



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

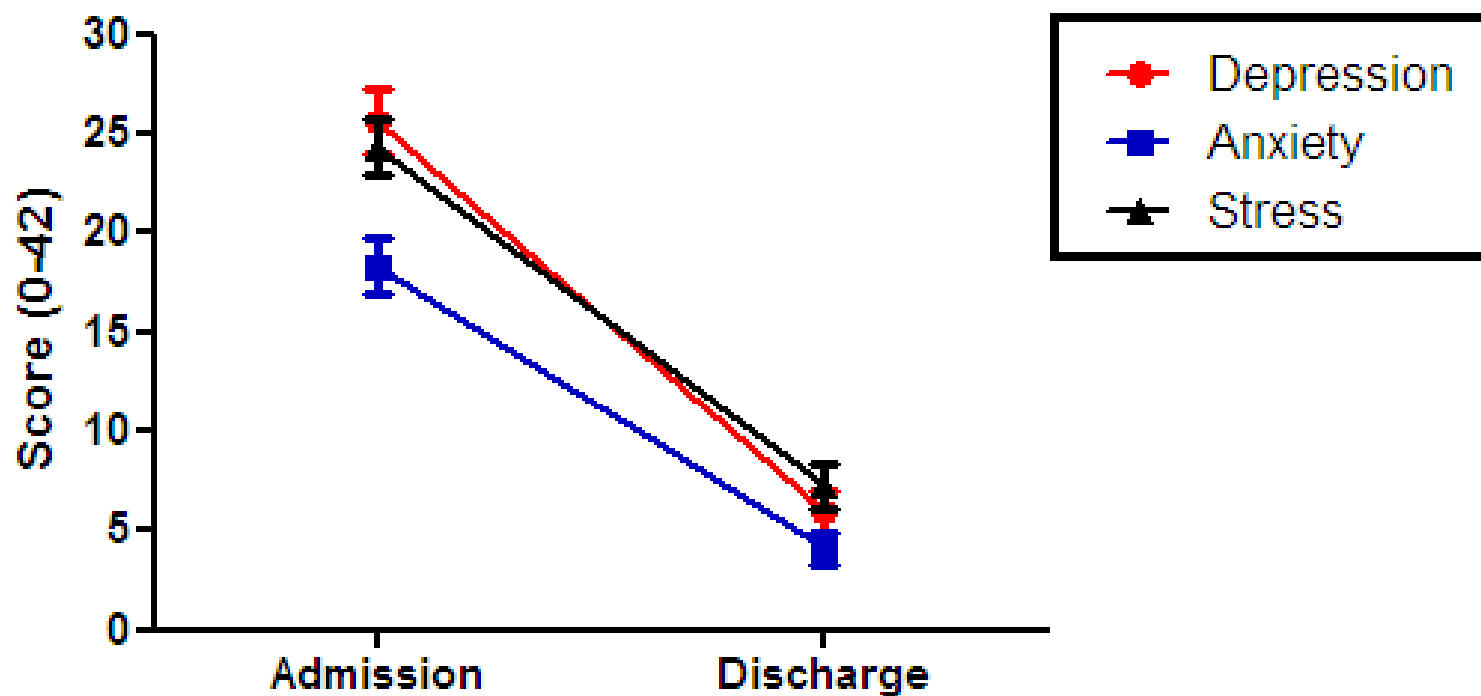


- Primary Diagnosis
 - Substance = 54.4%
 - Affective = 33.3%
 - Anxiety = 7.0%
 - Other = 3.0 %

- Secondary Diagnosis
 - Substance = 85.3%
 - Anxiety = 25.0%
 - Affective = 20.6%
 - Personality = 8.8% (NB

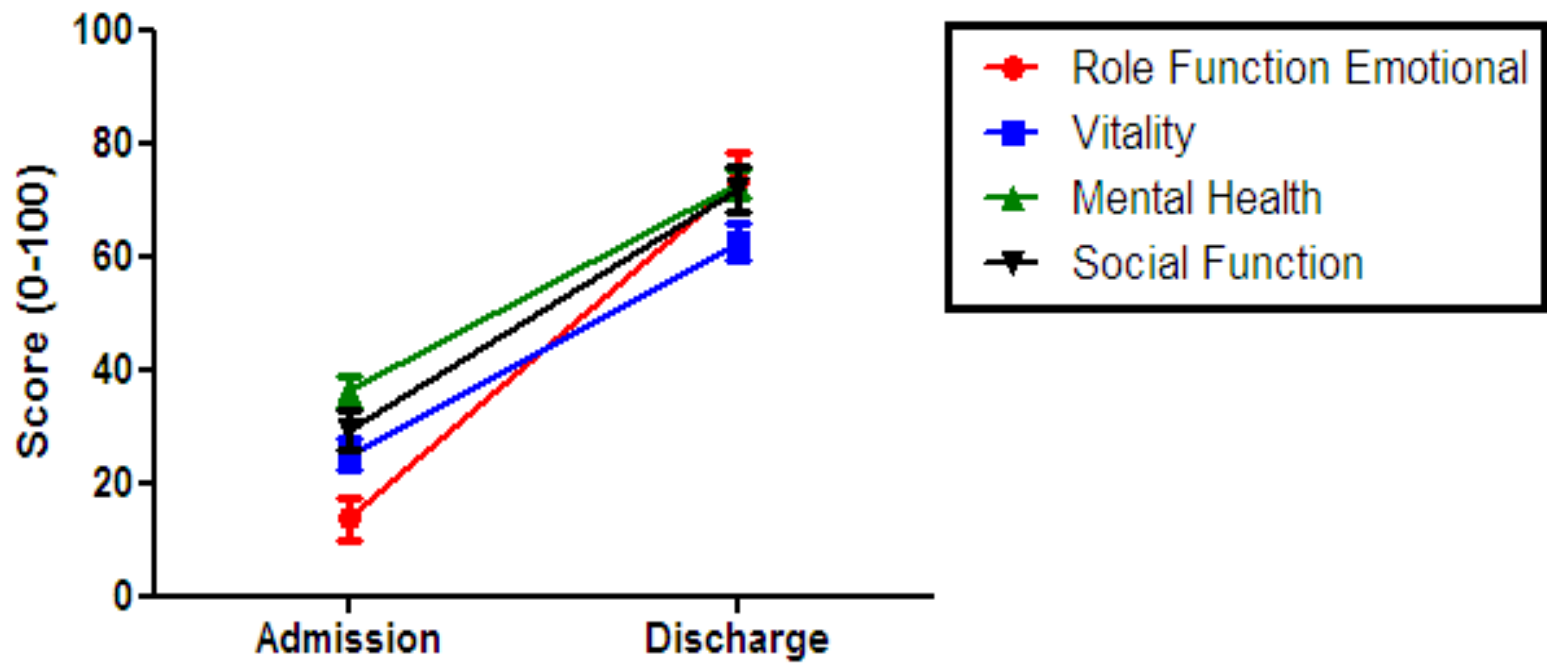


DASS Scores (n=57 pre; n=47 post)



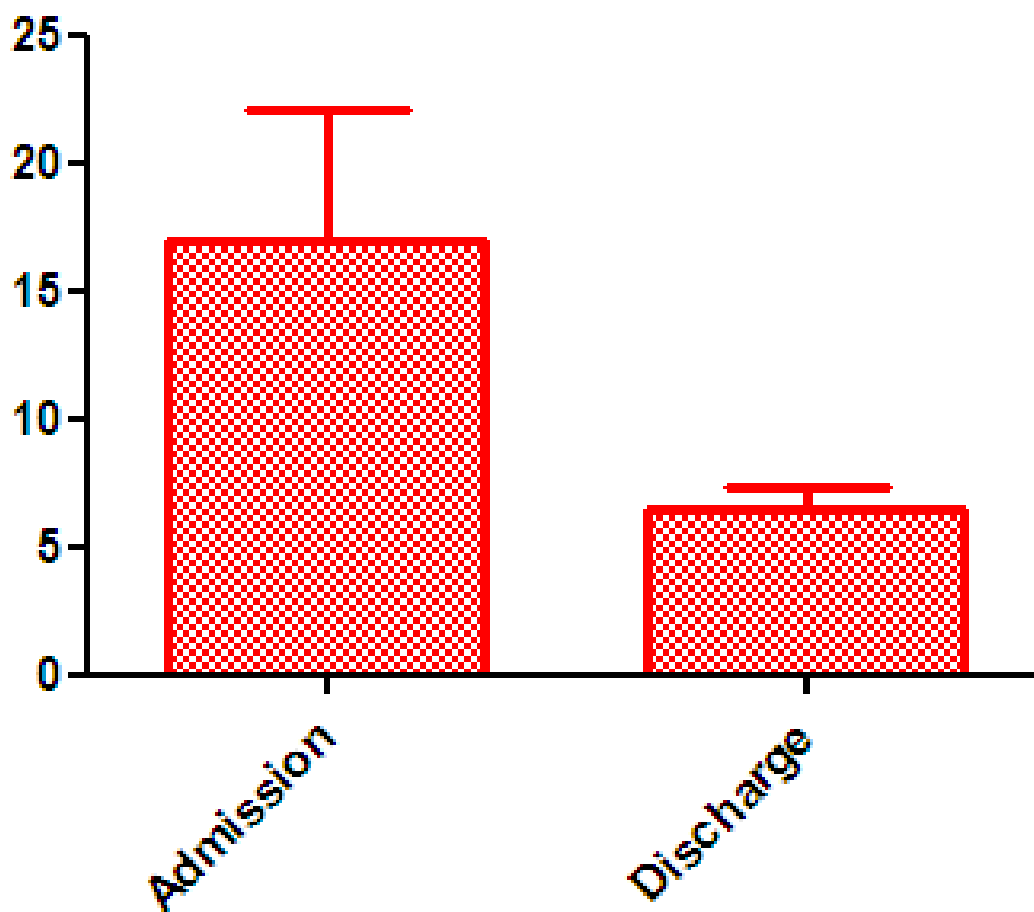


Mental Health Items of Medical Outcomes Short Form (MH-14)





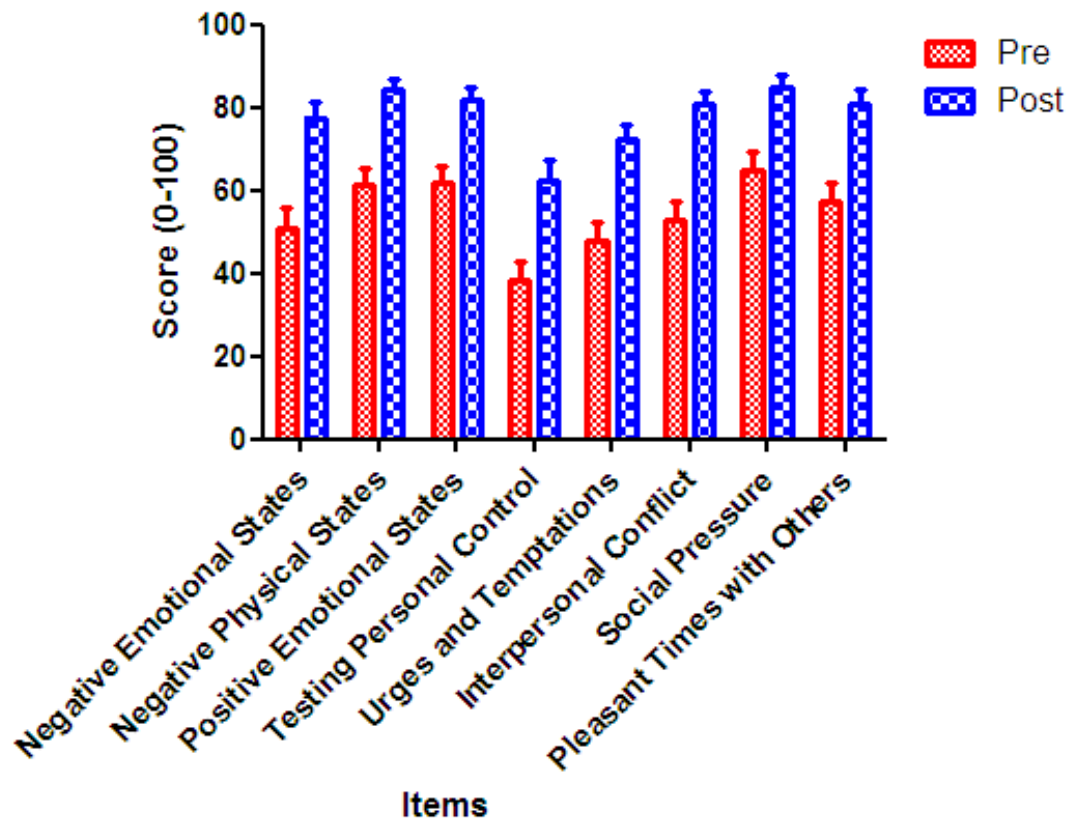
HoNOS Scores



Results



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



Time Line Follow Back (n=73)

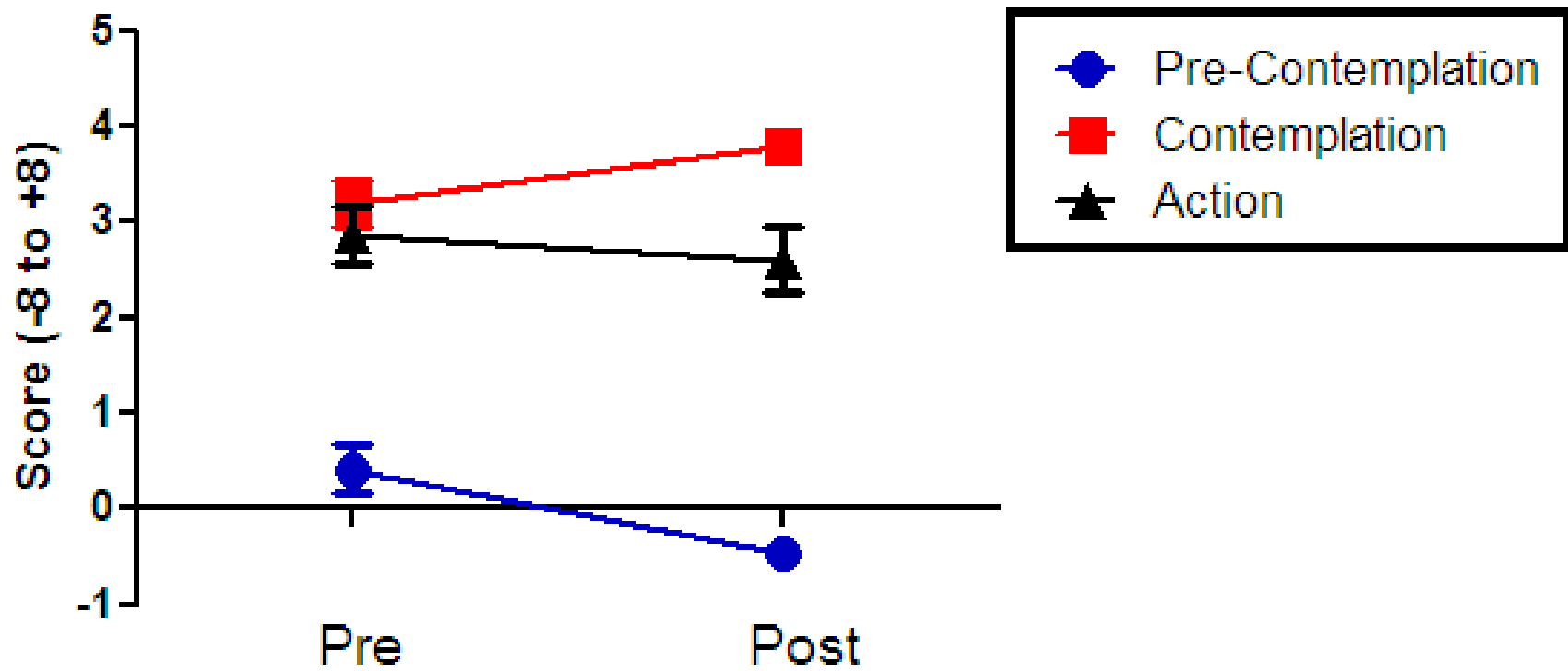


	Pre	1 Month Follow Up
Average No. of drinks per day	10.2 (range = 1/-50)	0.75 (range = 0-14)
Average No. of drinking days per week	5.8	0.8
Average No of Drinks Per Drinking Days	11.6	5.03

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

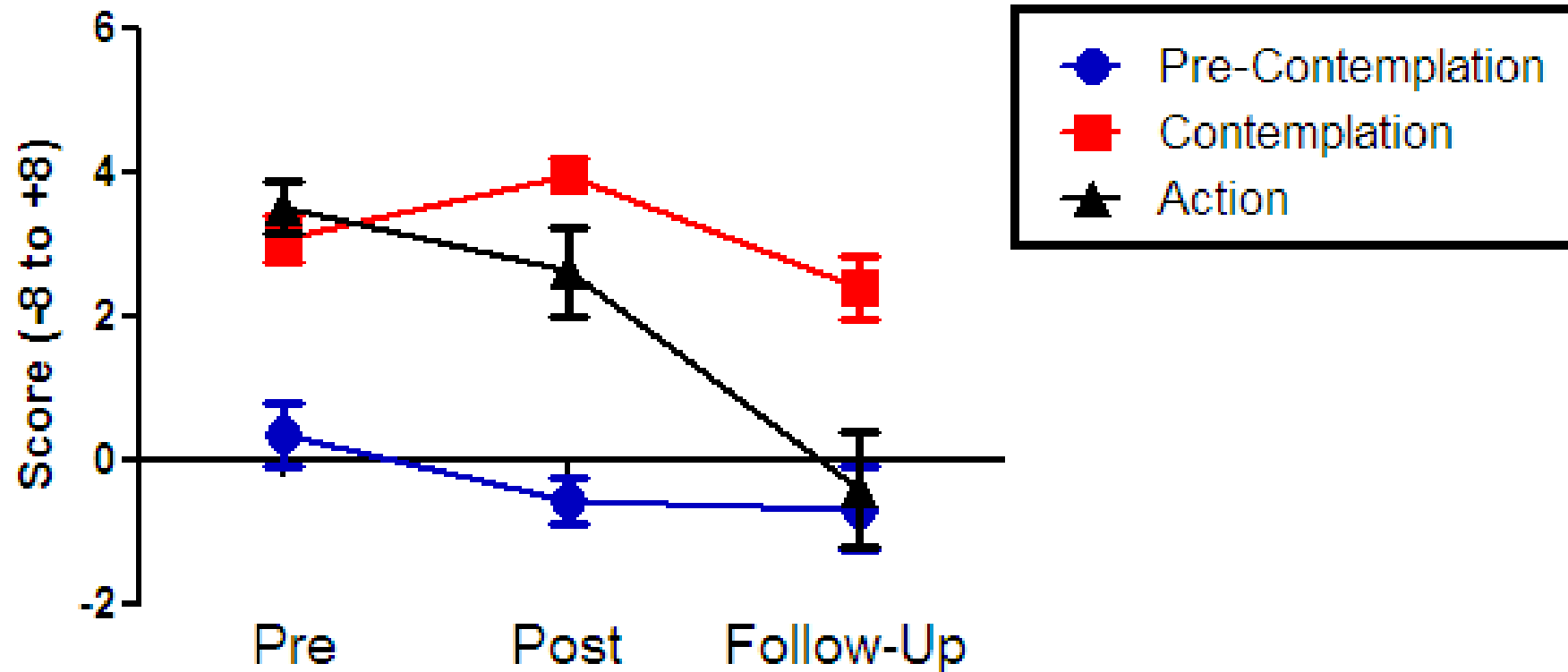


Readiness to Change (n=67)





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)

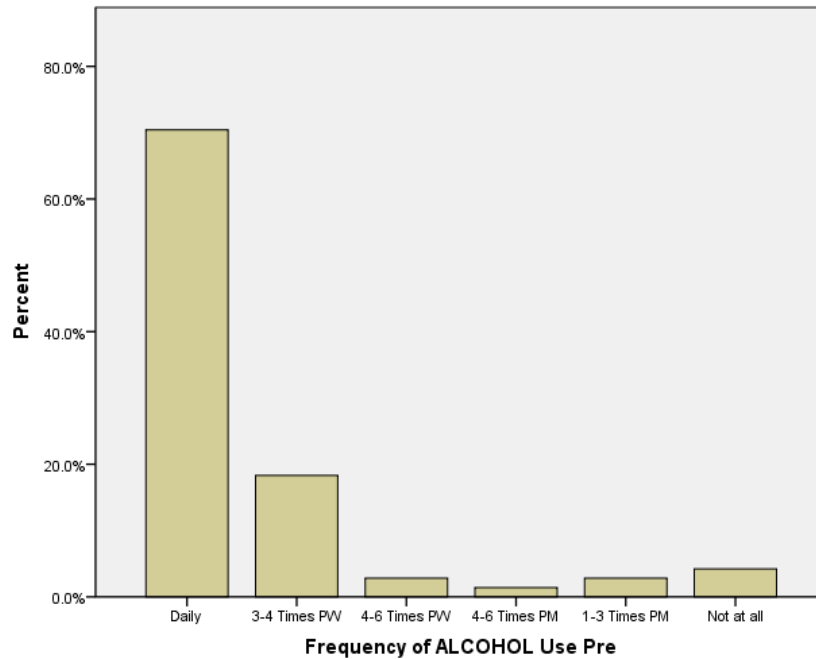
5. Anyone can talk about wanting to do something about their drinking, but I'm actually doing something about it.
- 8 I am actually changing my drinking habits right now (either cutting down or quitting).
9. I have started to carry out a plan to cut down or quit.
12. I am actively working on my drinking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

SD	D	U	A	SA	Office Use
					A
					A
					A
					A

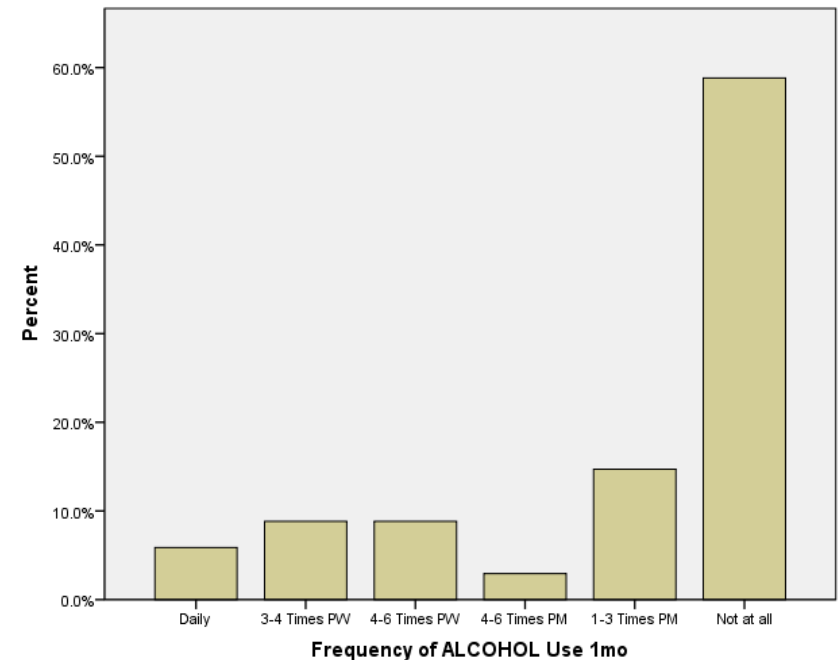
Frequency of Use: Alcohol



Pre



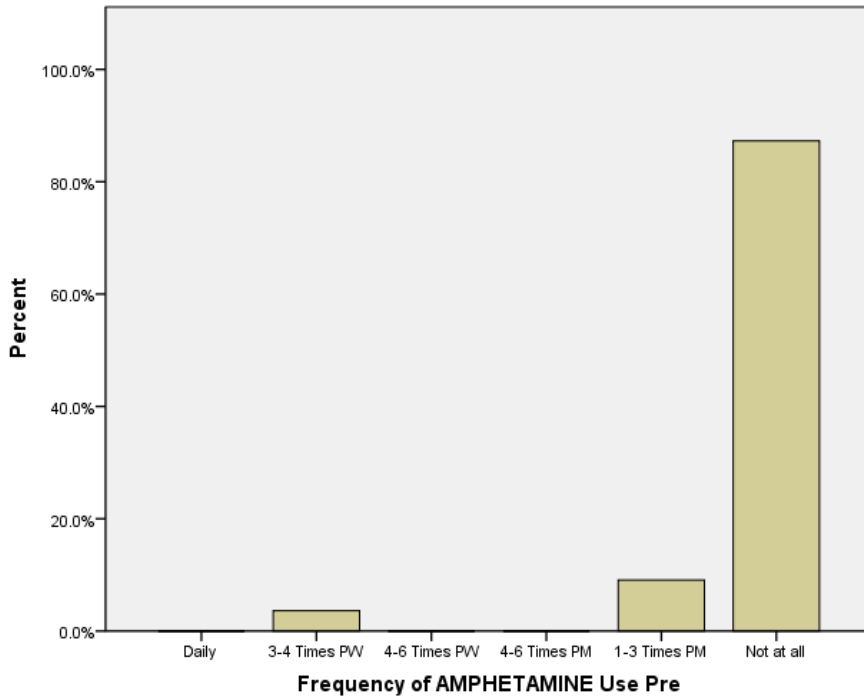
Follow-Up (1 Month)



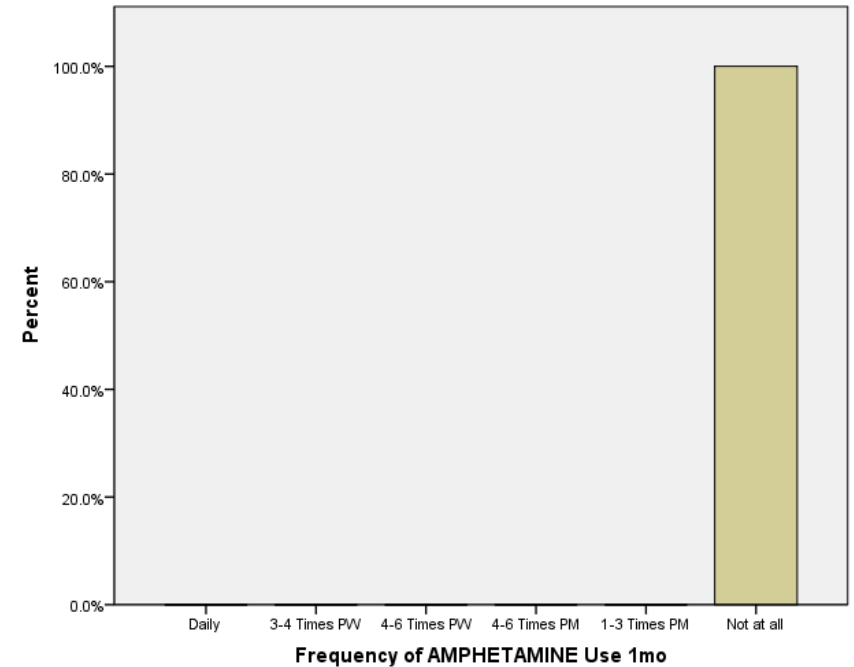
Frequency of Use: Amphetamines



Pre



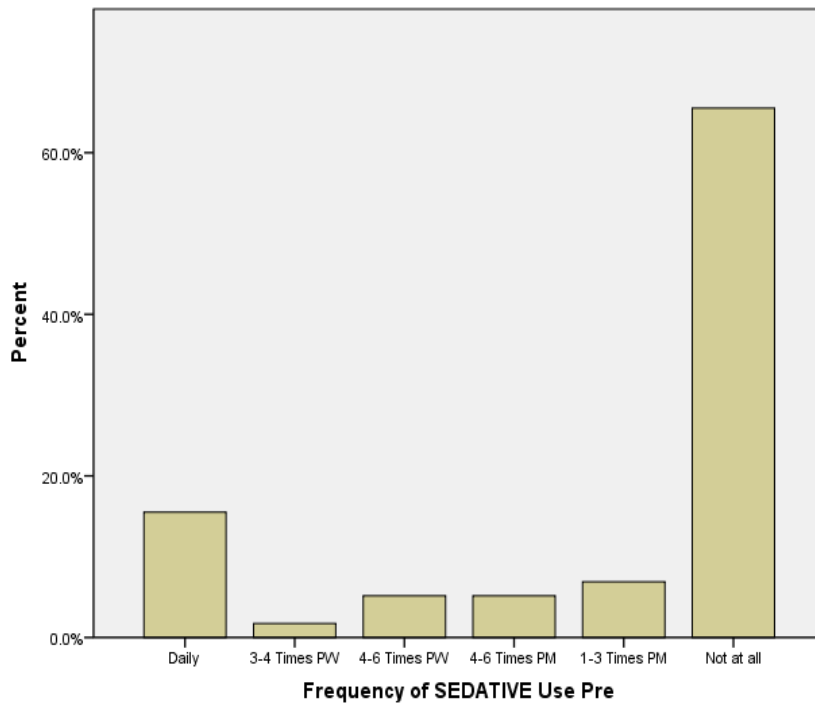
Follow-Up (1 month)



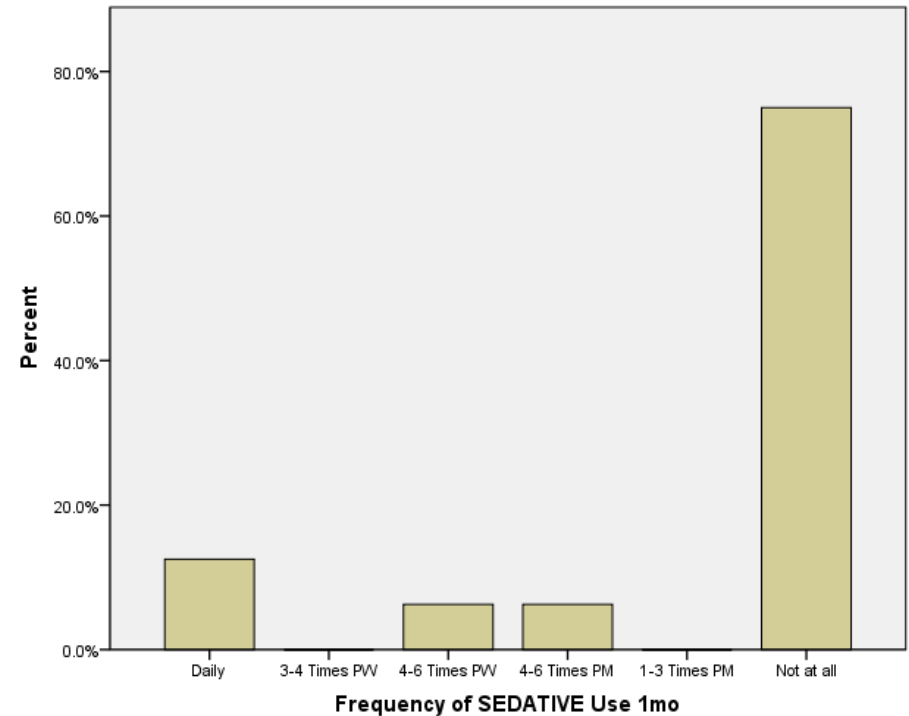
Frequency of Use: Sedatives



Pre



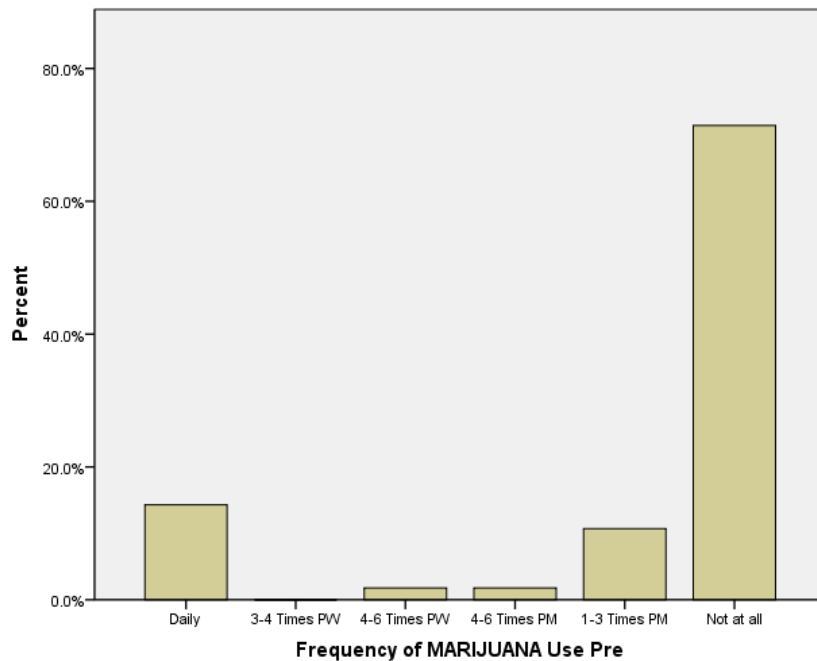
Follow-Up (1 Month)



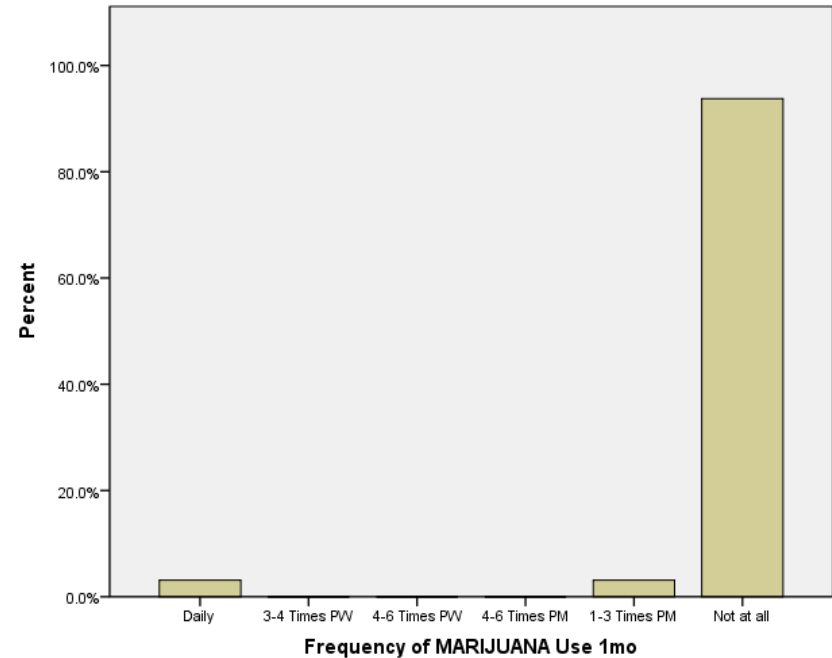


Frequency of Use: Marijuana

Pre



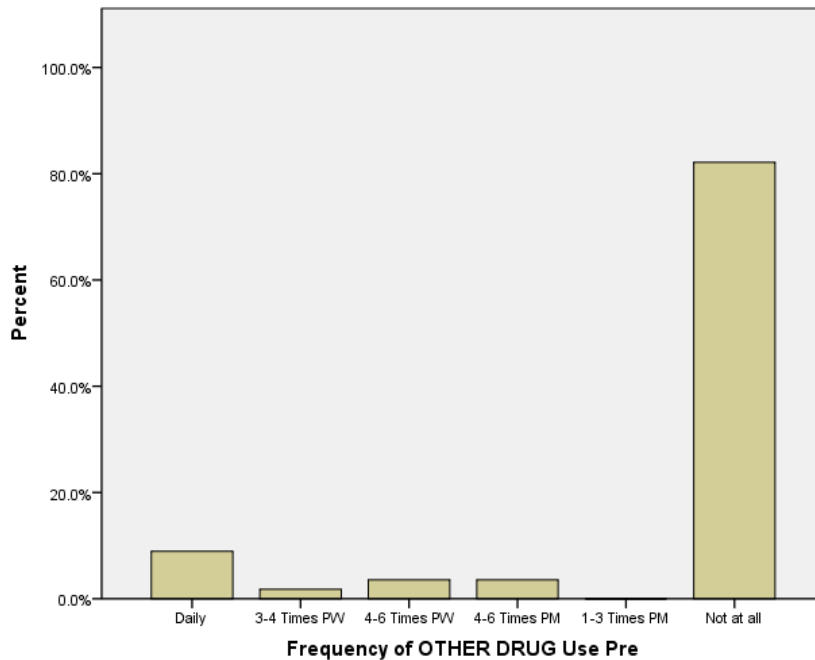
Follow-Up (1 Month)





Frequency of Use: Other

Pre



Follow-Up (1 Month)

