PREDICTING ABSTINENCE FROM METHAMPHETAMINE USE AFTER RESIDENTIAL REHABILITATION

A. Kothe1, R. McKetin2-3, A. Baker4, N Lee2, J Ross1, DI Lubman2 & Mattick RP1

1School of Psychology, Otto-Friedrich-Universität Bamberg, Bamberg, Germany 2National Drug Research Institute, Faculty of Health Sciences, Curtin University, Perth, Australia 3National Drug and Alcohol Research Centre, University of New South Wales, Sydney, Australia 4School of Medicine and Public Health, University of Newcastle, Callaghan, Australia

Introduction and Aims

Residential rehabilitation is a resource-intensive treatment that yields modest reductions in methamphetamine use (cf. no treatment) which are most apparent for continuous abstinence. We examined for whom residential rehabilitation was most likely to produce this benefit.

Method

Participants (N = 176) were dependent on methamphetamine and entering residential rehabilitation for methamphetamine use. They were recruited from the Methamphetamine Treatment Evaluation Study.1

Simultaneous logistic regression was used to identify independent predictors of continuous abstinence from methamphetamine use at one year follow-up.

Measures included demographics, drug use, psychiatric comorbidity (DSM-IV major depression, social phobia, panic disorder, schizophrenia, mania, and conduct disorder), symptoms of psychosis and hostility, readiness to change, motivations for treatment, and treatment characteristics (duration, rapport, group and individual counselling). Good rapport was defined as a score of ≥17 on a 5-item scale developed by Joe et al.2

Results

Most participants were seeking complete abstinence from methamphetamine use (91%); they stayed in treatment for a median of 8 weeks; and 23% remained abstinent at one year.

The only independent predictors of abstinence were more weeks in treatment (adjusted OR (AOR) 1.2, p < .001), good rapport with treatment providers (AOR 2.4, p = .049) and receipt of individual counselling (AOR 3.7, p = .013), whereas injecting methamphetamine predicted not achieving abstinence (AOR = 0.25, p = .002).

Abstinence from methamphetamine use following residential rehabilitation could be significantly increased by providing individual counselling, maintaining good rapport and ensuring longer stays for people who inject the drug.

Discussion and Implications for Practice

Abstinence from methamphetamine use following residential rehabilitation could be significantly increased by providing individual counselling, maintaining good rapport with clients and ensuring longer stays for people who inject the drug.
