

## **ABSTRACT**

**Background:** Substitution treatment has become a stable part of the addiction services system for drug users. In the beginning, it primarily reacted to healthcare complications related to intravenous substance use and was an alternative for those not able to keep an abstinence. It is proved that only pharmacotherapy is not enough intervention and that it is key to add counseling or therapy as it becomes similarly effective as abstinence-oriented treatment where we work on lifestyle changes in clients.

**Objective:** Identification of effective factors leading to an increase in quality of life from the perspective of clients in substitution treatment in CADAS SANANIM z.ú.

**Methods:** A semi-structured interview and a standardized WHOQOL-BREF questionnaire of the World Health Organization were used to obtain the required data. The descriptive method of thematic (focal) analysis was used to process data from the interviews, and data from the questionnaire was evaluated according to the instructions of the User's Guide of the Czech version of the WHO quality of life.

**Sample:** The research participants consisted of 11 clients of the substitution program in CADAS SANANIM z.ú., who have been in treatment for at least 5 years and are included in the stabilization phase category. I contacted 15 clients, which I selected according to their personal documentation and which are currently in the substitution program of the facility. Eleven clients agreed, 4 clients refused due to lack of time.

**Results:** The analysis shows that for opiate users, long-term substitution treatment has a positive effect on improving their quality of life. Through substitution with Suboxone they have been stabilized and later found themselves grateful for being able to fully function in everyday life. The following were defined as effective factors supporting their quality of life: 1. payment of substitution, 2. maintenance of employment, 3. safe social relationships, 4. support of their family, 5. self-care, 6. being authentic. From the perspective of the program there is an important role in: 7. individual respectful approach, 8. increasing of client's competence.

The limit in substitution treatment from the clients' perspective are the negative approach of surrounding community to substitution and dependence on the substitution.

Results from the WHOQOL-BREF questionnaire confirm respondents' satisfaction with their quality of life, where significantly prevailed answer very good. Domains physical health, psychological feelings and social relationships were in the main population norm, on the other side domain environment was over the norm. Results from the WHOQOL-BREF questionnaire confirm respondents' satisfaction with their quality of life, where significantly prevailed answer very good. Domains physical health, psychological feelings and social relationships were in the main population norm, on the other side domain environment was over the norm.

**Conclusion:** The study shows the supportive effect of buprenorphine replacement therapy in the long term, which helps opiate users to change their lives. The identification of factors contributing to the improvement of life during substitution treatment by the clients themselves may be beneficial for therapeutic interventions.

**Key words:** substitution treatment, quality of life, buprenorphine, effective factor