



Evidence-based

**PSYCHOSOCIAL
INTERVENTIONS
IN ADDICTIONS**

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OUTLINE:

- What is a psychosocial intervention and what is not?
 - What are the types of psychosocial intervention exist?
 - What does evidence-based mean?
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PSYCHOSOCIAL INTERVENTIONS

Broad array of treatment interventions that are aimed at eliciting changes in the patient's drug use behaviors well as other factors such as cognition and emotion using the interaction between therapist and patient (Jhanjee S., 2004)





Types of PSI

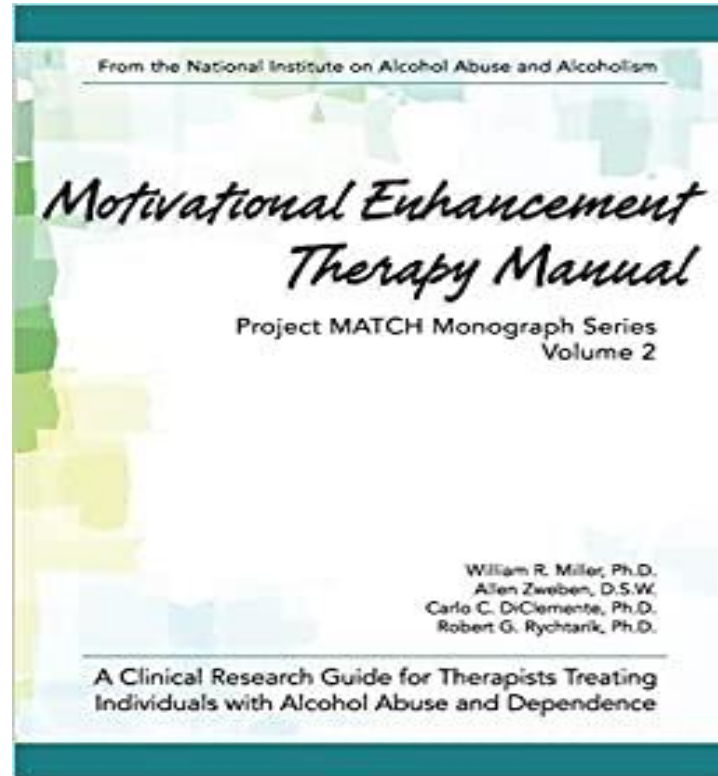
- Cue exposure therapy
- Self-help groups
- Brief interventions
- Motivational enhancement therapy
- Cognitive behavioral therapy
- Relapse prevention
- Therapeutic communities
- Contingency management

BRIEF INTERVENTIONS

- The aim of the intervention is to help the patient understand that their substance use is putting them at risk and to encourage them to reduce or give up their substance use.
- Range from 5 min of brief advice to 15-30 min of brief counseling.
- Targeted at problematic or risky substance use
- Result in a 20-30% reduction in excessive drinking
- low cost and cost-effectiveness



- MET helps people to explore and resolve their ambivalence about their substance use and begin to make and maintain positive behavioral and psychological changes.
- Can be a stand-alone treatment and in combination with other modalities



MOTIVATIONAL ENHANCEMENT

THERAPY

- Effectiveness of MET is confirmed by meta analysis and Cochrane reviews



COGNITIVE BEHAVIORAL THERAPY

CBT is based on the learning principles and theorize that behavior is influenced by cognitive processes.

There is an emphasis on identifying and modifying irrational thoughts, managing negative mood and intervening after a lapse to prevent a full-blown relapse.

SELF-HELP GROUPS

- A self-help group is any group that has the aim of providing support, practical help and care for group members who share a common problem.
- Examples include 12 steps program, Alcoholics Anonymous, SMART Recovery
- Currently, there is not enough evidence base to support the effectiveness of 12-step programs as stand-alone interventions.



Table 2: The GRADE System – Quality of Evidence and Strength of Recommendation

Quality of Evidence	Definitions	Strength of Recommendation	Explanation
High	Further research is very unlikely to change our confidence in the estimate of effect	Strong	Many high quality trials confirming the effect
Moderate	Further research is likely to have an important impact on our confidence in the estimate of effect	Conditional (weak)	Uncertainty about the balance between desirable and undesirable side-effects
Low	Further research is very likely to have an important impact on our confidence in the estimate of effect		Uncertainty or variability in values and preferences
Very Low	Any estimate of effect is uncertain		Uncertainty about whether the intervention represents a wise use of resources

Source: Guyatt, et al., 2008²⁶ and GRADE Working Group.²⁷

QUALITY OF EVIDENCE

Not all evidence coming from research are equal in their strength

