

**Bibliography of Published/Posted Studies, Reviews, Commentaries, and  
presentations on Congress 60 Treatment Philosophy and Methods (and Related  
Studies)  
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Congress 60 is a non-governmental organization in the Islamic Republic of Iran dedicated to the treatment of drug addiction. Founded in 1998, Congress 60 now (2023) exists in more than 100 branches in Iran with more than 140,000 members. Within Congress 60, addiction recovery is viewed as a fundamental reconstruction of one's body (neurological repair), psyche (mind and character), spirit (worldview), and interpersonal relationships. Such transformations are facilitated by time limited medication support (opium tincture titrated over approximately 11 months), encouragement and facilitation of concurrent smoking cessation, and deep involvement in a vibrant recovery culture offering numerous peer recovery support activities for individuals and families. Further information on Congress 60 can be obtained on its website at

<https://www.congress60.org/EnUS/Congress-60-Human-Revivification-Society-The-Addiction-Treatment>.

The purpose of this document is to provide a listing of scientific studies and related commentaries that have been published in scientific/medical/professional journals related to Congress 60. Listed citations were identified through major search engines (Medline, PubMed, Google Scholar, Science.gov, RefSeek, Dimensions, ERIC, Semantic Scholar, ResearchGate, JURN, and WorldWideScience), and personal communications with Congress 60 founder Mr. Hossein Dezhakam. It is hoped this document will provide scholars with a summary of research to date conducted on Congress 60's treatment philosophy and methods as well as encourage further collaborations between Congress 60 and the international addictions research community.

### **Addiction Treatment in Iran**

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## **Congress 60 History and Current Status**

Dezhakam, H. (2022). *Innovations in Addiction Treatment and Recovery: The Story of Congress 60*. Tehran, Congress 60.

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### **The X Theory and DST Method**

Dezhakam, H. (2018). Addiction as a brain disease: Perspectives from the Islamic Republic of Iran. (Blog) Posted March 8, 2018, at <https://www.chestnut.org/Blog/Posts/252/William-White/2018/3/Addiction-as-a-Brain-Disease-Perspectives-from-the-Islamic-Republic-of-Iran/blog-post/>.

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### **Congress 60 Studies**

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Danesh, S. Y., S., Mohebi, S. & Massoumi, A. (2015). The comparison of the efficacy of methadone maintenance therapy with congress 60's group therapy on behavioral disorders and mood symptoms of drug addicts in Qom, Iran. *F1000Research*, 6. <https://www.semanticscholar.org/paper/The-comparison-of-the-efficacy-of-methadone-therapy-Danesh-Mohebi/17fc2971eb231274e4360e20200ea9ad1661c5c7>

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Noroozi, A., Conigrave, K. M., Mirrahimi, B., Bastani, P., Charkhgard, N. et al, (2021). Factors influencing engagement and utilisation of opium tincture-assisted treatment for opioid use disorder: A qualitative study in Tehran, Iran. *Drug & Alcohol Review*, July, <https://doi.org/10.1111/dar.13357>

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### **Related Papers on the Use of Opium Tincture in Addiction Treatment**

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Kim, J. J., Nikoo, M., Nikoo, N., Javidanbardan, S., Kazemi, A. et al (2023). Quality of life of patients treated with opium tincture or methadone: A randomized controlled trial. *Drug Alcohol Depend*, 249, 110874.

Krausz, M., Akhondzadeh, S. (2015). Comparing opium tincture (OT) with methadone for substitution treatment of opioid dependence (OT-RCT). Available at: <https://clinicaltrials.gov/ct2/show/NCT02502175>

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Nikoo, M., Nikoo, N, Anbardan, S. J., Amiri, A, et al (2016). Tincture of opium for treating opioid dependence: A systeamic review of safety and efficacy. *Addiction*, 112, 414-429.

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### **Recent Presentations at Professional, Scientific, and Medical Conferences**

Dezhakam, H. New approach to the treatment of cancer. AACR-KCA Jpoint Conference on Precision Medicine in Cancer. Seoul, South Korea, November 21-22, 2024.

Dezhakam, H. Early results of a gene expression study of a new method of opium treatment showed inhibition of metastasis in breast cancer rodent model at the 7th Edition of International Cancer Conference (ICC 2024) Baltimore, Maryland, USA 17-19 October, 2024

Dezhakam, H. Potential Myelinogenesis effects of taper up-off of opium tincture in animal model of multiple sclerosis. Immuno-Oncology Summit; August 7-9, 2024 Philadelphia, USA.

Dezhakam, H. Short report of wound healing pathway activation after taper up-off treatment method of opium in ulcerative colitis model IMMUNOLOGY 2024, American Association of Immunologists. Held on May 3-7, 2024/ Chicago, Illinois, USA

Dezhakam, H. Metastasis inhibition in breast cancer animal model treated by a novel protocol of taper-up-off of opium tincture oral usage. International conference on cancer research and diagnostics. International conference on interventional oncology. (ICCRD) Held on 24-26 October 2023 in New York City, USA

Dezhakam, H. Comparison of taper-off method of opium tincture and 12-Steps Narcotics Anonymous method for opium dependence treatment. 4th Edition of Global Conference on Addiction Medicine, Behavioral Health and Psychiatry (GAB 2023)

Held on October 19-20, 2023 in Boston, Massachusetts, USA.

Dezhakam, H. A novel protocol of taper-up-off of opium tincture could inhibit angiogenesis in animal model of Breast cancer. International conference on interventional oncology (ICIO) Held on 27-29 October 2023 in Washington DC,

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