

PREDICTORS OF RETENTION TO PSYCHOTHERAPY IN A SAMPLE OF SUBSTANCE USE DEPENDENT PATIENTS OF AN OUTPATIENT DRUG ABUSE TREATMENT CENTER

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INTRODUCTION

CAS Barceloneta is an ambulatory treatment center for patients with any substance abuse or dependence disorder in Barcelona (Spain). The psychotherapeutic intervention is based on a combination of Cognitive Behavioural Therapy and Motivational Interviewing. One of the factors that characterize patients with drug dependence is their low retention to the psychological treatment. Achieving a high level of adherence is essential for treating substance use disorders^{1, 2}. The **objective** is to identify the factors associated with greater retention to psychological treatment.

METHOD

A retrospective study with 77 patients (66% males, mean age [SD] 39,3 [\pm 12,5] years) who were referred for psychological treatment and had their first psychology appointment between 2008 and 2010 were randomly selected. 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.

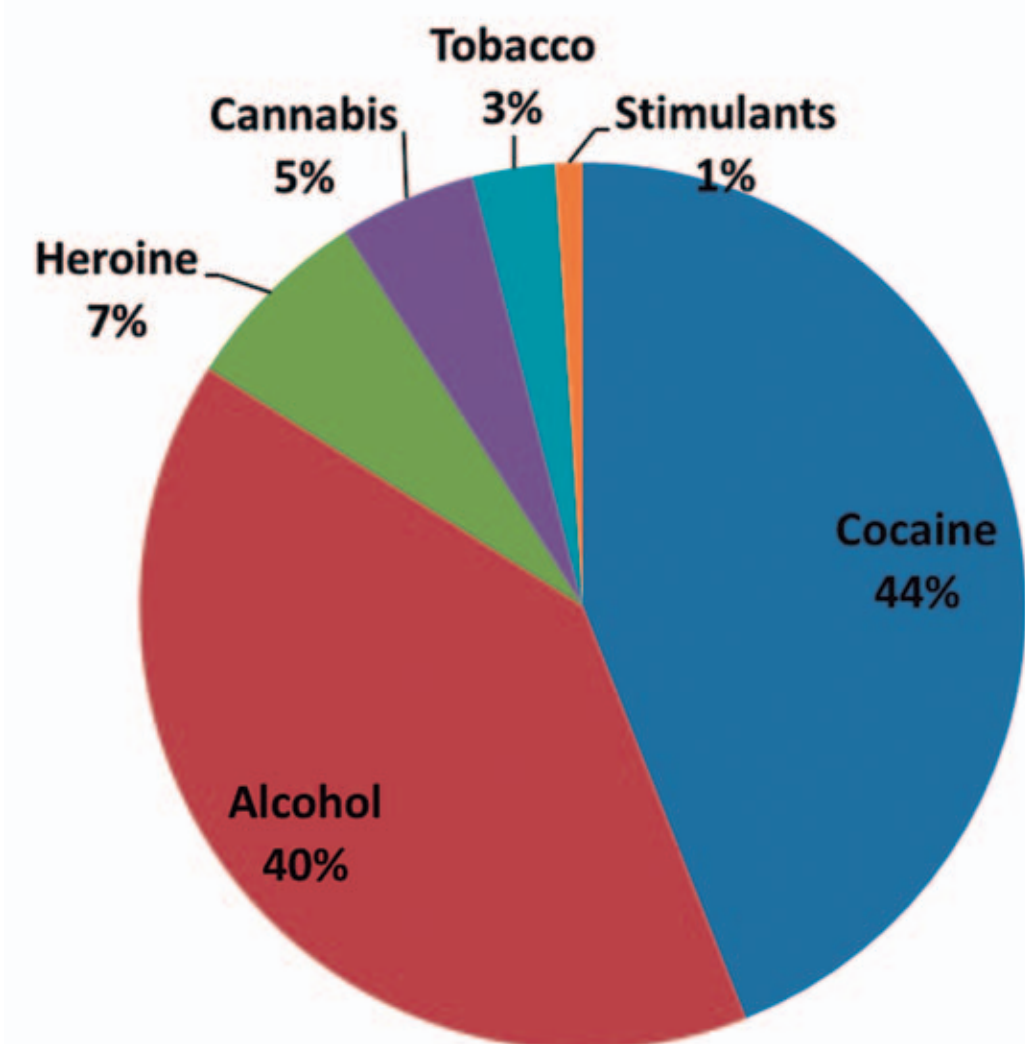
RESULTS

The main demographic, clinical and toxicological data are shown in table 1 and graphic 1.

Three variables that predict the retention to the psychological treatment were found (see table 2): older age ($\beta=0,705$, $p<0,001$), being male ($\beta=9,39$, $p=0,044$) and living with a relative ($\beta=19,7$, $p=0,016$).

Table 1. Demographic and clinical data (n=77)

	Mean (SD) / %
Age (years)	39,3 (12,51)
Gender (% male)	66
Education level (%)	
_Primaries	50
_Secondary	27
_Higher	23
Marital Status (% singles)	46
Unemployed (%)	66
Living with a relative (%)	92
Age of regular substance abuse (years)	22,1 (8,7)
Retention at 6 months (%)	76,2 (21,86)
Comorbidity axis I (%)	
_Mood disorders	36
_Anxiety disorders	18
_Psychotic disorders	14
_ADHD	14
_Others	18



Graphic 1. Main substance diagnosis

Table 2: Multiple linear regression "RETENTION"

Variable	β (95% C.I)	P-value
Age	0,705 (0,364; 1,047)	<0,001
Gender (male)	9,39 (18,5; 0,02)	0,044
Living with a relative	19,7 (35,7; 3,7)	0,016

$R^2 = 0,330$

DISCUSSION

Being a man, being older and living with relatives are factors that determine the retention to the psychological treatment.

This information has some clinical implications. First, to work harder on the therapeutic alliance in cases where evidence indicates lower retention (younger patients and females) and second, to promote social integration in patients with unstructured environments.

REFERENCES

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