



perth Clinic

Presentation

by Phillip May



# The Impact of an Inpatient Substance Misuse Group Program on Co-morbid Symptoms and Self efficacy

# Why The Evaluation



- The program was in place
- It was evidenced based
- Thought was it effective?
- Support for the study was available



- Private Psychiatric Clinic
- 98 Bed Facility
- based in West Perth, Western Australia
  - Multidisciplinary Team:  
Psychologists, Psychiatrists, Nurses and  
Occupational Therapists

# Substance Misuse Program



- An individualised ten session modular program
- 4.5 hours of therapy Monday to Friday
- Active practice tasks are set for weekends
- The program design is a blending of :
  - Motivational interviewing techniques
  - Cognitive Behavioural Therapy
  - Interpersonal Therapy
  - Solution focussed therapy

# Substance Misuse Program



- Modules Include;
  - Dependence and its complications
  - Introduction to Cognitive Behavioural Therapy model
  - Mood Management
  - Overview of Relapse Prevention
  - Anger Management

# Substance Misuse Program



- Modules continued
  - Understanding and enhancing motivation
  - Engaged communications
  - Anxiety management
  - Enhancing self esteem
  - Improving support

# Method



- Patients admitted between April 2010 and February 2011 were invited to join the study



# Method



- Admission and discharge data gathered on:
  - DASS 21 (Depression anxiety and stress scales)
  - MH14 (Mental Health items form SF-36)
  - HoNOS Health of the Nation Outcome Scale
  - Frequency of Use Questionnaire
  - Time line follow back drug and alcohol Calendar Questionnaire
  - Readiness to change, (treatment version), Ed 2007.

# Method



- Data gathered one month post discharge
  - Frequency of use questionnaire
  - Timeline follow back drug and alcohol calendar questionnaire
  - Readiness to change questionnaire, treatment version, revised edition 2007.

# Results



- 73 patients entered the study
- Mean Age 43.6 SD = 11.7
- Gender 56% female 54% male
- Length of stay 17.4 days (10.4)
- 77% of patients were alcohol dependent

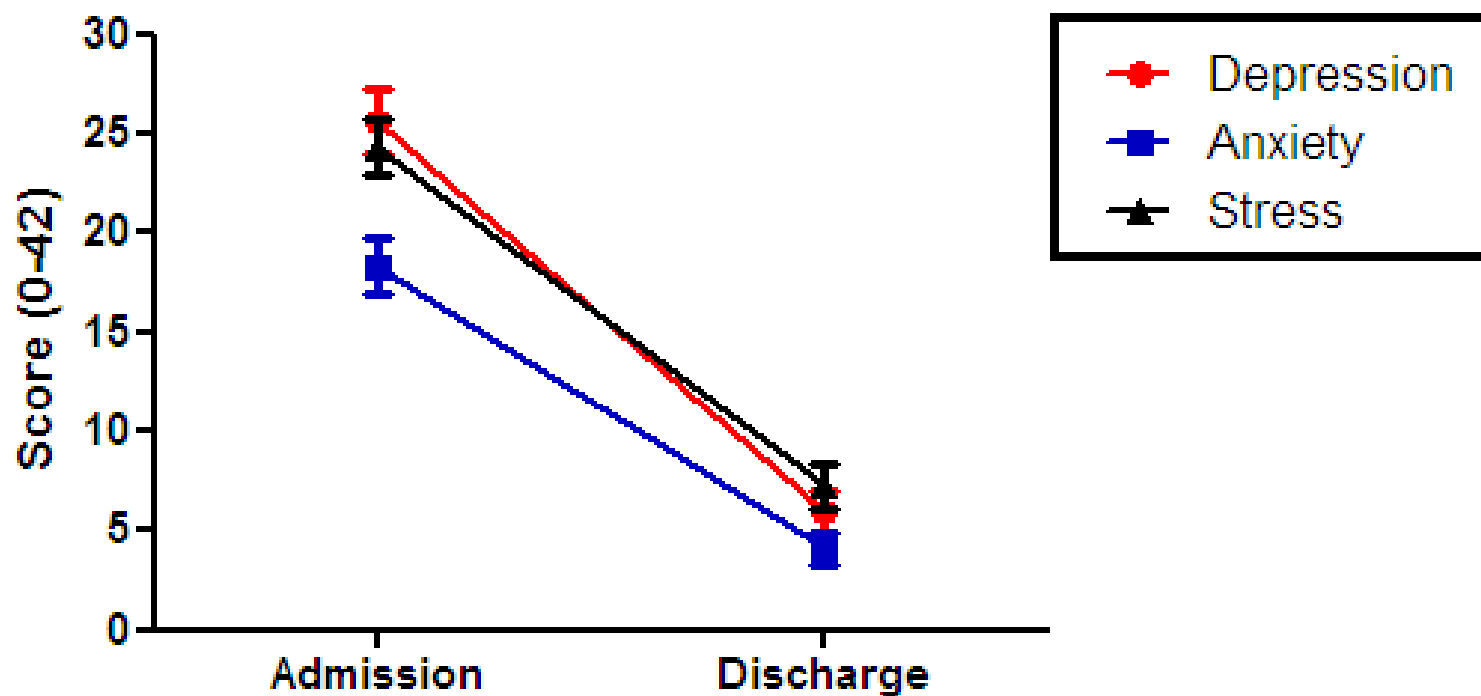
# Results



- Primary Diagnosis
  - Substance = 54.4%
  - Affective = 33.3%
  - Anxiety = 7.0%
  - Other = 3.0 %
  
- Secondary Diagnosis
  - Substance = 85.3%
  - Anxiety = 25.0%
  - Affective = 20.6%
  - Personality = 8.8% (NB

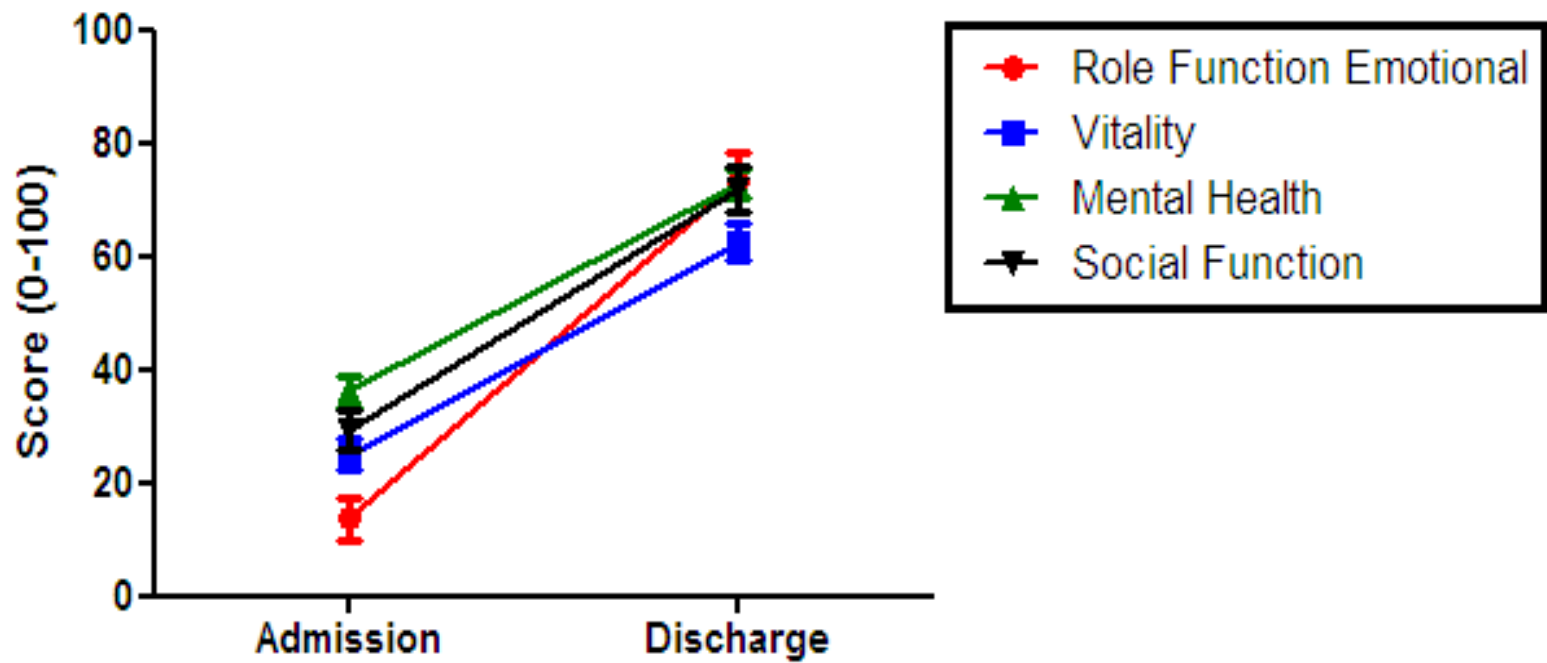


### DASS Scores (n=57 pre; n=47 post)



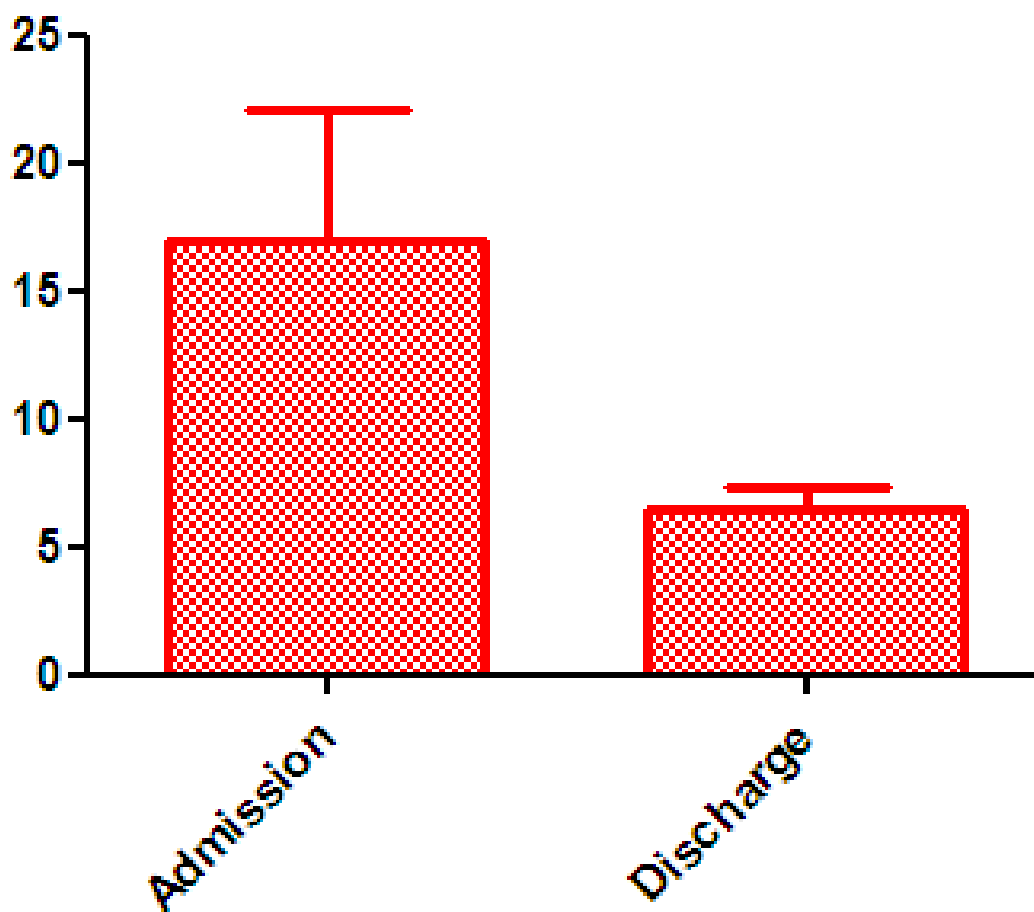


### Mental Health Items of Medical Outcomes Short Form (MH-14)





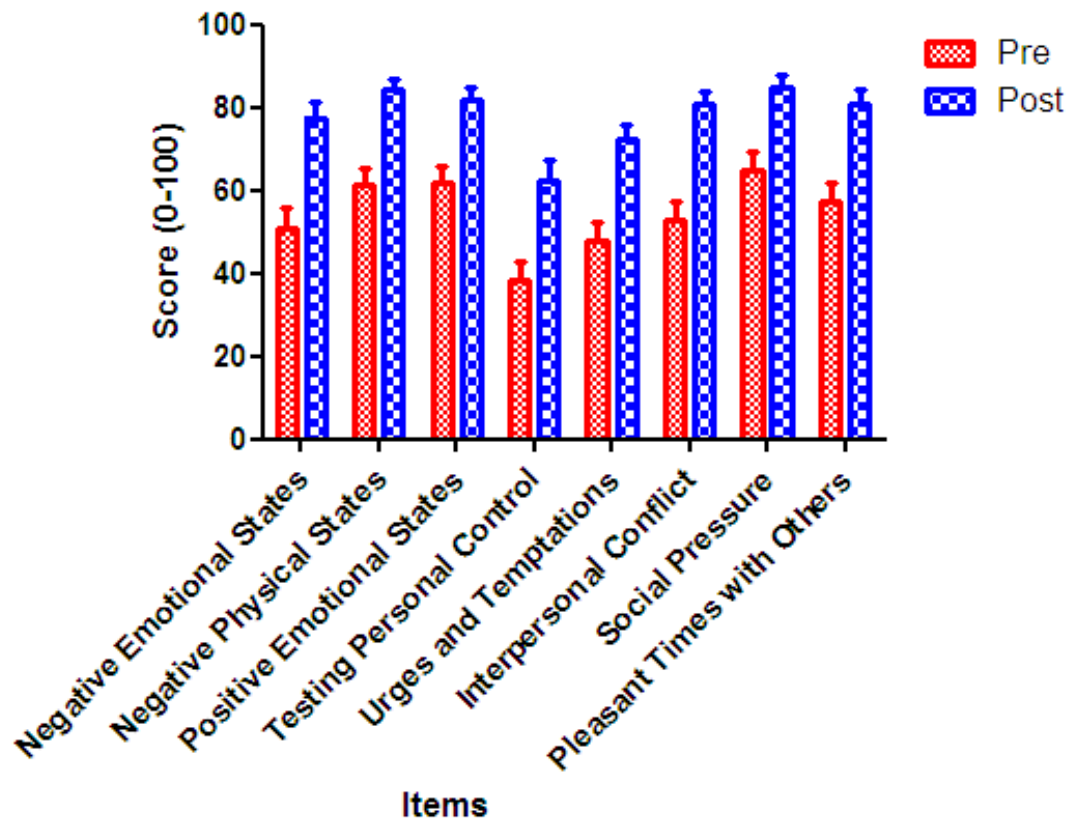
## HoNOS Scores



# Results



**Brief Situational Confidence Questionnaire**  
(n=56 pre; n= 39 post)



# Time Line Follow Back (n=73)

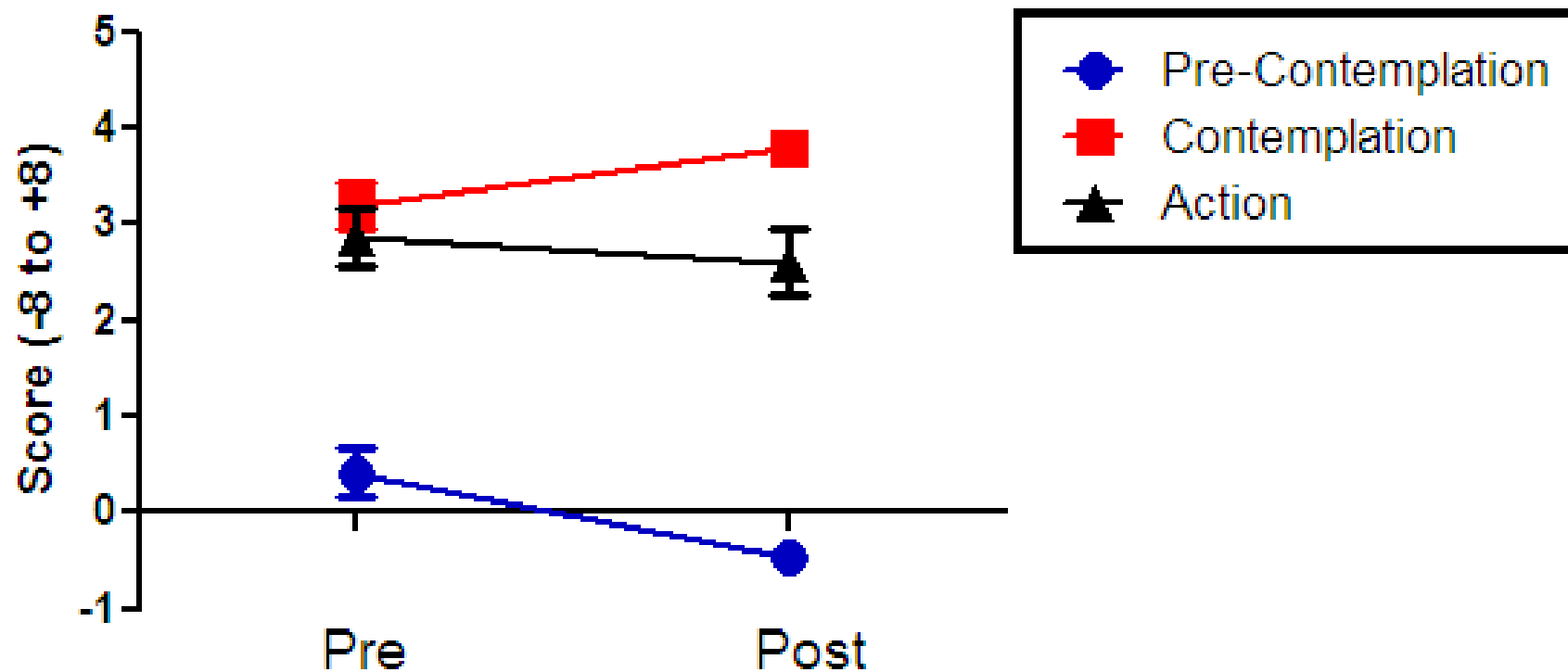


|  | Pre                     | 1 Month Follow Up      |
|--|-------------------------|------------------------|
| Average No. of drinks per day          | 10.2<br>(range = 1/-50) | 0.75<br>(range = 0-14) |
| Average No. of drinking days per week  | 5.8                     | 0.8                    |
| Average No of Drinks Per Drinking Days | 11.6                    | 5.03                   |

**Note:** at follow up 76% were abstinent (n33)

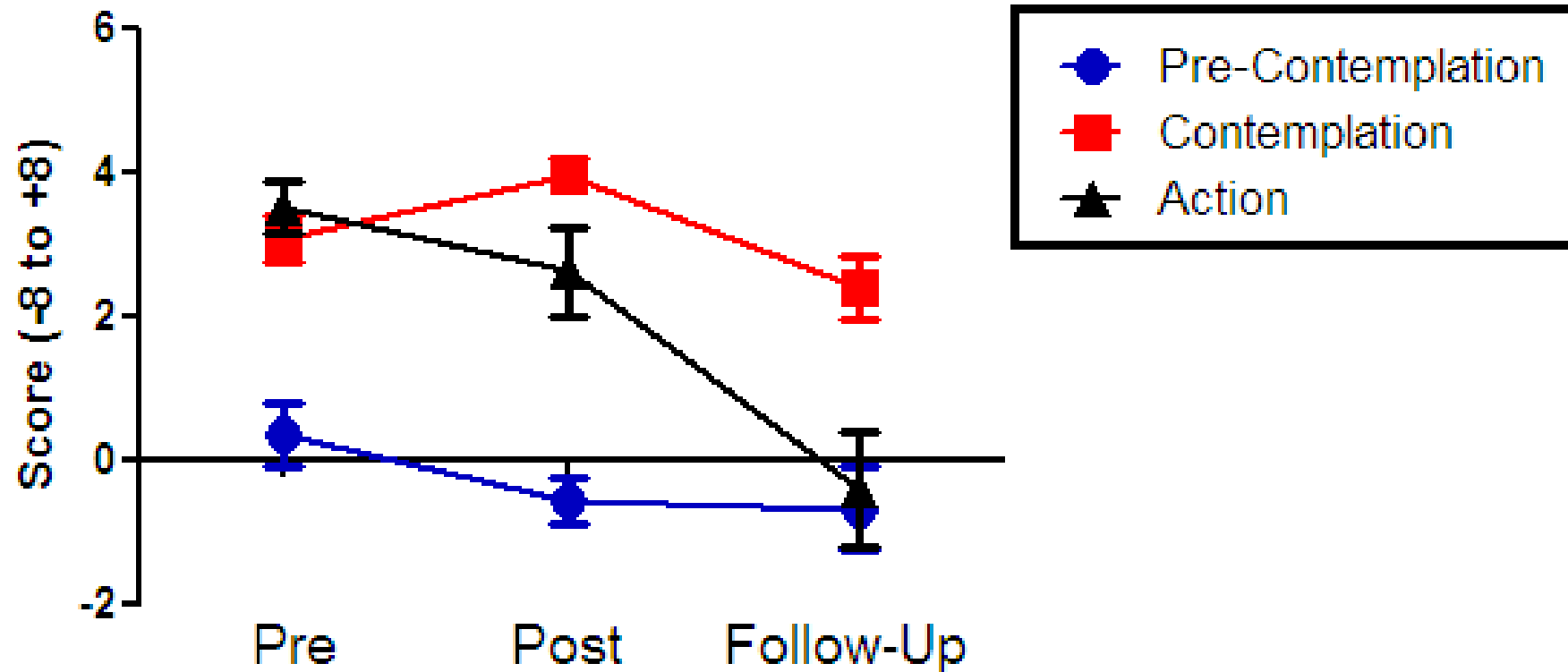


## Readiness to Change (n=67)





## Readiness to Change (n=26)



# Discussion



- Readiness to change Questionnaire (RTCQ)
  - Showed a reduction at one month followup in both contemplation and action
  - This may have been influenced by individuals already moving into maintenance stage
  - As the majority of respondents had maintained abstinence,(76%), for > one month post treatment
  - Though this theory will need further review

# Discussion



- Results showed significant Improvements across all areas evaluated
- Thought it was due to:
  - Inpatient therapeutic setting effect ,
  - Program Effect
  - Patient motivation
  - Probability suggests a combination of all three factors.



# Future Directions

- Look at the relationship between Readiness to change, Depression, Anxiety and Stress.
- Which patient diagnostic groups have better outcomes.
- Further patient follow up, (at three month intervals), over next the next twelve months



THANK YOU

Feedback and Questions Please

# Discussion



- Action Phase of RTCQs)

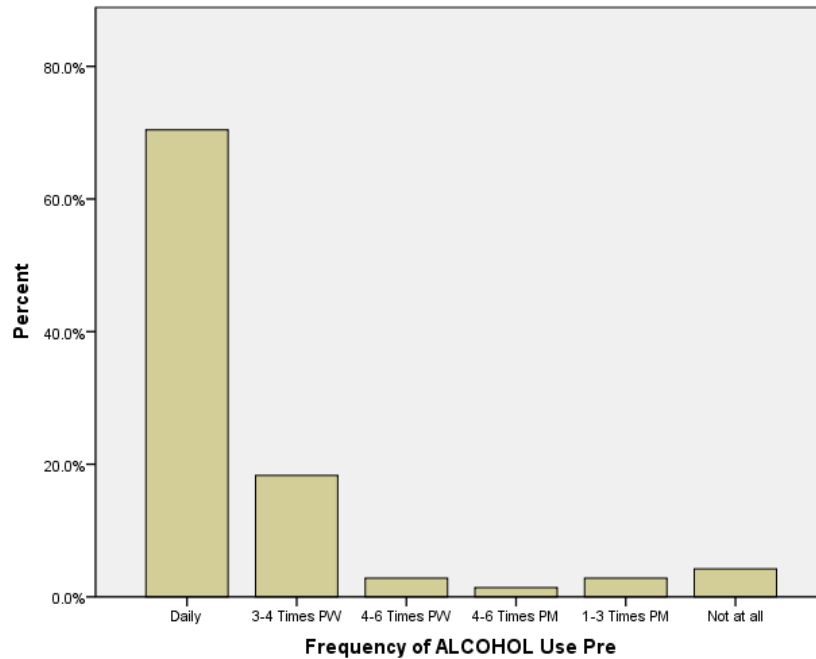
5. Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.
- 8 I am actually changing my drinking habits right now (either cutting down or quitting).
9. I have started to carry out a plan to cut down or quit.
12. I am actively working on my drinking problem.

| SD | D | U | A | SA | Office Use |
|----|---|---|---|----|------------|
|    |   |   |   |    | <b>A</b>   |
|    |   |   |   |    | <b>A</b>   |
|    |   |   |   |    | <b>A</b>   |
|    |   |   |   |    | <b>A</b>   |

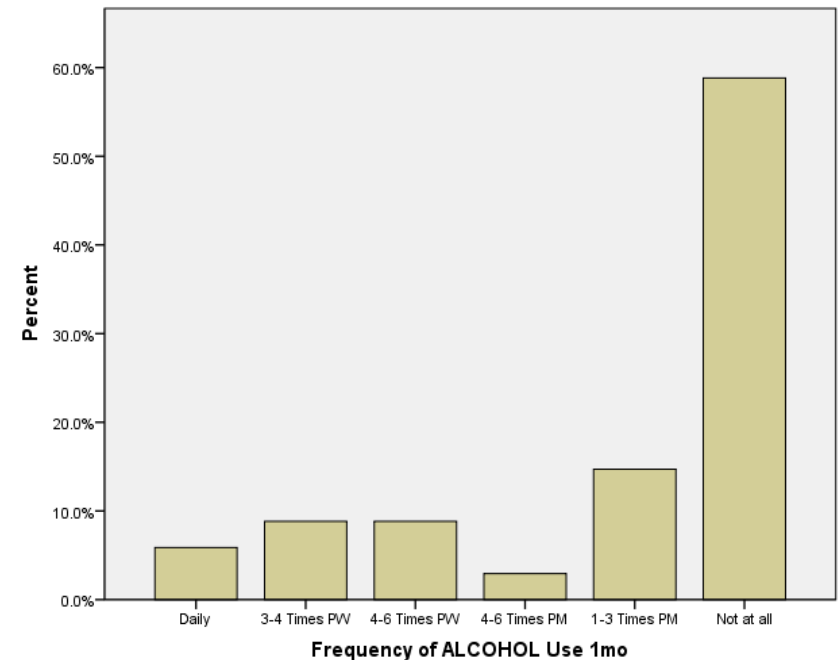
# Frequency of Use: Alcohol



## Pre



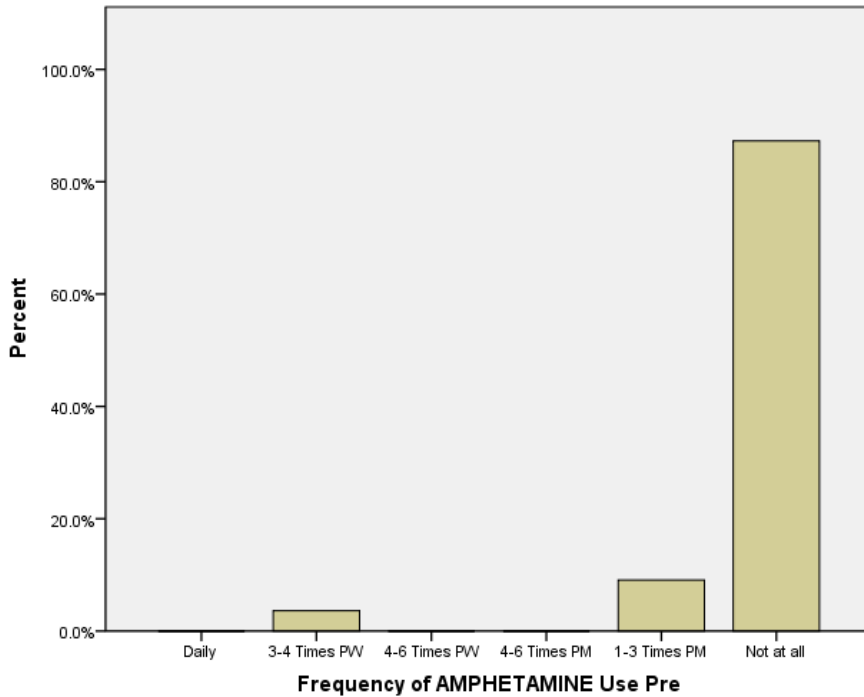
## Follow-Up (1 Month)



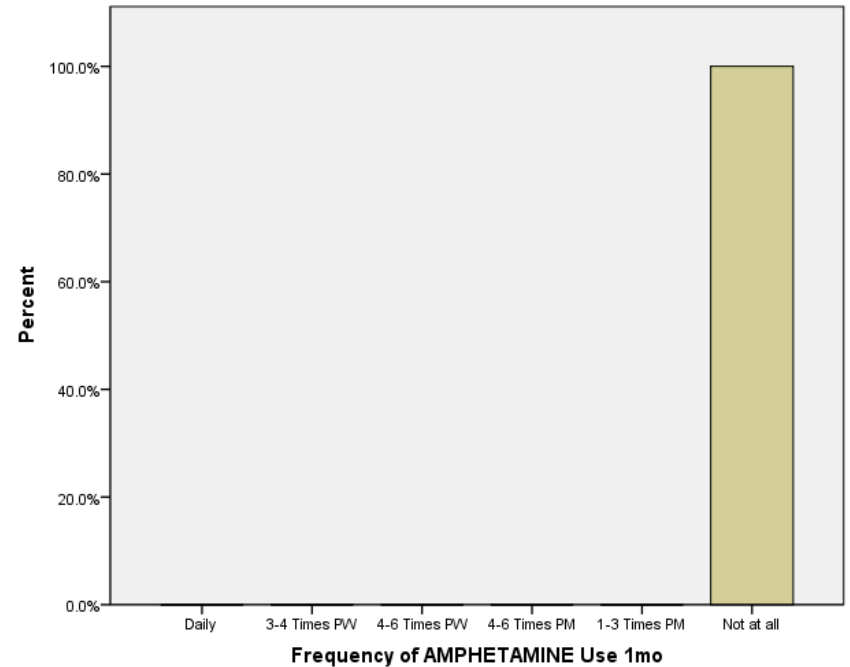
# Frequency of Use: Amphetamines



## Pre



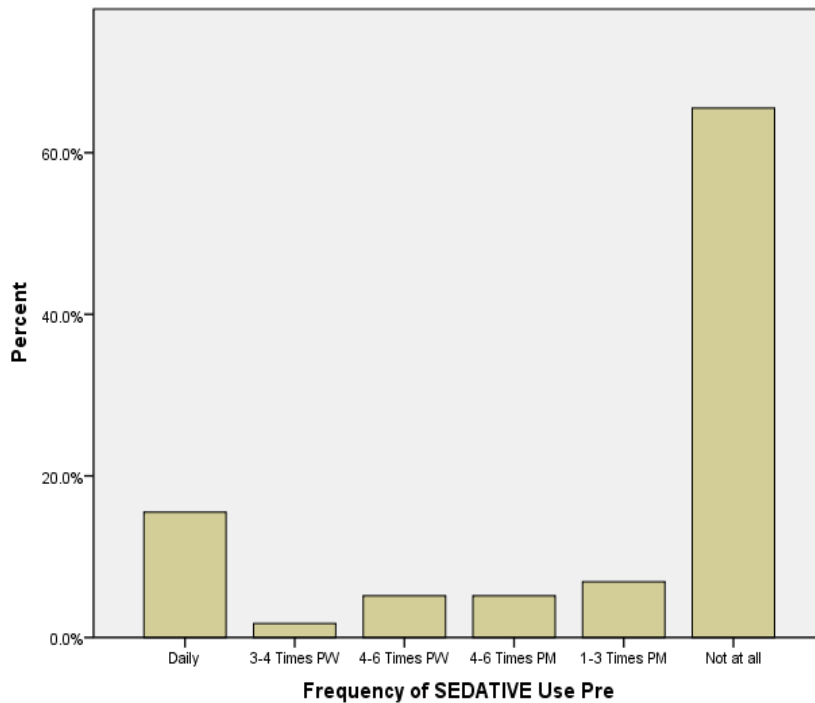
## Follow-Up (1 month)



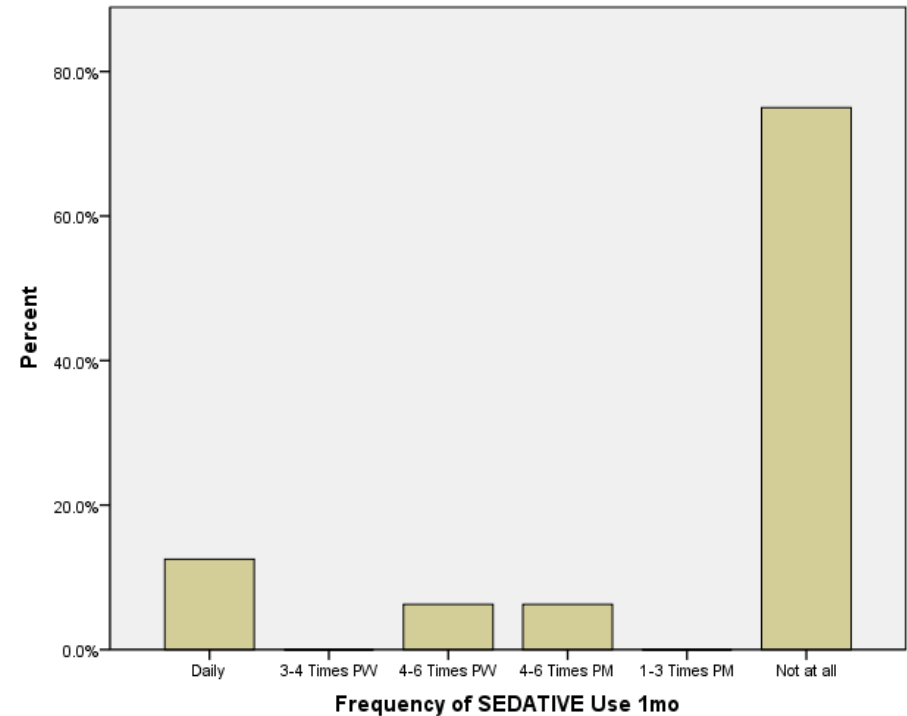
# Frequency of Use: Sedatives



## Pre



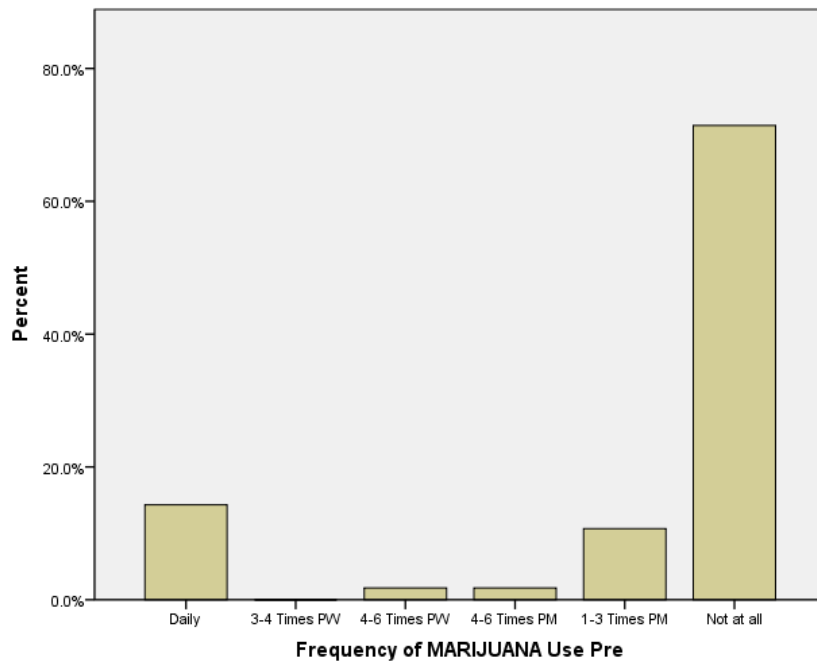
## Follow-Up (1 Month)



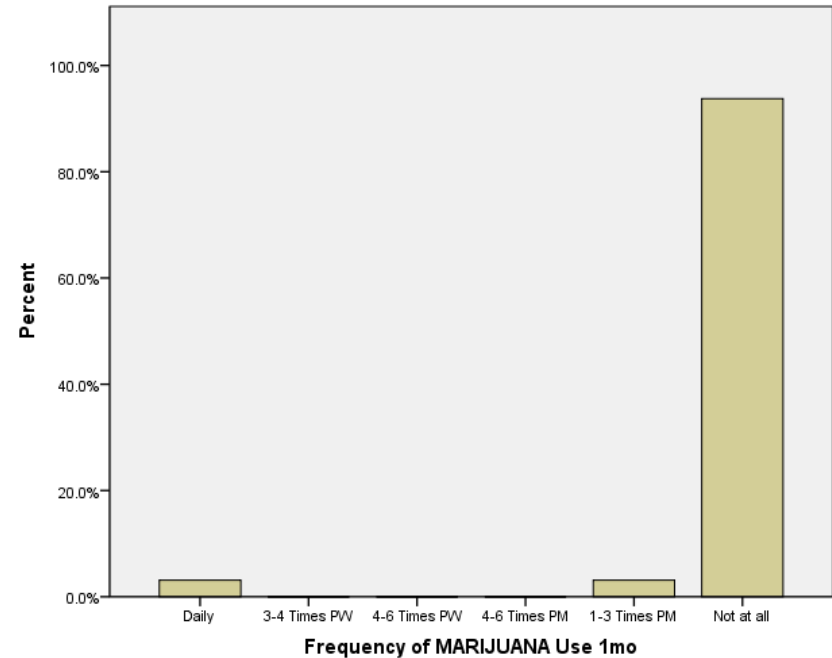


# Frequency of Use: Marijuana

## Pre



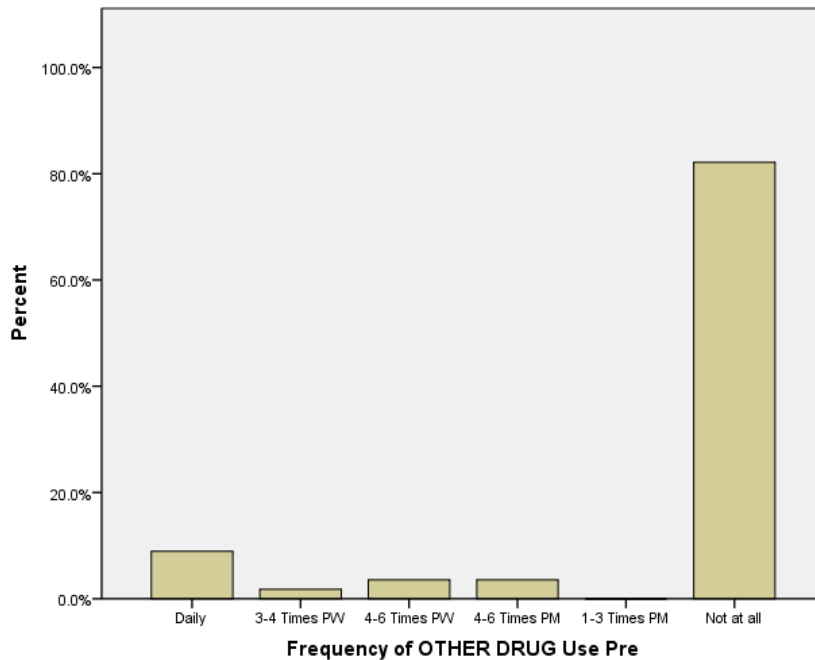
## Follow-Up (1 Month)





# Frequency of Use: Other

## Pre



## Follow-Up (1 Month)

