Aims: a) to carry out a long-term follow-up evaluation of the Therapeutic Community treatment for addictions developed by Proyecto Hombre in Navarre (Spain); and b) to make a comparison between the program completers and dropouts in a wide set of variables.

Design: A long-term follow up design (mean of 6 years after leaving treatment) was used to analyze the effectiveness of the therapeutic program.

Findings: There were no differences between completers and dropouts on baseline variables. The results showed the existence of relevant statistical significant differences between the groups. Dropouts had a higher and sooner rate both of relapses and of necessity of new treatments for drug addiction than the completion group. The program was also effective in reducing criminal behavior and improving the state of health. All of these variables differed significantly when comparison between completers and dropouts was made. However, there were not any differences between groups in family and educational variables. All subjects improved in these variables after receiving the treatment.

Conclusions: The patients who completed the entire treatment program showed a lower probability of relapse and a better social and personal adjustment.

References

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