

Fab Abs

Recent Research Abstracts

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ALCOHOL & OTHER DRUGS

Winters, J.; Fals-Stewart, W., O'Farrell, T.J.; Birchler, G.R. & Kelley, M.L. (2002) Behavioural couples therapy for female substance-abusing patients: effects on substance use and relationship adjustment. *Journal of Consulting and Clinical Psychology*, 70 (2), 344-55

Married or cohabiting female drug-abusing patients (n=75) were randomly assigned to either a behavioural couples therapy condition (BCT, n=37) which consisted of group, individual and behavioural couples therapy sessions, or to an equally intensive individual-based treatment condition (IBT, n=38), which consisted of group and individual counselling. During most of the 1 year follow up, compared with patients who received IBT, those who received BCT reported (a) fewer days of substance use, (b) longer periods of continuous abstinence, (c), lower levels of alcohol, drug and family problems, and (d) higher relationship satisfaction. However, differences in relationship satisfaction and the number of days substance use dissipated over the course of the post-treatment follow-up period are were not significantly different by the end of 1 year.

Moore, J., Finkelstein, N., Young, N.K., Wingfield, K. & Klempner, T. (2001) Parenting services for families affected by substance abuse. *Child Welfare*, 80 (2), 221-238

The development, implementation and replication of a group-based parenting program for 13 families affected by substance abuse is described. The 'Nurturing Program for Families in Substance Abuse Treatment and Recovery' consists of 18 different 90 minute sessions addressing hope, growth and trust, feelings, self-esteem, making connections, building structure, guiding behaviour, knowing values, recover – love and loss, and the importance of play and fun. The 'Nurturing Program' is based on principles that have proven effective in reducing risk of child abuse, child neglect, and substance abuse for both parents and children. The program improved parenting, as measured on objective scales and enhanced parents' satisfaction and competence, as measured by participant reports. The implications of this study include the success of building trusting, collaborative relationships across governmental social service agencies.

Mason, M.J. & Luckey, B. (2003) Young adults in alcohol-other drug treatment: an understudied population. *Alcoholism Treatment Quarterly*, 21 (1), 17-32

A sample of 98 young adults, ages 18-25, was drawn from an alcohol treatment sample of 1022 from 2 large metropolitan urban settings and was compared with the remainder of the sample to describe differences and compare outcomes. The findings indicate that the young adults are a unique substance abuse age group with characteristics and needs that differ from the adult treatment population. Systematic differences were revealed between the young adult group and the remainder of the sample on 5 domains – education and employment with the young adults, relationships, mental health, alcohol and drug use and alcoholics anonymous involvement. The results of this study indicate that the young adult age group has unique psychosocial and behavioural needs when compared to those of an adult treatment population, and these needs may be linked to treatment retention and outcome.