

COLLOQUIUM SERIES

TITLE: Matching on the Basis of Personality and Motivational Risk Factors in Addictions Prevention and Treatment

Date: January 9, 2009

Location: Somerville House, Room 3345

Time: 3:00-4:00 p.m.



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Abstract:

Sensation seeking, anxiety sensitivity, and hopelessness are personality risk factors for substance use disorders, each associated with specific risky motives for substance use. This talk discusses results of three intervention studies: one treatment study with adult women substance abusers and two prevention/early intervention studies with at-risk adolescent drinkers. In the first (treatment) study (Conrod, Stewart, et al., 2000), we developed a set of interventions and manuals that were designed to intervene with substance misuse at the level of personality risk and associated risky motives for substance use in adult women with existing substance use disorders. Manuals contained psycho-educational information on the target personality risk factor and how it is associated with maladaptive coping, as well as exercises targeting maladaptive cognitions and behaviors specific to each personality type. We tested the efficacy of these interventions in a three intervention group randomized controlled trial design: matched treatments, mismatched treatment, or control. The matched treatment showed superior efficacy relative to the other two interventions on a variety of substance outcomes at 6 month follow-up. In the second study (Conrod, Stewart, Comeau, & Maclean, 2006), we adapted these interventions to be more appropriate for use in a group context, with youth, and with individuals who were not necessarily yet suffering from clinical problems due to their substance use. We tested the efficacy of these novel interventions on reducing drinking behavior by randomly assigning high school students in two Canadian provinces to personality-targeted interventions (group format; school-based) or to a no-treatment control group. Intent-to-treat analyses indicated beneficial effects of the intervention on drinking rates, binge drinking, and problem drinking symptoms at 4-month follow up. In the third study (Mushquash, Comeau, & Stewart, 2007), we adapted these interventions for use in early interventions with at-risk adolescent drinkers in two First Nations aboriginal communities in the Canadian province of Nova Scotia. Completer analyses indicated beneficial effects of the culturally-adapted interventions on drinking rates, drinking frequency, binge drinking, and problem drinking symptoms, as well as marijuana misuse, at 4-month follow up among those who received the interventions. Results suggest promise for this novel personality-matched approach to treatment and early intervention. Current work (Stewart, Barrett, & Hodgins, in progress) is adapting this treatment matching approach to be appropriate for subgroups of problem gamblers who vary in their motivations for gambling (escape versus action).

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