

Integrative Approaches for the Treatment of Substance Use Disorders: A Systematic Review

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ABSTRACT

The essential purpose of this research study is to determine the integrative approaches for the treatment of substance use disorders. This research study depends upon analytical review-based analysis and presents a systematic review of the variables. This research study presents approaches for the treatment of substance use disorders. The repercussions of substance use disorders (SUDs) for people, families, and communities make them a serious worldwide public health issue. Traditional methods of treating SUDs have mainly concentrated on either isolated psychosocial therapy or pharmaceutical measures. However, a growing amount of research has highlighted the potential advantages of combining several therapy methods to address the complex character of SUDs more effectively. An overview of the present body of data and its ramifications for clinical practice are provided in this systematic review, which attempts to investigate and assess the efficacy of integrative techniques for the treatment of SUDs. The overall finding shows integrative approaches significantly impact the treatment of substance use disorders.

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Keywords: Treatment of Substance (TOS), Use Disorders (UD), Integrative approaches (IA), Systematic Review (SR)

Introduction

A disease in which the patient's brain and behavior are affected. As a result, the patient becomes unable to handle the use of any substance. He gets addicted to alcohol, placebo, and drugs that are not allowed. In some people, its symptoms appear at an average level, while in some people, severe symptoms can be seen. A vital symptom that represents the person suffering from substance use disorder is the addiction to illegal drugs. Such people cannot have control even over themselves during the use of abusive drugs. They cannot control themselves during alcohol intake. When any near or dear one tries to counsel them regarding such bad habits, they make excuses in favor of the use of drugs in front of them rather than understanding that practical point of view. The performance of people facing substance use disorder will decrease in their routine work, such as school or college activities or other office tasks. The addiction to such drugs took them to the point that they needed a regular dose of these harmful drugs to perform their daily functions. Significant symptoms that can be seen in people suffering from substance use disorder are lack of control, maladjusted socially, Narcotic touchstone, and risky use [1]. Substance use disorder (SUD) is a curable condition in which a person's mental health is affected by legal or illegal substances like alcohol or other addictive medicine. Substance use disorder is mainly associated with losing physical fitness; psychological disorders embroil socioeconomic consequences. Current treatments for substance use disorder include cognitive

behavioral therapy (CBT) and family therapy. Another treatment includes motivational conciliation and 12-step therapy programs [2]. A variety of physical, psychological, and social characteristics that contribute to the chronic and recurring nature of substance use disorders are present.

Traditional ways of treatment, such as medication-assisted therapy (MAT) or cognitive-behavioral therapy (CBT), have been effective in addressing particular SUD-related symptoms. These approaches frequently disregard that addiction is a complex disease with biological, psychological, and social components. Contrarily, integrative therapies seek to blend many therapy modalities to address these complex interplays fully. A wide range of modalities are included in integrative methods for treating SUDs, including but not limited to medication, psychotherapy, mindfulness-based therapies, physical activity, healthy eating, and social support. A holistic therapy approach that concurrently addresses the social, psychological, and physical elements of SUDs might be developed by combining these many components. This method acknowledges that all person's requirements and circumstances are different, necessitating adaptable treatment programs tailored to each individual to improve long-term recovery outcomes. Another treatment for substance use disorder is medication, but therapies are the most important. In CBT, a person secretly meets a therapist, and these sessions continue for some time. Researches

show that this is the most effective therapy. It also prevents deterioration even after the treatment ends with 1-step therapy programs like Alcoholics Anonymous and narcotic anonymous. Research shows that these programs are sometimes better for maintaining abstinence from alcohol [3].

Medication-assisted therapy includes medication and treatment. But research shows that five years after the medicine, 50 percent of the populace always illustrated SUD diagnostics measures, demonstrating that healing is a long-term care strategy for a sizable ratio of people. A widespread disorder these days is substance use disorder which affects someone's confidential and communicative outcomes. This research deals with the photoelectric directory in which arbitrary administer trials are also involved. This research evaluates mindfulness-based relapse prevention in adult substance use disorder-affected patients [4]. Two researchers did their research in their own way separately and withdrew results after trials. In this research, 901 participants were involved, which gave birth to 9 accidental controlled examinations. Weakening is common in substance use disorder suffering individuals; it is also observed in individuals who are already treated. Research on this topic aims to analyze the evidence already found regarding mindfulness meditation-based intervention in substance use disorder. No doubt, previous evidence was about the efficiency of mindfulness meditation in substance use disorder, but it is the reality that nothing is perfect; many flaws can be seen in every method [5].

United Nations Office, which is about Drugs and Crime, estimated that about 200 million people worldwide are drug users. In 206, 22.6 million people who were entirely dependent on drugs were diagnosed. As a result of drug usage, the monetary loss in the United States is about 180.9 billion, which can be in the form of work, healthcare, and crime [6]. The loss of human beings by indulging in substance use disorder is infinite. The title of the chronic relapsing condition is given to the substance use disorder. A person's sickness or injury percentage is about 60% and will remain constant when using illogical substances. A series of cures have been developed that can quarry the relapse. A great favor is given to relapse prevention and cognitive behavioral therapy in developmental arbitrations. The percentage of the popularity of relapse is higher than that of standard-of-care treatment. This percentage difference culminates in the requirement for advancement in treatment methods so patients' recovery process becomes speedy. The framework prepared for mindfulness meditation recommends that it is an encouraging perspective regarding treating addictive ailments. Mindfulness is such an approach that strongly influences someone's deliberate, gain, and non-judgmental focus of anyone concentrating on sentiment, pondering, and the impact in the most recent moment. Such a beneficial thing that can control attention and consciousness can be achieved via training in processes such as meditation [7]. Non-segregated and gender-responsive incorporation are designed for some disorders in women, including co-occurring substance and psychiatric. This study may produce beneficial results for superscribing gender-specific challenges [8]. Integrated gender specific reactive is a powerful way to treat females suffering from adherence to two diseases, including substance use and mental health problems. A vast medicinal treatment of females proves exceptionally productive. There is always a need for a deep study about females suffering from substance use disorder. Much more research cannot be performed [9]. Examining the efficacy of integrative techniques in enhancing treatment outcomes for people with SUDs is the main goal of this systematic study. This

study seeks to give an evidence-based assessment of the advantages and constraints of integrative techniques compared to conventional treatment approaches by synthesizing current research data. Additionally, it aims to pinpoint crucial elements and mechanisms of action within integrative treatments that support successful therapeutic results. To inform clinical practice and direct treatment choices, it is crucial to comprehend the possible advantages and difficulties of integrative methods for SUDs. This review's analysis of the available literature strives to add to the body of knowledge by pointing out areas that need more study and investigation. The results of this systematic review can ultimately be used as a starting point for creating more thorough and specialized treatment plans, raising the standard of care for people with drug use disorders.

Many elements, including genetic predisposition, environmental effects, psychological elements, and social context, impact the development of SUD. Genetic factors influence one's susceptibility to acquiring an addiction. Environmental factors that might hasten the development of SUD include exposure to drug use, familial interactions, and traumatic events. Substance addiction is also more likely to occur when psychological elements, such as mental health conditions like depression or anxiety, are present. The availability of drugs, cultural norms, and the social context which includes peer pressure all influence the chance of developing SUD. Substance use problems are most commonly treated using spiritual or religious methods. It is the first analysis and reviews to see the efficiency of such religious processes for recovering patients facing substance use disorder. After research, it was found that spiritual or religious interruption plays a very significant role in treating substance use disorder. More studies of high efficiency are required to make everything transparent regarding the efficiency of every method performing its role as a substance use ailment solver [10].

Research Objective

This research was made to know the well-known methods that can solve the ailments that originate in a significant portion of the population after the excessive use of harmful substances and whose service is also illegal. These studies also uncover the recovery methods that can withdraw the patients from substance use towards everyday life. This research study determines the integrative approaches for the treatment of substance use disorder.

This research study is divided into five chapters: the first section represents the introduction related to the variables. This portion explains the objective of the research study. The second part represents the literature review and also explains the hypothesis review relating t them. The third portion describes that research methodology the fourth section explains the analytical results. The last section summarizes the overall research study and presents some recommendations.

Literature Review

Substance use disorder (SUD) is a critical condition in which a person uses drugs excessively without considering the harmful effects on the body. People suffering from substance use disorder (SUD) focus more on using certain substances or addictive items such as alcohol and nicotine. This leads to people's ineffectiveness and inefficient behavior toward day-to-day life functions. The fact of the matter is that people use excessive substances despite knowing the harmful effect on their bodies and behavior. They experience impaired behavior and habits as the addiction is

excessive. Genetically it has been observed that genes pass on the habits of substance disorder, as children are prone to substances mainly used at home. Environmental factors initiate the substance use process and lead to the higher end[11]. Alcohol use disorder is most common among patients who are suffering from post-traumatic events. The excessive use of alcohol impacts an individual's behavior and thinking process. Changes in the human brain's function will alter personality and behavior. The post-severely impact a severe impact on people induce them to use substances rashly. They are aware of the harmful impacts, but to overcome the trauma, they are excessively dependent on addictive items[12]. The lack of control over drug use is one of the defining characteristics of SUD. When trying to stop or minimize substance use, people with SUD may suffer strong cravings, tolerance (needing higher doses of the substance to produce the same impact), and withdrawal symptoms. It is challenging for people to escape the grip of addiction due to these physiological and psychological repercussions, which feed the vicious cycle of addiction. Medication-assisted therapy (MAT), which combines drugs like methadone, buprenorphine, or naltrexone with psychosocial treatments, is frequently used to treat opioid and alcohol use disorders. In the management of SUD, psychosocial therapies are essential. Cognitive-behavioral treatment (CBT) enables people to recognize and alter harmful thinking patterns and actions connected to substance use. By examining their ambivalence and assisting them in setting objectives, a person's drive to change is increased through motivational interviewing. Family members take part in family therapy to enhance communication, settle disputes, and offer support throughout the healing process. The intense use of harmful substances affects industries as well. In the United States, industries are affected by low productivity due to absenteeism, disease, accidents, and low motivation. The substances are used according to the industry and occupations. Substance use is lower in the education and health industry than in the construction and mining industry [13]. Intoxication symptoms are prevalent with the excessive use of drugs and lead to pleasure, calm, and peace towards using the substances. Intoxication symptoms differ for each substance and vary with the person's sense of addiction. In the United States, baby boomers, a large number of people aged 50 or older, are excessively addicted to substance disorders. The number of people addicted to substances reached double the past number. This number is projected across gender, race, and ethnicity[14]. For the patients to be clinically treated, strict protocols must be followed. For the treatment, continuous checking and retention is necessary. Government should invest in treating adults who are growing to their need of addiction[15]. Personality disorder and substance use disorder occur extensively. They are correlated to each other. With the excessive use of drug addiction, people face severe changes in moods, behavior, and habits. Cognitive abilities are widely disturbed due to the excessive use of addictive substances[16]. Substance disorder is broadly a public health problem. In Western nations, people are more addicted and use alcohol and nicotine in routine life. But the problem arises at the time of excessive use of the substances. Genetics and environmental factors widely indicate the use of substances. Genetically treated medicine is the best treatment for people suffering from substance Disorder[17]. Therapies are as effective as medications for the treatment of substance use disorder. Cognitive behavioral therapy (CBT) helps in overcoming the problems of mental health conditions that are distorting the normal course of life of people. The increased use of alcohol and addictive elements causes numbness in the brain which people

cannot perform and think about the daily routines of life[18]. In the past years, substance addiction has been more prevalent in males. The biological, physical, and environmental factors affect the diagnosis and treatment of substance use disorder. The socio-cultural roles of the males and females help assess the presence of substance use disorder[19]. Children who suffered during childhood and experienced attention deficit syndrome are more likely to be diagnosed with substance use syndrome. Children who feel isolation and low self-esteem with the elements of social unrest are more prone to the use of alcohol in general. It is important to identify the adult's childhood problems and needs that transform them into the new problem of addictions[20]. The symptoms of substance syndrome are an increase in blood pressure and heart rate, eyes becoming red, dry mouth, difficulty paying attention to work, anxiety, and more craving for food. With the prolonged use of the substances, most people also suffer from cough. The psychosocial treatments have low to moderate effects in treating the patients as they are according to the intensity of the drug addiction. Long-term use of the substances impaired the social, emotional, and economic factors which need more efficient medications[21]. To address the complexity of SUD, there has been an increasing understanding of the significance of combining several therapy approaches. Integrative treatments integrate multiple therapeutic modalities, including medication, psychotherapy, mindfulness-based interventions, physical activity, healthy eating, and social support, to produce an all-encompassing treatment program. This method acknowledges that SUD is a complex disorder requiring a comprehensive and individualized response. Treatment for SUD has shown potential using mindfulness-based therapies, including mindfulness-based relapse prevention (MBRP). People can create efficient coping mechanisms and lower their chance of relapsing by establishing non-judgmental awareness of cravings and triggers. In people with SUD, physical activity, like aerobic exercises and strength training, has been reported to elevate mood, lessen cravings, and improve general well-being. Nutritional treatments can improve nutritional imbalances from drug usage and enhance physical wellness. Although there have been substantial improvements in the knowledge and care of SUD, there are still several difficulties. The stigma associated with addiction might prevent people from getting assistance and receiving the right care. Another obstacle to providing good care is the lack of access to evidence-based therapies, particularly in impoverished populations. Treatment for SUD is frequently complicated by co-occurring mental health issues, necessitating integrated strategies that deal with both diseases simultaneously. To address SUD's complex and dynamic character, ongoing research and initiatives to enhance prevention, early intervention, and treatment accessibility are essential. Research proved that nearly one-third of the population suffering from stress disorder also suffer from substance use disorder. The excessive use of the drugs is related to the stress level of the patients. People try to run from the problems they experience in the environment and at work. The demographic properties and family structure indicates the symptoms of substance use disorder. Addiction created a bar among the family members as they never allowed the family to visit their room, creating an isolation shell around them[22]. Contingency management is the technique that will allow people to alleviate the problem of addiction. The abstinent and refraining of patients from alcohol and nicotine helps in overcoming the problem. Around 23% of the United States population is addicted to smoking. The presence of chain-smoking elements changes the nature of people's lives. They not only get addicted but also have severe health problems.

Attention deficit disorder is more prevalent in substance disorders and is considered a serious threat to public health. Attention deficit disorder is present in one out of four patients with substance use disorder. Seeking attention failures are prominent features of substance addiction.

Research methodology

This research study explains the integration approaches related to treating substance use disorders. This research is based on the review data for measuring the research study used systematic review.

Approaches for treatment of substance use disorders

Several methods for treating issues related to substance abuse have been shown to be successful. The three primary categories of these methods are mutual support groups, medication-assisted therapy (MAT), and behavioral treatments. Let's investigate each of these methods:

Psychological Therapies

- Cognitive-Behavioral Therapy (CBT): CBT assists people in recognizing and altering harmful thinking and behavior patterns connected to drug use. It emphasizes creating coping mechanisms, controlling urges, and avoiding relapse.
- Motivational Interviewing (MI): MI aims to increase motivation and eliminate ambivalence about stopping substance usage. To assist people in exploring their reasons for wanting to change and setting realistic objectives, it incorporates a collaborative and empathic approach.
- Contingency Management (CM): CM reinforces beneficial behaviors, such as abstinence, through a reward system. People are given concrete prizes for achieving treatment objectives, such as passing drug tests or attending therapy sessions.
- Family treatment: Involving family members in treatment may enhance communication, address family dynamics, and support the recovering person.

Medication-Assisted Treatment (MAT)

- Methadone, a long-acting opioid agonist that lessens opiate cravings and withdrawal symptoms. It is administered under the direction of a doctor.
- Buprenorphine: This partial opioid agonist aids in reducing cravings and withdrawal symptoms. In an office environment, it can be prescribed by licensed healthcare professionals.
- Naltrexone: An opioid antagonist, naltrexone suppresses the effects of opioids while lowering cravings. It can be given monthly intramuscular injections or orally.

Mutual Support Groups Alcoholics Anonymous (AA)

Mutual Support Groups Alcoholics Anonymous (AA) is a well-known 12-step program that offers support, fellowship, and direction to those overcoming alcohol use problems. It places a strong emphasis on moral values and peer support.

- SMART Recovery: Based on cognitive and behavioral concepts, SMART Recovery is a science-based program that provides support groups and resources. It emphasizes self-reliance, self-empowerment, and doable rehabilitation techniques.

Integrative Approaches

The treatment approach based on a particular person's disorder is termed the integration approach. It is a treatment approach in

which different therapeutic orientations are involved for providing effective treatment to the patient based on his health condition. This therapeutic approach shows significant impacts by treating individual patients' related problems. In this treatment approach, the therapist uses different therapies to make the best possible outcomes in the treatment process. This integrative approach aims to ensure the treatment process is performed effectively. The integrative approach is pretty much similar to the electric therapy approach, but the main difference between both these approaches is that in the electric therapy approach, only the traditional therapeutic orientation is involved, while in the integrative treatment approach, all the therapeutic orientations are combined to provide most effective treatment to different problem suffering patients. There are several types of integrative therapies. The first type is CBT.

This approach helps change people's perception, and way of thinking. Optimistic approach is developed through CBT therapy. Overcoming the negative thoughts and onset of positive thoughts in people is the aim of CBT. The second type of integrative theory is psychodynamic therapy, which involves using psychoanalytic techniques to understand a person's intrusive behavior. The third type of integrative therapy is humanistic therapy which helps people develop their full potential abilities. These therapies make people understand things from different perspectives to make their life happier and stress-free. The fourth type of integrative therapy is mindfulness-based therapy. This therapy uses a mindfulness approach to help people focus on one thing at a time to learn the importance of moments in their life. Focusing on the present moment and forgetting about past trauma and worries is the main aim of mindfulness therapy. All these therapies use various treatment approaches for making a depressed person happier and more lively [23].

Various techniques are also widely used in the integrative approach. The techniques involve the three-step process. In the first step, behavioral strategies are used to understand the causes of change in behavior in a patient. In the second step, and psychodynamic strategies are used to gain insight into the mental health state of a person. The third strategy involves using a cognitive restructuring approach to alter the process of negative thoughts development with positive thoughts development in people. These strategic techniques are used for treating individuals or groups of patients suffering from any mental health problems. Moreover, the importance of cognitive therapy is that it helps in dealing with various psychological issues like depression, stress, anxiety, trauma, and substance use disorders.

There are several benefits of integrative treatment approaches. The first benefit is that these approaches are individualized and are given to a person based on his symptoms and disease severity; the second benefit is flexibility. These approaches have several types and forms and can be adopted according to the patient's condition. The third benefit is adaptability. The integrative approach is adaptable and can be modified for effectively treating the changing health conditions of depressed patients.

The last benefit of the integrative approach is that it is holistic. These therapies can integrate into various aspects for understanding a person's spiritual emotions and mind behavior. This therapy focuses on the problem through a holistic view rather than focusing on treating the problem from a single point of view. All these benefits make the integrative approach the most reliable for treating the changing behavior of mentally affected patients.

Substance Use Disorders

The problematic use of substances under several circumstances develops substance use disorder in a person. This disorder is characterized as a mental disorder as the excessive use of substances damages the brain functionality of a person. The range of SUD varies from moderate to severe depending upon the substance use by a person. Overusing drug substances or their withdrawal both can lead to SUD. A single person is susceptible to have more than two types of SUD at a time. The quality of life of a patient having SUD gets disturbed. In some cases, SUD becomes life-threatening due to patients' excessive use of substances. The substance that over usage can cause SUD includes; alcohol, as well as caffeine, hallucinogens, and inhalants. Several opioids and Tabaco can also lead to SUD. The development of SUD in a person depends on how a substance is taken.

The process of substance use is called addiction liability. That depends on various factors. These factors include the intake of the drug through inhalation or injections, the rate at which a substance crosses the brain-blood barrier, the time the substance takes to express its effects, and the ability of a substance to induce symptoms of mental problems. All these factors show that a person has developed SUD. There is little difference between SUD and addiction. Addiction is regarded as one of the most severe forms of SUD. Addiction results when brain activity tends to depend on the use of substances. The psychological abilities of a person get disturbed due to addiction to a substance [24]. People of any age and gender can develop SUD but its onset at the age of 18 to twenty-five is more common. This disorder has a wide range of symptoms.

These symptoms include a continuous urge to take a substance, an unsuccessful effort to cut the use of the substance, the development of social life-related problems, the onset of relationship problems, the urge to give up on social activities, continuous uptake of a substance despite of bad psychological health, avoid eating or making excuses for having a meal, sudden mood changes, developing secretive behavior for the propose of having substance, etc. all these symptoms are observed in SUD patients. in most cases the SUD occur due to the use of the drug for experimental purposes or occasional purposes. Then the excessive use of the drug causes problems at the genetic level. The brain chemistry and its regulatory functioning gets disturbed due to SUD. The mental health state of people using substances gets badly retarded and results in the onset of depression and anxiety disorders. Various effective treatment therapies are available for SUD patients; most therapies are individualized and effectively treat a patient by focusing on one patient at a time [25]. The therapies used for SUD treatment include; medicated assisted therapies, integrative therapies, and CBT therapies. All these therapies play their role in treating symptoms and signs of SUD in patients.

Result and descriptions

Analytical review

To address the complex nature of addiction, treating drug use disorders frequently necessitates an integrated strategy incorporating several treatments. Integrative methods include a variety of treatments and interventions that focus on several facets of drug dependence and encourage long-term recovery. The following are some essential elements that integrative approaches to the treatment of drug use disorders frequently include:

Sr. No		Descriptions
1	Evaluation and customized treatment plans:	The person's particular requirements, history of drug abuse, co-occurring mental health issues, and other elements that could affect therapy are all thoroughly assessed. Based on the evaluation, a unique treatment plan is created to meet the requirements and goals of the person seeking therapy.
2	Relapse Prevention and Aftercare	For long-term recovery, developing relapse prevention measures and offering continued support following therapy is essential. Aftercare plans may include sober living arrangements, ongoing involvement in support groups, outpatient counseling, and frequent check-ins with medical professionals.
3	Medical Detoxification:	Medical detoxification may be the first step in therapy for people with severe drug dependence. Medical personnel supervise and control the withdrawal process to ensure the patient's security and comfort.
4	Mutual Aid and Support Groups	Joining a mutual aid or support organization, such as Alcoholics Anonymous (AA) or Narcotics Anonymous (NA), may provide you with a sense of belonging, peer support, and continuing advice on how to keep sober.
5	Medication-Assisted Treatment (MAT):	MAT treats drug use disorders by combining medication with counseling and behavioral therapy. Methadone, buprenorphine, and naltrexone are a few drugs that can help lessen cravings, withdrawal symptoms, and the chance of relapsing.
6	Behavioral Therapies:	A number of evidence-based therapies are used to change harmful behaviors, enhance coping mechanisms, and address psychological underpinnings that lead to substance misuse. Some beneficial treatments include cognitive-behavioral therapy (CBT), motivational interviewing, contingency management, and family therapy.
7	Family Involvement:	Involving family members or close friends in therapy helps strengthen support, boost communication, and address domestic issues that might underlie substance misuse.
8	Treatment for Co-Occurring Disorders:	Many people who have drug use disorders also have co-occurring mental health issues. For the best results, integrated therapy that simultaneously treats substance misuse and mental health disorders is necessary.
9	Holistic Therapies:	Integrative treatments frequently include holistic therapies to address the psychological, emotional, and spiritual facets of healing. These include recreational therapy, yoga, acupuncture, massage, and mindfulness meditation.
10	Education and Skill-Building:	People may better understand their condition and acquire crucial skills to deal with cravings, stress, and other difficulties in recovery by receiving education on addiction, relapse triggers, and healthy coping techniques.

Conclusion

It's important to remember that, depending on the requirements and choices of the person seeking therapy, these techniques may be utilized singly or in combination. The type of drug being used, the extent of the addiction, and the existence of co-occurring mental health disorders are frequently considered by treatment providers when designing their treatment plans. Additionally, complete therapy that considers addiction's social, psychological, and physical elements is most successful. It should be tailored to the individual and offer continuing support and care to avoid relapse and promote long-term recovery. In conclusion, due to the complexity of addiction, treating drug use disorders needs an integrated strategy that includes a number of different approaches. Utilizing various treatments and therapies allows treatment professionals to focus on various facets of substance misuse and encourage long-term recovery. It's important to remember that an integrated approach's specific elements and emphasis might change depending on the requirements of the individual, the severity of their drug use problem, and the resources available in the treatment environment. To encourage long-lasting rehabilitation.

In conclusion, substance use disorder is a complex disease marked by obsessive and repeated use of drugs despite negative effects. It impacts people's physical, emotional, social, and financial well-being. Pharmacotherapy, psychological therapies, and integrative techniques that mix several therapeutic modalities are all included in the treatment of SUD. Effective therapy must address addiction's physical, psychological, and social elements. Despite obstacles, continuous research and the adoption of evidence-based practices show promise in enhancing outcomes and assisting people in their fight against drug use disorders.

Comprehensive assessment and individualized treatment plans are essential parts of an integrative approach, as are medical detoxification if required, medication-assisted treatment (MAT) to lessen withdrawal symptoms and cravings, evidence-based behavioral therapies to change unhealthy behaviors and address underlying psychological factors, participation in support groups and mutual aid programmed for community support, and the incorporation of holistic therapies to address the physical and mental aspects of addiction. Treatment professionals can address the many aspects of drug use disorders and improve the chances of good results by adopting an integrated approach. It's crucial to remember that healing is a journey and that sustained recovery requires continuing assistance and maintenance techniques. Individuals with drug use disorders can achieve ongoing recovery and enhance their general well-being with thorough and individualized treatment.

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