from Respondent E is an example of that:

“I learned how to have control over my life. Drugs does not control my life again. Another impact is that I am now able to live my life according to the acceptable rules and norms in the society. I have a new and positive identity in the society. How I see, interpret and understand things about myself and the society have changed....”

Evidently, from the quotation above and what all the participants said as regards the second theme, it indicates in this study that treatment is one way to improve the addicts’ image, bad feelings and bad behavior. Moreover, it shows that treatment is a way to gain the ability to be honest and stop involving in destructive behaviors. Lastly, it indicates that treatment is a way to gain control and ability to live up to the society’s norms and expectations. All of these results in improved changes in the identity of the participants of this study. With respect to self-confidence, the interviewees said that during their treatment, the other people in the treatment started to listen and believe in what they say, and this makes them to gain self-confidence. Furthermore, some of the interviewees said that when they started to study and learn, they started to gain self-esteem and believed in themselves. They also gained self-worth and felt valued in the society. In fact, they said that they were afraid of people they do not know but that the treatment helps them not to be fearful anymore. Instead, they became confident of themselves because they now have a good picture of themselves. Moreover, the interviewees said that with the help of the treatment, they began to find out good things about themselves which resulted in their being bold and trusting in themselves, and that helped them to work with things that they were not good at. The following quotation from respondent F is an example on that:
"The treatment helped me to get my life back. I started to believe and trust in myself when I started to study. I am no longer afraid as my image have changed in the society and I gained my self-confidence."

5.2.1 Discussion
From the findings of this research, it is evident that some of these addicts lost their self-esteem and confidence before they proceeded with the treatment. However, the treatment impacted on them in that they are able to find ways to secure their identity. This is in line with what Schäfer (2011) says in the previous research that drug addicts have low self-esteem, are shy and are being stigmatized. Also, this is in line with what McNeil and Guirguis-Younger (2011) says in the previous research of this study that the addicts’ have low self-esteem and feelings of insecurity which makes them to get the feeling that they are not welcomed in the health care. Therefore, treatment is the remedy for their survival, and that will bring about change of their identity. Moreover, National Institute on Drug Abuse (2012) states that the cognitive therapy which is a form of behavioral therapy is able to help the addicts to change their identity, their drug abuse behavior and assist them to have more secure ability. It was emphasized that the 12-step program have the capacity of impacting on the identity of the addicts. In line with the interviewee’s responses, there is a positive impact on the recovery of those who attend NA meetings regularly. Besides, the 12-step treatment help the addicts to understand how bad they have behaved while in the influence of drugs and that motivated them to change their way of life.

According to Maslow hierarchy of need, esteem needs involves feeling of approval and accomplishment. Additionally, esteem needs involve the self and the individual’s long for strength, respect, attention, status, importance and recognition (Stoll and Ha-Brookshire, 2011). The interviewees did not meet this need when they were on drug use. Thus, some of the interviewees said that the drug addiction treatment helped them to believe in themselves and to get a better identity in the society. Therefore, treatment is being considered as one that have given them the strength they needed to change their dangerous lifestyle and remain free from drug addiction. Thus, it may be suggested that the treatments helped them to realize that they have the resource to change their identity and their way of life.
Also, it can be said that the need for an addict to gain his or her self-esteem could motivate an individual to take drug addiction treatment and thereby bring about a change in behavior. An addict is said not to be proud of himself due to inability to take control over his or her drug abuse behavior and that could result to shyness, not having self-confidence and loss of identity. However, when gaining identity becomes a need and it is considered by the addicts as important, then it may be said to motivate him or her and result to success in the treatment. Consequently, gaining back self-esteem and confidence will help an addict to make use of the resources he or she has. This will help in liberating a drug addict from bad behavior and help them to find new ways in their life that they are proud of and bring about positive changes in behavior (Stoll and Ha-Brookshire, 2011).

5.3 Improved Social Situation
At the point of categorization, improved social situation was among the themes found in this study and that reflects both on the first and the second question of this thesis. All the respondents spoke about their experience of the impact of treatment and the factors that is helping them to remain free. They all said that they found love, they have a home and care for their family, they have good friends that do not use drug, they got job, and they get support from their family. The following quotation from respondent B is an example of that:

“Factors that have helped me to remain drug free is that I have a new life, got the opportunity to study and I became a florist, I have a job, got accommodation, I have driving license, partner, being part of NA meetings and rendering helpful services have helped me to remain free. In the NA meeting, I get my friends that have recovered and free from drug use and I'm living my dream....”

The respondents said that they have been impacted by the treatment they undergone in that they were able to gain the approval of loved ones like their families and friends back with the help of the treatment. Additionally, the quotation above indicates that treatment helped the respondents in this study to have good relationship. Also, the answers provided by the respondents indicate that the interviewees did not have good social network before the treatment but the treatment helped them to gain good social
network and maintain it. From our findings, the family which is the primary socialization was in bad situation and at the point of collapse. The following quotation from respondent A is an example of that:

“.... My wife said that she will move away with the children if I don’t stop to take drugs. But I do not want to lose my wife and my children. So, I underwent through treatment and was able to get a good relationship with my family and keep them....”

The quotation above indicate that the family life was in difficult situation socially and the proper training of children in such a home was jeopardized. Hence, the interviewees said that the treatment have impacted on them in that they were able to get their own families and maintain them after the treatment. It may also be suggested that the family is viewed as positive in the addict’s treatment in that they see the need to have them back. This results in the success of the treatment, and it is one of the factors that helped the addicts to remain free from drugs.

The addicts said that their working life was negatively affected due to too much focus on drugs and this affected the quality of their life because they could not maintain a job. They said that environmental therapy help them to learn routine and procedures on how to carry out important work like cleaning the house and taking care of animals. Additionally, they said that they gained the ability to start to remember what they have learned and even to gain interest on what happens in the society like politics and sports. The quotation from Respondent B is an example of that:

“The impact of environmental therapy was that I learned and gained knowledge about procedures, routine and how it works in weekdays, cleaning of the house, cooking, washing dishes and taking care of the animals. I learned to take part in social activities....”

The quotation above shows that the environmental therapy has the capability of helping the addict to learn, socialize, integrate, deal with their drug abuse and improve their social situation. In addition to that, the quotations above indicates that the environmental therapy helped the interviewees of this study to take challenges and to do different works. Thus, they said that the treatment impacted on their life in that they were able to get employment and better their life economically. The respondents said that after the treatment they were able to get employment, and that help them to have
quality life like owning their own house. The following quotation from Respondent G is an example of that:

“The treatment helps me to see that I have all it takes to make changes in my way of thinking and I am able to get a job and have my family and these has helped me to remain drug free...”

From the above statement, it is considered that the addicts’ social life was improved since they gained employment, driving license and education because of drug abuse treatment. Furthermore, all the interviewees said that having a home and partner have contributed to their remaining free from drugs. Consequently, the findings shows that the addicts that have been interviewed have a quality life, their social situation improved and they are seen as responsible people in the society.

5.3.1 Discussion
The response from the respondents indicates that the interviewees have been impacted by treatment. This is considered as in line with what Zamani et al, (2014) says in the previous research of this study that family is very important for the addicts under treatment and even for those that have been free from drug use. The family serves as a means of support and change in the life of the addicts. However, it may be argued that life is said to have value when an individual understands the need of love and belonging, and then, it is considered to be the most dominant source of motivation. This is evident in the cases of barriers to relationships, isolation and abandonment that are experienced by the addicts. For example, when the addicts experienced all this forms of hindrances from their family and close friends, they may be motivated to make change in their behavior in order to gain their loved ones’ acceptance. From the research, these former addicts considered family as vital factor that have motivated them to achieve success in their treatment and stay free from drug, and their social situation became better. Since needs are prioritized, it can also be suggested that the need to survive and live a normal live like any other person is seen as important to the addicts, and that could motivate them to change their behavior and help them to remain free from drug (Parrish, 2010; Stoll and Ha-Brookshire, 2011).

According to Maslow’s hierarchy need, all people have to satisfy the need for affection and closeness to family. Some of the interviewees did not meet this need when they
indulged in drugs abuses. This posed the risk of feeling lonely and search for meaningful relationship with other addicts in the society. On the different treatments and NA meetings that the respondents have undergone, they were able to build up a new positive social network and were able to satisfy the needs of love and fellowship. Some of the respondents that did not previously have any education got it, have jobs, accommodation, food and gained control of their lives. All of these resulted from the impact of treatment on the interviewees. So, this suggests that the respondents security and survival needs were satisfied, they feel valued and their need of appreciation and self-actualization were met (Parrish, 2010).
6. CONCLUDING DISCUSSION

In conclusion, it can be said that drugs addiction treatment had impact on the interviewees of this study. They are able to remain free and gain control over drug abuse. From the addicts’ narrations, it was understood that their psychological health, identity, and social situation have been impacted on positively by treatment and this was evident from the improvement they experienced in these areas. Hence, the interviewees emphasized that they gained job, education and driving license because of the drug abuse treatment. Furthermore, the addicts emphasized that having a partner and regular attendance of NA meeting have help them to remain free from drug use in 10 years without relapse. The family was also considered as a positive influence. When it comes to treatment, having a partner and stable family are contributing factors to remaining free from drug addiction in 10 years.

The authors of this study acknowledge the fact that some of these addicts have the ability and resources it takes to remain free from drug use and become responsible people in the society. Additionally, it can also be inferred from this study that treatment could be seen as a means of socialization because all the interviewees were physically and mentally committed in the various treatments they have undergone. This, in the long run, helps them to socialize in the society as a whole and to be a part of the society. Moreover, it can be deduced from the study that treatment could be seen as a change agent because all the interviewees’ identity, self-image and social conditions changed positively as a result of the different treatments they have undergone. It can be suggested from this study that treatment is a tool which helped the interviewees to gain control over their lives and their addiction behavior.

We find out that it is difficult to separate the three themes from each other because in order to find ways to gain control over addiction and to become a responsible person in the society, these changes have to be made in relation to psychological health, identity and social situation.

According to Maslow’s theory, the physiological need like food, shelter and water was considered as a main factor for survival. All the participants of this study fulfilled this need before they started the treatment. It may be suggested that they learned to handle daily routines like cooking and cleaning which they could not achieve before the drug abuse treatment. Hence, with the help of the different treatments, they were able to get jobs, education and fulfill the need for safety which involves economic security, order,
structure and dependency that are viewed as of less value than physical need. Hence, this indicates that different drug abuse treatments helped the participants of this study to achieve the second level of the Maslow's need hierarchy theory (Stoll and Ha-Brookshire, 2011).

Further, the fulfillment of the second level gave the participants the opportunity to go to the third level of the need. According to Maslow (1943), “Love needs involve both giving and receiving love“ (as cited in Stoll and Ha-Brookshire, 2011, p. 152). However, it may be argued that the interviewees of this study could not satisfy the need of love and being loved before they could accept the drug abuse treatment. Thus, with the help of the different drug abuse treatments they underwent, they were able to achieve this level of need and gain their loved ones’ approval. It may be said that it is on this third level that the interviewees started to have contact with their family, make new friends and their social situation improved. When the needs in the first three level of Maslow's theory are fulfilled, every human being starts to look for respect from others, get competence, get recognized and gained self-respect and self-confidence. When this needs are met, it is then that one can say that the human being has reached the fourth level in Maslow's theory. In this study, it is evident that the participants reached the fourth level of Maslow's theory because of the different treatments. They said that they gained their self-esteem and their self-confidence back. Moreover, it may be suggested that with the help of drug abuse treatment, the interviewees were able to have improvement in their identity (Stoll and Ha-Brookshire, 2011).

The level five of Maslow’s theory is that you want to be the best version of yourself and use all your resources. One can say that in this study the participants are using the twelve step program to work with themselves and with the help of the sponsor to try to reach this level of Maslow's theory. The interviewees in this study indicated that even though they have undergone different treatments, they continued to work with themselves. This they do with the help of 12-step program and regular attendance of the NA meetings because they know that it is important to do this in other to stay drug free (Parrish, 2010).

However, in this study and according to Maslow's need hierarchy theory, it may be suggested that an individual will gain understanding of the addicts’ behavior and things that bring about changes in behavior. It may be argued that the addicts were motivated to undergo the treatments because they viewed it as their need which they have not yet
achieved. The interviewees elucidated that they underwent through drug addiction treatment because they viewed it as important and that became a need for them in order to become free from drug addiction. The interviewees considered the strength to stay away from drug abuse as a need which they do not possess and that motivated them to take the drug abuse treatment (Parrish, 2010).

Conclusively, in this study it may be suggested that the impact of the different treatments that the participants have undergone have helped them to fulfill and reach the goal of Maslow’s theory. It is said to have effect on the long run and helped the addicts that has been free in this study to find ways to get control over their drug addiction and experienced improved changes in different areas of their life.

**6.1 Connection of the study to International Social Work**

The study we have carried out is related to international social work because drug abuse is one of the social problems in the world that affects individuals, families and the society. The role of a professional social worker is very important to help and intervene in the lives of the individuals that are addicted to drugs, and their family and society as a whole. Additionally, it is very important for the social worker to be aware of the fact that human beings are unique and that their needs are not the same. So, it is vital that treatments should be individualized based on the needs of the addicts and other problems they may have. Lastly, social workers have the role to inform the addicts about the different treatments that are available, motivate and assist them to make choices and to bring them back to the society.

**6.2 Recommendations for further studies**

From our research, it can be suggested that further studies should be carried out on the social situations that targets ways of stabilizing families because when this is achieved in the society it will contribute to the reduction of social problems that results from drugs abuses. Also, further studies should focus on treatments that focuses on bringing back the addicts into the society especially in areas of employment. This is because evidence suggest that some of the former addicts may find it difficult to get job after their treatments. However, there is more need to carry out further studies that focuses on social situations that targets strengthening the family and helping the addicts to come into the job market.
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Appendix I
Consent letter.

Hello!

We Sol Kjärman and Joy Uche are students from the University of Gävle. We are writing our bachelor thesis on the effects of the treatment of addicts who have been free from drug use without relapse in 10 years. We will focus on male addicts who have been free from drug use in 10 years between the ages of 45 to 60 years. The purpose of this essay is to examine the effects of the treatment of addicts. We will leave a copy of this letter to all eight people who voluntarily will answer the interview questions during the interview.

The interview is expected to take up to 45 minutes. It is voluntary and will be recorded if you feel comfortable with it. You are free to withdraw during the interview if you feel uncomfortable with the questions. The name of the interviewee will be made anonymous. The interviewee will be identified with A, B, C, D, E, F, G, and H. The data collected will only be used for this essay. Our essay will be published in Diva. You have the right to inform us, if we may use any information during the interview or just part of it. In addition, you also have the right to have access to our thesis after we published it. The interview will be conducted in Swedish.

I have read the information above and I give my consent to participate in the interview for the thesis.

Name: …………………………………………. Date: ………………….

If you have further questions about the survey, please contact us.

Sol Kjärman Email: solkjarman@yahoo.se
Joy Uche Email: jy_eugene@yahoo.com

Sincerely
Sol Kjärman and Joy Uche.
Appendix II
Interview questions

1. Why did you seek for treatment?
2. What kind of treatment have you undergone?
3. What are the impacts of the treatment?
4. What are the motivating factors that contributed to the success of your treatment?
5. What are the factors that make you to remain free from drug use?
6. What contributions did your partner, family or friends made to the success of your treatment?