

Motivational Interviewing in substance abuse treatment and prevention: A systematic review of efficacy and effectiveness in alcohol and other alternatives modes of motivational interviewing

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Background

Alcoholism is a common substance abuse problem. World Heath Organization (WHO) indicated that more than 208 million people suffered from alcoholism. Motivation is an important predictor of reduction and abstinence outcomes for alcohol and others substance use disorders, in this way Miller and Rollnick develop the motivational interviewing (MI).

Objective

This study aimed to synthesize the evidence and increase our understanding of the efficacy and effectiveness of motivational interviewing in alcoholism. To this end, we first assessed all the articles published on 2017. Furthermore, we review the efficacy of alternatives modes of motivational interviewing like telephone, internet communication and short message service (sms).

Method

A literature search was performed in MEDLINE, PubMed and PsychINFO, using the search terms “motivational interviewing”, "Motivational enhancement therapy", “substance abuse treatment” and "alcohol", selecting a total of 4 articles published on 2017. We included just the results about alcoholism.

Results

This review supports use of motivationally enhancing intervention with a strongest evidence supporting use in alcohol use disorder. In most cases, MI is more effective than no treatment and as effective (but not necessarily more effective) than other active treatments (e.g. CBT). There was some support and evidence that shorter durations of MI are as effective (if not more effective) as more intensive treatments. Furthermore, findings suggests that alternatives modes of motivational interviewing are effectiveness, especially literature supported the effectiveness of group MI, telephone MI and internet- based MI.

Conclusions

The preliminary findings suggest that motivational interviewing, face to face and applied by telephone demonstrated be effective in alcoholism and reducing alcohol use. Nevertheless the effectiveness and efficiency of other alternatives modes (SMS-based MI and Internet-based MI) remains unclear and further research is needed to investigate the effectiveness and efficiency of this kind of alternatives modes of MI.

References

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