

Factors that predict retention to substance use treatment in addition to motivational interviewing

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Introduction

CAS Barceloneta is an ambulatory treatment center for patients with any substance dependence disorder in Barcelona (Spain). One of the factors that characterize patients with drug dependence is their low retention to the therapy. Achieving a high level of adherence is essential for treating substance dependence^{1, 2}. Motivational interviewing (MI) has demonstrated its efficacy to improve patient retention to drug use treatments. The objective is to identify other factors, in addition to MI, associated with greater retention to psychological treatment.

Method

A retrospective study with 77 patients (66,2% males, mean age (SD) of 39.3 years [± 12.5]) who were randomly selected and had their first psychology appointment between 2008 and 2010. Overall sample had received MI as standard treatment in the CAS. Retention was calculated at 6 months of starting treatment (ratio between the number of visits that were scheduled and the visits to which they assisted). Descriptive and bivariate analysis were performed. Using a multiple linear regression we identified some predictors related to retention. Demographic data, toxicological history and clinical variables were used to evaluate the model. SPSS v. 14.0 was used to perform the analysis.

Results

Three variables that predict the retention to the psychological treatment were found: older age ($\beta=0.705$, $p<0.001$), being male ($\beta=9.39$, $p=0,044$) and living with a relative ($\beta=19.70$, $p=0.016$).

Discussion

Being a man, being older and live together with the family are factors that determine the retention to the psychological treatment, in addition to MI. This information is relevant to work harder on the therapeutic relationship in cases where evidence indicates lower retention (younger patients and females) and to promote social integration in patients with unstructured environments.

1. McCaul, M., Svikis, D., Moore, R. (2000). Predictors of outpatient treatment retention: patient versus substance use characteristics. *Drug and Alcohol Dependence*, 62, 9 – 17.
2. Vaughn, T., Vaughan, M., Saleh S., Huber, D., Hall, J. (2002). Participation and retention in drug abuse treatment services research. *Journal of Substance Abuse Treatment*, 23 (4), 387-397.