**Cover letter**

**Dear Editor-in-Chief of Galen Medical Journal**

Please find attached the manuscript **“**Exploring the Demographic Factors and Facilitators to Addiction Abstinence**”**. Because of substance dependency is one the most important issue in all over the world and Iran, the aim of current study is to investigate the factors associated with opioid avoidance through interviews with people undergoing treatment as well as those with a history of substances dependency. The findings of this study can be helpful in finding solutions to the factors that contribute to long absenteeism and improve the physical, psychological and social status of these patients. The study was approved by the Shiraz University of Medical Sciences’ Ethics Committee. The purpose of the study was explained to the patient. Patients were assured that their information would be unnamed and secret. If the patient was satisfied, the information form has been completed.

The manuscript has been prepared according to the journal’s instruction to authors. We will not resubmit our article to another journal until the reviewing process will be completed and verified that we didn’t have any related paper from this study. The corresponding author has the right to communicate in all correspondences regarding the submitted manuscript. We believe that this new work is within the scope of your journal and hope that you will consider this manuscript for publication in the Galen Medical Journal .We await your response and the comments of reviewers.

Yours Sincerely

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**Conflicts of Interest and Source of Funding**

**Conflict of interest**: All authors declare that they have no conflict of interest.

**Funding:**  The Vice Chancellor for Research at Shiraz University of Medical Sciences founded this project.

**Table 1.** Distribution of demographic variables and statistical measures

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | | | **Frequency** | **Percentage** | **Mean** | **SD** | **P Value** |
| Age | |  | 600 | 100 | 35.47 | 9.93 | <0.001 |
| Gender | | Male | 518  82 | 86.3  13.7 | 32.03 | 39.08 | <0.001 |
|  | | Female | 14.13 | 16.98 |
|  | | Married | 351  207  42 | 58.5  34.5  7 | 34.23 | 41.64 | <0.001 |
| Marital status | | Single | 20.82 | 25.68 |
|  | | Divorced | 33.92 | 40.98 |
| Occupation | | Employed | 389  211 | 64.8  35.2 | 32.41 | 41.88 | 0.004 |
|  | | Unemployed | 24.37 | 26.40 |
|  | | Low | 156  258  186 | 26  43  31 | 30.75 | 33.65 | 0.09 |
| Income  status | | Middle | 28.39 | 33.28 |
|  | | High | 30.26 | 45.02 |
| Substance  type |  | Cannabis  Opium  Heroin  Crystal | 74  216  157  153 | 12.3  36  26.2  25.5 | 29.66  32.00  31.84  23.94 | 52.88  36.53  44.86  31.27 | 0.179 |
|  | | Illiterate | 165  217  138 | 27.5  49.5  22 | 34.69 | 47.87 | 0.09 |
| Education | | High school and diploma | 28.64 | 32.12 |
|  | | Associate degree and higher | 25.51 | 32.84 |

**Table 2.** Frequency of methods with the most abstinence time based on patients self-report

|  |  |  |
| --- | --- | --- |
| **Abstinence Method** | **Frequency** | **Percentage** |
| Narcotic anonymous (NA) | 318 | 53 |
| Methadone maintenance therapy (MMT) | 101 | 16.8 |
| Psychotherapy and Psychological counseling | 68 | 11.3 |
| Residential treatment in campus | 47 | 7.8 |
| Ultra-rapid opioid detoxification (UROD) | 31 | 5.2 |
| Self-therapy | 13 | 2.2 |
| Others | 22 | 3.7 |

**Table 3.** Frequency of the most important facilitating factors to addiction abstinence based on patients self-report

|  |  |  |  |
| --- | --- | --- | --- |
| **Facilitating factor** | **Frequency** | | **Percentage** |
| Family support | | 245 | 40 |
| Self-volition | | 114 | 19 |
| Addiction drug center advisers | | 33 | 5 |
| Methadone maintenance therapy (MMT) | | 26 | 4.3 |
| Physical illness | | 24 | 4 |
| Trust in God | | 12 | 2 |
| Others  (Economic problem, fear of the future, aging, etc.) | | 146 | 24 |