

Case Analysis Research on the Relapse of Drug Addicts

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Abstract

To gain a deeper understanding of the issue of drug relapse among individuals undergoing treatment, we aim to formulate scientifically effective strategies and interventions to reduce the rate of relapse. By analyzing cases like those of Ding, Xu, and Wang who have relapsed, we explore the factors influencing relapse among these individuals, including personal factors such as psychological dependence, misconceptions, and personality flaws, as well as social and familial factors like environmental influences and family indifference. We propose countermeasures to prevent relapse, such as personal discipline, family care, and social support. It is emphasized that only through the joint efforts of all parties can the success rate of drug treatment be improved and the rate of relapse reduced, thereby creating a favorable environment for recovery for those undergoing treatment.

Keywords

Drug rehabilitation personnel; factors of relapse; preventive measures.

1. Introduction

Relapse is a challenging problem in drug rehabilitation, not only bringing great pain to the individuals but also a heavy burden to their families and society. This paper analyzes cases of relapse among drug rehabilitants and discusses the influencing factors, proposing corresponding countermeasures to provide references for drug rehabilitation work.

Drug rehabilitation has always been a focus of social concern. The harm of drugs is not only reflected in the erosion of individual health but also has a serious impact on family harmony and social stability. Relapse is particularly difficult in this area, as many individuals who have undergone arduous rehabilitation processes may still fall back into drug use. The consequences of relapse are detrimental to both physical and mental well-being, as each relapse means enduring physical and psychological suffering. Physically, different types of drugs can cause varying degrees of damage. For example, long-term opium use can lead to emaciation, lack of spirit, confusion, decreased intelligence, dull gaze, inability to distinguish reality from illusion, weakened immune system, increased susceptibility to diseases, shortened lifespan, and even acute poisoning or respiratory arrest (Song Hongxia et al., 2010). Mentally, relapse can plunge individuals into self-denial and despair, believing they cannot escape drug control and losing basic self-esteem and confidence, leading to hopelessness about recovery.

For families, relapse is undoubtedly a disaster. Families must bear the financial burden of treatment and rehabilitation again, as well as the emotional pain of seeing loved ones return to drug use. Patience and faith in the rehabilitant can gradually be exhausted with each relapse, potentially leading to broken family relationships. From a societal perspective, relapse expands the ranks of drug users, increasing the difficulty of social governance. The existence of relapsed individuals also severely undermines the determination and confidence in the fight against drugs, posing significant harm to the entire society.

Therefore, conducting an in-depth study on the factors influencing relapse among drug addicts and formulating effective countermeasures are of great practical significance for addressing challenges in drug treatment work and ensuring stability and harmony within individuals, families, and society.

2. Case Analysis of Relapse among Drug Rehabilitation Patients

2.1. Ding's Case of Relapse

2.1.1. Circumstances of Relapse in the Rehabilitation Center

Ding, a 38-year-old man with an associate degree and an extroverted personality, did not exhibit the usual depression and despondency common among other patients when he first arrived at the drug rehabilitation center. He appeared more positive, often smiling, and was actively helping others in vocational work and classroom learning. Ding had a good rapport with fellow rehab patients and left a positive and optimistic impression on the correctional officers. However, shortly after his compulsory detoxification was lifted, Ding relapsed and was once again subjected to compulsory rehab.

2.1.2. Reasons for Relapse

Ding had saved a sum of money for opening a store and repeatedly warned his wife not to use this money during his first compulsory detoxification. However, under constant pressure from her brother, she lent the money to him as a down payment for a house, which he failed to repay on time. Upon learning this, Ding was furious and physically assaulted his wife. Encouraged by her brother, his wife placed drugs in the bathroom. Mistaking them for his own leftover drugs, Ding used them while feeling agitated, leading to his brother-in-law reporting him and resulting in another round of compulsory detoxification.

2.1.3. Rehabilitation Process

The brigade committee conducted research on the current situation of Ding and decided to implement a comprehensive educational rehabilitation plan. Officer Wang had several heart-to-heart talks with Ding, and through their previously established rapport, the two gradually became more familiar with each other. During these conversations, Officer Wang guided Ding to recognize that the fundamental reason for his relapse was his failure to maintain his resolve to quit drugs. He used the analogy of a levee breach to illustrate that Ding's failure to resist drugs was akin to a levee experiencing a breach, which could easily lead to a catastrophic "breach effect." Before leaving, Officer Wang also gave Ding a book about the experiences of individuals who successfully overcame addiction, encouraging him with the saying, "Without the struggle of breaking out of the cocoon, how can one soar gracefully?"

To address the severe negative emotions of Ding, the police arranged for him to relax through music. Classical pieces like "Moonlit Lake in Autumn," Mendelssohn's "A Midsummer Night's Dream," and light music such as "Breeze Coastline," combined with emotionally charged guidance from a psychologist, flowed into Ding's soul like a clear spring, purifying and soothing his inner self. When it was found that Ding still harbored deep resentment towards the event, the psychologist had him write down his thoughts on the matter and introduced him to Ellis's ABC theory of emotions, guiding him to replace incorrect perceptions with rational concepts, learning to view being deceived by a loved one correctly, understanding the complexity of society, and realizing the wisdom in learning from past mistakes.

2.2. Case of Xu's Relapse

2.2.1. Basic Information

Xu, male, born in 1980, of Han ethnicity, with primary school education, unmarried. He grew up in a rural area where his parents had low levels of education and their methods of discipline

were simple and harsh. After becoming an adult, he associated with bad friends and developed a drug addiction.

Xu grew up in a rural family environment where his parents' low educational level and improper disciplinary methods led to a lack of proper guidance from a young age. After dropping out of primary school, he returned home and developed a habit of idleness and disdain for work. As an adult, he made friends with a group of unsavory individuals who influenced him to gradually sink into the quagmire of drugs.

2.2.2. Situation Analysis

(1) Low educational level and weak legal awareness. Xu has only a primary school education, which makes it difficult for him to accept new things and understand laws and regulations. He lacks sufficient understanding of the harm of drugs, believing that as long as he does not directly harm others by taking drugs, it is not considered a crime, and the state has no right to restrict his freedom. This incorrect cognition reflects his weak legal awareness.

(2) Absence of family affection and a lack of security. Since being in the facility, Xu's family has never cared about his situation, not even making a single phone call. This makes him feel extremely lonely and lacks the care and support of family love, leading to a lack of security.

(3) Lack of confidence, with a heavy inferiority complex. After becoming addicted to drugs, Xu gave up on himself, believing he could never quit and lost hope for the future. During conversations with police officers, he was mostly silent, always defending his extreme views stubbornly, unwilling to change his mind, lacking patience, all reflecting his heavy inferiority complex.

(4) Introverted and stubborn personality, poor communication effectiveness. Xu is introverted and stubborn; in interactions with other drug rehabilitation patients, he completely isolates himself, unwilling to communicate with others, occasionally causing friction and verbal disputes. This creates significant barriers in his interpersonal relationships, resulting in poor communication effectiveness.

2.2.3. Correction Process

In response to Xu's issues, the team developed and implemented a series of correction plans.

(1) Remedial education promotes reflection. Due to Xu's low level of education, after completing all the classroom education tasks required within the facility, the police officers provided him with individual tutoring. Initially, Xu was very resistant, sleeping in class and not paying attention. Through communication, the officers learned that Xu felt he couldn't understand what the teacher was saying, so he gave up listening. To encourage Xu to learn, the officers used question-and-answer methods in class to reinforce his attention and used verbal praise and commendation to boost his confidence. After some time, Xu began to listen attentively in class, actively think, and complete his learning tasks on time after class.

(2) Increase attention and boost confidence. The police officer arranged for Xu to participate in group activities, allowing him to exercise his interpersonal skills and realize that he is also easily accepted. At the same time, through the "mutual praise" game activity, others listed Xu's advantages, which made him very happy, gradually willing to get along with the team members, and no longer taboo about talking about his own shortcomings.

(3) The police, through extensive efforts to locate Xu's family, established contact and informed them about his transformation, emphasizing the importance of parental education. Following communication and persuasion, Xu's parents visited the facility on "Social Open Day", which bolstered Xu's resolve to 戒毒, rekindling his hope for life.

(4) Rehabilitation training promotes development. Before entering the facility, Xu acted selfishly and preferred ease over hard work. After entering, the police combined rehabilitation training with activities like queue drills, Tai Chi, and aerobics, requiring Xu to perform specific

exercises. After one year of participating in rehabilitation training, Xu's physical fitness improved, his complexion became rosy, and his personality gradually became more outgoing.

(5) Psychological counseling to boost confidence. Xu's deep-seated inferiority worsened his pessimism and self-doubt when facing challenges. Police counseling helped him recognize the harm of vanity and develop a healthier mindset. When Xu acted improperly due to vanity, officers corrected him, teaching him to handle situations positively. They also encouraged hard work and diligence, helping Xu see that effort is essential for success. Over time, this reduced his arrogance and made him more grounded. Additionally, they taught Xu to take responsibility for his actions, especially his drug use, fostering self-criticism and a realistic outlook.

2.3. Case of Wang's Relapse into Drug Use

2.3.1. Relapse Situation

Wang had experienced multiple incidents of using methamphetamine in the past. After being released from the compulsory drug rehabilitation center in 2018, he worked hard, actively integrated into society, got married and had children, and his life gradually got back on track. However, a few months ago, a drug-using acquaintance he used to take methamphetamine with asked him to purchase methamphetamine. Out of a sense of friendship, Wang helped. When the methamphetamine arrived, he couldn't resist taking a few puffs, and from then on, he started using it continuously. By the time he was sent to the hospital for treatment, he had already exhibited common reactions after using methamphetamine, such as auditory hallucinations, visual hallucinations, persecutory delusions, being overly sensitive and suspicious.

2.3.2. Reasons for Relapse

On one hand, Wang failed to draw a clear line from his drug-using acquaintances. The environment has a significant impact on people, especially the influence of those around them is even more severe. Many drug addicts were lured into trying drugs for the first time by their friends around them. For Wang, who had a history of drug use, the existence of drug-using acquaintances greatly increased the risk of his relapse. From 2018 until now, although Wang had managed to stay away from drugs for seven years, under the influence of his drug-using acquaintances, he got involved with methamphetamine again, facing the possible plight of being separated from his wife and children. On the other hand, Wang had a sense of fluke mentality. He couldn't resist the temptation of the methamphetamine in his hands and self-suggested that "it'll be okay just this one time". Little did he know that this one attempt would cause the collapse of his years of hard work.

2.3.3. Rehabilitation Process

The police first had an in-depth conversation with Wang to understand the details of his relapse, his true inner thoughts and feelings. Since he relapsed due to helping a drug-using acquaintance buy drugs and had a sense of fluke, the police focused on educating him about the harm of drugs and relevant laws and regulations. By presenting cases of severe consequences caused by drug-related crimes, they made him deeply aware of the danger and illegality of his behavior. In terms of psychological rehabilitation, a professional psychological counselor was arranged to provide one-on-one counseling for Wang, guiding him to analyze the deep psychological motives behind his relapse, helping him overcome the fluke mentality, and establishing a correct and firm belief in resolutely resisting drugs. He was encouraged to face his mistakes and bravely confront the difficulties and challenges in the drug rehabilitation process. At the same time, a personalized rehabilitation plan was formulated for Wang, including physical exercise and interest cultivation. He was arranged to participate in physical training activities such as running and aerobics to help him recover the physical functions damaged by drug use, relieve stress, and enhance self-confidence and self-discipline. He was guided to participate in some beneficial cultural activities such as calligraphy and painting, so that he could shift his attention

from drugs while focusing on these activities, cultivate a positive and healthy lifestyle and hobbies, and gradually get out of the shadow of drugs and return to the normal track of social life.

3. Factors Affecting the Relapse of Drug - Abstinent Persons

3.1. Personal Factors

3.1.1. Long - standing Psychological Dependence

The psychological dependence of drug addicts on drugs is one of the important factors leading to relapse (Wang Shen et al., 2024). Drug addiction is divided into physical dependence and psychological dependence. The receptors in the brain will gradually form a state of equilibrium under the influence of drugs. Once the effect of drugs disappears, drug addicts will experience mental symptoms such as restlessness and anxiety. This is psychological dependence, also known as "psychological craving". Even if the body of a drug - abstinent person no longer needs the drug and there is no withdrawal reaction, the existence of psychological craving makes them unable to resist thinking about and seeking drugs. The essence of psychological craving is a pathological conditioned reflex at the subconscious level and is closely related to the memory of pleasure after drug abuse, mental state, family system and social support system of the patient. To solve psychological craving, it is necessary to eliminate the patient's memory of the pleasure after drug abuse, solve their psychological problems and family conflicts and rebuild their social support system. In - depth psychological intervention, family therapy and helping the patient to reintegrate into society are essential.

3.1.2. Wrong Perceptions

The insufficient understanding of the serious harm of drugs among drug abstainers is also a factor contributing to relapse (Ji Lajun et al., 2019). They may regard using drugs as a high-level enjoyment, a manifestation of identity value or a means of socializing to make friends, and mistakenly believe that drugs can cure diseases. Many drug addicts have a muddled understanding of drugs. They think that they are capable and have good self-control, and that others get addicted to drugs because of their weak willpower, while they themselves will be fine. Little do they know that they have already fallen into the quagmire of drug use. Once addicted to drugs, one has to struggle with drugs for a lifetime. Many drug addicts, after successfully staying away from drugs for a period of time, think that everything is okay and gradually let down their guard. Maybe on a certain occasion they fail to hold back, comfort themselves, or make excuses for themselves - "Just this one puff, and it won't happen again", only to end up falling short and quickly going back to their old ways.

3.1.3. Unfavorable Personality Traits

After drug abstainers return to society, some unfavorable personality traits are prone to lead to relapse (Shi Mengjun et al., 2021). For example, being lazy and fond of ease, having complex emotions such as sadness, loneliness, and melancholy, and losing confidence in the future. In the previous example, Sun, a drug abstainer who relapsed, lacked proper education since childhood, and there were certain defects in his personality and ways of handling things. He was often bullied or even beaten by idle people in society. Sun had a hot temper, poor self-control ability, and a negative attitude towards drug treatment. He often got into disputes with others over trifles, which not only affected his personal drug treatment effect but also disrupted the overall drug treatment order of the brigade. Sun harbored resentment towards his relatives and society, believing that his parents had not fulfilled their obligations. He was not adapted to the life after being compulsorily detoxified. The contradictory and complex emotions caused him great psychological pressure. Coupled with the absence of visits from relatives and remittance subsidies, the changes in his living conditions led to a series of problem behaviors.

The personality defects of drug abstainers may also be manifested as having a strong sense of inferiority. For example, after Xu got addicted to drugs, he gave up on himself, believing that he could not quit drugs and losing confidence in the future. During conversations with the police, he was mostly silent. He always extremely and one-sidedly defended his own views and was unwilling to change his ideas, lacking patience. In addition, being introverted and stubborn can also affect the interpersonal communication of drug abstainers. The poor communication effect can easily make them fall into a state of loneliness and self-isolation, increasing the risk of relapse.

3.2. Social and Family Factors

3.2.1. Influence of the Environment

Research shows that the reasons for the first-time drug use are as follows: 59.6% due to curiosity and 20.7% due to being lured by friends. The main reasons for relapse are the inability to break away from the adverse environment, followed by psychological dependence (Zhang Qingbi et al., 2009). Currently, the impact of the international drug epidemic persists, making the global drug control situation increasingly severe. Against this backdrop, China's drug control work also faces huge challenges. The assistance and education work plays a crucial role in the drug rehabilitation process. However, at present, the assistance and education work is still not in place, which has brought certain difficulties to the rehabilitation of drug abstainers.

After drug addicts return to society, due to the lack of correct guidance and effective supervision, they often tend to associate with high-risk groups involved in drugs. This adverse social environment makes them more vulnerable to the influence of others and thus more likely to relapse. In this circle, the temptation of drugs is everywhere, and it is difficult for them to resist such temptation, thus falling into the quagmire of drugs again. In addition, the publicity of drug control in some areas is not strong enough, and the public's acceptance of drug abstainers is not high, which also makes drug abstainers feel isolated and helpless after returning to society, and more vulnerable to the influence of the adverse environment.

3.2.2. Family Indifference

After drug addicts return to society, they are often reproached by society and their families (Liu Yuqin et al., 2018). After going through the arduous process of drug rehabilitation, they should have received the care and support of their families, but the reality is often quite different. They are deprived of the due dignity and status, which subjects their psyches to tremendous pressure. Under such circumstances, they are prone to turn to drugs again in search of a temporary escape.

The impact of family indifference on drug addicts is profound. On one hand, the reproaches from the family will make drug addicts feel abandoned and lose hope in life. They will think that no matter how hard they try, they can't get the recognition of their families, thus falling into a state of self-denial. On the other hand, family indifference will also make drug addicts lack the necessary financial and emotional support. Some drug addicts, after being released from the rehabilitation center, are ignored by their families or even refused to be allowed back home. These drug addicts can't find a sense of belonging in society. When faced with the difficulties and pressures of life, they are more likely to choose to escape, and drugs become a way for them to escape from reality.

4. Countermeasures for Preventing Relapse of Drug - Abstinent Persons

4.1. Personal Self - discipline

4.1.1. Establishing a Good Social Circle

After being released from the rehabilitation center, drug - abstinent persons must resolutely draw a clear line from their drug - using acquaintances and completely bid farewell to the past bad circles. The existence of drug - using acquaintances is like a bomb that may explode at any time, posing a huge threat to drug - abstinent persons. They will often try to lure drug - abstinent persons into the vortex of drugs again in various ways. Once the will of drug - abstinent persons is slightly weakened, they may repeat the same mistakes. Therefore, drug - abstinent persons should always be on guard, resolutely resist the temptations of drug - using acquaintances, and no matter what the situation is, they should not waver in their determination to stay away from drugs. Only in this way can they move forward steadily on the path of drug rehabilitation and truly break free from the control of drugs.

4.1.2. Cultivating Good Living Habits

The good living habits formed during the stay in the drug rehabilitation center are precious assets for drug-abstinent persons on their way to a new life. After being released from the center, they should continue to maintain regular daily routines. They should eat meals on time to ensure a balanced diet and provide sufficient energy for the body; go to bed early and get up early, avoid staying up late, so that the body can get sufficient rest.

At the same time, they should improve their self-management ability, learn to arrange time reasonably, and formulate scientific life plans. They can enhance their self-discipline by setting daily goals and tasks, such as reading a certain number of books, doing an appropriate amount of exercise, etc. Good living habits not only contribute to physical health but also improve the mental state, enabling drug-abstinent persons to face life more actively and stay away from the temptations of drugs.

4.1.3. Cultivating Healthy Interests

Healthy hobbies such as playing chess, playing musical instruments, and doing square dancing can open a door to normal life for drug-abstinent persons. Playing chess can exercise thinking ability, cultivate patience and concentration; learning to play musical instruments can express emotions and enhance artistic accomplishment; participating in square dancing can improve body coordination and experience the joy of collective activities.

By cultivating these healthy interests, drug-abstinent persons can shift their attention away from drugs and engage in positive and beneficial activities. They can join chess clubs, music clubs or square dancing groups, communicate and interact with like-minded people, and integrate into normal social life. In this process, drug-abstinent persons will gradually discover the beauty of life, rebuild self-confidence, and strengthen their belief in drug rehabilitation.

4.1.4. Overcoming Difficulties to Find Jobs and Avoiding Being Idle

After returning to society, drug-abstinent persons face numerous challenges. However, actively seeking jobs is a crucial step for them to step into a new life. For drug-abstinent persons, finding jobs may not be easy, but they should overcome difficulties and bravely take this step. Being idle will only cause them to fall back into a bad living state again and increase the risk of relapse. They should stay away from drugs through work and avoid relapse. Work can not only bring in economic income but also enable drug-abstinent persons to establish a regular life rhythm and good interpersonal relationships. When they have concerns about work, they will reduce the chances of contacting drug-using acquaintances, thereby decreasing the possibility of relapse. Meanwhile, the sense of accomplishment and self-worth in work will also become a powerful driving force for them to stay away from drugs.

4.2. Family Care

Family members should offer sufficient care and support to drug-abstinent persons to help them get through difficulties and rebuild family relationships. The care from the family is of vital importance during the drug rehabilitation process and after drug-abstinent persons return to society. For example, when drug-abstinent person Li faced the problem of start-up funds after returning to society, the police communicated with Li's parents, explaining the importance of drug-abstinent persons starting work as soon as possible. Eventually, Li's parents agreed to provide financial support for him to open a stationery store. Li's wife also quit her job and ran the stationery store together with her husband, giving Li great care and support.

For drug-abstinent persons, the care from family members is not only financial support but also psychological comfort. When they feel the care and love from their families, they will be more determined to quit drugs and strive to return to normal life. Family members should communicate and interact more with drug-abstinent persons to understand their inner thoughts and needs and give them encouragement and affirmation. When drug-abstinent persons encounter difficulties and setbacks, family members should stay by their sides, face the problems together with them, and help them overcome the difficulties. Meanwhile, family members should also pay attention to the emotional changes of drug-abstinent persons, discover and handle possible psychological problems in a timely manner to avoid the occurrence of relapse.

4.3. Social Assistance and Education

It is necessary to assign specific community assistance and education personnel and ensure they carry out their work with due diligence to strengthen the care and assistance for drug-abstinent persons. Social assistance and education play an important role in the rehabilitation process of drug-abstinent persons.

In recent years, Shaoguan City has constructed a comprehensive community drug rehabilitation and recovery system, supported by community drug rehabilitation workstations, to provide all-round help for drug-abstinent persons to return to normal life, rebuild interpersonal relationships, restore social functions, and obtain comfort and support. The Community Drug Rehabilitation and Recovery Work Service Station in Fengxiang Street not only has complete functional facilities but also implements classification and dynamic management and control. It establishes "one person, one file" and simultaneously provides services such as psychological counseling and employment placement. It forms a joint force with various departments to help the objects of assistance quit drug addiction and return to society as soon as possible.

In addition, vocational training bases are established. By making use of the training and employment resources of vocational schools, concentrated training is carried out for drug-abstinent persons to enable them to master certain skills. Vocational skill appraisals are also conducted to give drug-abstinent persons more confidence when returning to society, increase their competitiveness in employment, improve their livelihood skills, and smoothly integrate into society.

Social assistance and education should assign specific assistance and education personnel, clarify their responsibilities and tasks, and perform the assistance and education work conscientiously. The assistance and education personnel should strengthen communication and interaction with drug-abstinent persons to understand their needs and difficulties and provide them with care and assistance. Meanwhile, social assistance and education should also integrate various resources to form a joint force and provide all-round support and assistance for drug-abstinent persons.

5. Conclusion

The relapse of drug-abstinent persons is a complex issue, which is affected by various factors such as personal, social and family aspects. To prevent the relapse of drug-abstinent persons, it is necessary to comprehensively consider these factors and adopt effective countermeasures, including focusing on physical and psychological drug rehabilitation, establishing a good social circle, seeking employment, taking precautions during high-risk periods, and obtaining family and social support. Only through the joint efforts of all parties can the success rate of drug rehabilitation be improved, the relapse rate be reduced, a favorable rehabilitation environment be created for drug-abstinent persons, the success rate of drug rehabilitation be further enhanced, the relapse rate be further decreased, and contributions be made to the harmony and stability of society.

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