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## Fig 1 DrugAbuse.gov Website Feedback Survey



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A can-do attitude, ability to cope with potential triggers for drug use, readiness to change, and participation in self-help programs are major assets for people trying to recover from cocaine addiction. In a NIDA-funded study, each of these factors markedly increased patients' odds for attaining or maintaining abstinence, or both, during 2 years of intensive outpatient treatment and continuing care. On the liability side of the ledger, symptoms of depression were associated with continued drug use and with relapse (see Figure).

The study, conducted by Dr. James McKay and colleagues at the University of Pennsylvania and the Philadelphia Veterans Affairs Medical Center, yields insights that clinicians can use to evaluate patients with cocaine addiction and plan their treatment and aftercare. Among their detailed findings, the researchers discovered that the list of factors that help patients become abstinent overlaps, but is not identical with, the list of factors that support extending established abstinence.


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