

**Methadone for the Treatment of Prescription Opioids Dependence. a Retrospective Cohort Study**

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**Background:** While illicit drug abuse has been recently stabilized in western countries, prescription opioids addiction is increasing to an epidemic level. Few studies exist regarding its treatment options and efficacy. Although buprenorphine has been the mainstay so far, other treatment options might be considered, such as methadone.

**Methods:** We conducted a single arm, retrospective cohort study. Patients admitted to a psychiatry ward for prescription opioid detoxification using methadone between 2010 and 2013 were selected. After discharge, patients completed the study period in a day hospital, specialized in the aftercare of addictions. A follow-up period of three months was established. Sociodemographic and treatment variables, as well as abstinence rates were collected.

**Results:** Ten patients met the inclusion criteria. The sample consisted mainly of women (81.8%), with a median age of 50 years. The median duration of dependence in years was 8. Dependence to other substances, as well as psychiatric comorbidities were high. Eight patients completed the study period. Of these, 7 (87,5%) were abstinent after three months. The median duration of methadone treatment was 77 days.

**Conclusions:** Although several limitations apply to this study, the results indicate that methadone, a well-known and effective treatment for illicit opioid dependence, could be a valid, efficacious option for the detoxification of prescription opioid dependent patients.