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This is the author's version of a work that was submitted/accepted for publication in the following source:

Hides, Leanne, Elkins, Kathryn, Scaffidi, Antonietta, Cotton, Sue, Carroll, Steve, " & , (2011) Does the addition of integrated cognitive behaviour therapy and motivational interviewing improve the outcomes of standard care for young people with comorbid depression and substance misuse? *Medical Journal of Australia*, 195(3), S31-S37.

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Table 1.Demographic characteristics of the total cohort, and those in the MI/CBT and standard care groups

Variable	Total sample	MI/CBT	Standard care	Test statistic	Value	df	p value
	N=88	(N=60)	(N=28)				
Demographic							
Gender % Male %(n)	62.5 (55)	56.7 (34)	75.0 (21)	χ^2	2.74	1	.098
Age M(SD)	19.2 (1.6)	19.1 (1.4)	19.5 (2.0)	t-test	-0.89	86	.375
Accommodation		, ,	, ,				
Rented house/flat/room %(n)	26.1 (23)	31.7 (19)	14.3 (4)	χ^2	3.44	2	.179
House/flat with family %(n)	55.7 (49)	53.3 (32)	60.7 (17)				
Other %(n)	18.2 (16)	15.0 (9)	25.0 (7)				
Lives alone %Yes %(n)	6.8 (6)	8.3 (5)	3.6 (1)	Fisher's Exact			.660
Highest year of education M(SD)	10.9 (1.7)	10.8 (1.8)	11.1 (1.5)	t-test	-0.77	86	.443
Employment		, ,	, ,				
Unemployed %(n)	63.6 (56)	61.7 (37)	67.9 (19)	χ^2	0.70	3	.873
Employed (> casual) %(n)	23.9 (21)	25.0 (15)	21.4 (6)				
Students %(n)	11.4 (10)	11.7 (7)	10.7 (3)				
Home duties %(n)	1.1 (1)	1.7 (1)	0.0 (0)				
Finances							
Parents %(n)	10.2 (9)	8.3 (5)	14.3 (4)	χ^2	0.76	3	.859
Employment (>casual) %(n)	18.2 (16)	18.3 (11)	17.9 (5)				
Government benefits %(n)	68.2 (60)	70.0 (0)	64.3 (18)				
Other %(n)	3.4 (3)	3.3 (2)	3.6 (1)				
Pre treatment		, ,	. ,				
AOD detoxification %(n)	61.4 (54)	66.7 (40)	50.0 (14)	χ^2	2.24	1	.135
Mental health treatment %(n)	15.0 (9)	14.3 (4)	14.8 (13)	χ^2	0.01	1	.930

Medication	%(n)	68.2 (60)	68.3 (41)	67.9 (19)	χ^2	0.01	1	.964
Antidepressants	%(n)	40.9 (36)	36.7 (22)	22.7 (20)	χ^2	1.40	1	.236
Antianxiety	%(n)	23.3 (14)	21.4 (6)	14.8 (13)	χ^2	0.04	1	.843
Substance use	%(n)	14.8 (13)	13.3 (8)	17.9 (5)	χ^2	0.31	1	.577

Table 2.Baseline diagnostic characteristics of the total cohort, and those in the MI/CBT and standard care (SC) groups

Variable		Total sample	MI/CBT	SC	Test statistic	Value	df	p value
		N=88	(N=60)	(N=28)				
DSM-IV Diagnoses (Lifetime)								
Anxiety disorder	%(n)	51.1 (45)	51.7 (31)	50.0 (14)	χ^2	0.02	1	.884
Mood disorder	%(n)	63.6 (56)	68.3 (41)	53.6 (15)	χ^2	0.18	1	.180
Substance induced psychotic disorder	%(n)	6.8 (6)	6.7 (4)	7.1 (2)	χ^2	0.01	1	.934
Substance use disorders (%Yes)								
Cannabis	%(n)	58.0 (51)	56.7 (34)	60.7 (17)	χ^2	0.13	1	.720
Alcohol	%(n)	25.0 (22)	25.0 (15)	25.0 (7)	χ^2	0.00	1	1.000
Amphetamines	%(n)	23.9 (21)	26.7 (16)	17.9 (5)	χ^2	0.82	1	.397
Opiate	%(n)	17.0 (15)	16.7 (10)	17.9 (5)	χ^2	0.02	1	.890
Hallucinogen (includes ecstasy)	%(n)	10.2 (9)	11.7 (7)	7.1 (2)	χ^2	0.43	1	.514
Inhalant, Sedative, Poly	%(n)	12.5 (11)	15.0 (9)	7.1 (2)	χ^2	1.08	1	.299
Past substance use disorder	%(n)	75.0 (66)	71.7 (43)	82.1 (23)	χ^2	1.12	1	.290

Table 3.

Descriptive statistics (mean and standard error) derived from MMRM for clinical measures

	Base	eline	3mc	onths		6months		
Characteristics	MI/CBT	SC	MI/CBT	SC	Р	MI/CBT	SC	р
	M (SE) ^a	M (SE) ^a	M (SE) ^a	M (SE)	_	M (SE) ^a	M (SE)	_
Symptoms								
K10	30.8 (1.0)	28.1 (1.4)	21.4 (1.1)	21.7 (1.5)	.119	23.7 (1.1)	22.2 (1.5)	.498
HAMD	14.3 (0.7)	14.1 (1.0)	9.3 (0.8)	10.0 (1.1)	.516	11.3 (0.8)	9.6 (1.1)	.292
CESDR	29.1 (1.6)	24.3 (2.4)	18.9 (1.8)	20.5 (2.5)	.027	22.3 (1.8)	18.7 (2.5)	.731
Functioning								
SOFAS	60.1 (1.2)	63.7 (1.8)	69.8 (1.4)	71.3 (1.9)	.401	69.0 (1.4)	70.9 (2.0)	.588
Coping style								
CISS								
Emotion-orientated	50.1 (1.6)	45.5 (2.3)	40.2 (1.8)	41.7 (2.4)	.052	39.7 (1.8)	39.5 (2.4)	.199
Task-orientated	42.1 (1.6)	42.6 (2.4)	43.4 (1.8)	42.7 (2.4)	.678	41.1 (1.8)	43.5 (2.5)	.535
Avoidance-orientated	41.9 (1.4)	44.8 (2.1)	44.9 (1.6)	42.6 (2.2)	.053	42.3 (1.6)	42.8 (2.2)	.422
Social diversion	14.2 (0.6)	15.0 (0.9)	15.8 (0.7)	15.4 (0.9)	.326	14.3 (0.7)	14.9 (0.9)	.898
Distraction	20.6 (0.7)	21.8 (1.1)	21.9 (0.8)	19.6 (1.2)	.018	21.0 (0.8)	20.3 (1.2)	.209
Negative automatic thoughts								
ATQ	88.4 (3.8)	75.0 (5.7)	63.8 (4.2)	62.0 (5.8)	.064	64.7 (4.3)	58.4 (5.9)	.354
Quality of life								
Subjective scales								
Global life satisfaction	3.7 (0.1)	3.8 (0.1)	4.0 (0.1)	4.0 (0.1)	.770	3.9 (0.1)	4.0 (0.1)	.576
Living situation	4.0 (0.2)	4.8 (0.3)	4.1 (0.2)	4.3 (0.3)	.125	4.1 (0.2)	4.6 (0.3)	.461
Daily activities &								
Functioning	3.7 (0.2)	3.9 (0.2)	4.2 (0.2)	4.2 (0.2)	.325	4.0 (0.2)	4.0 (0.2)	.673
Family relations	3.9 (0.2)	4.2 (0.3)	4.2 (0.2)	4.8 (0.3)	.434	4.2 (0.2)	4.1 (0.3)	.390
Social relations	4.2 (0.2)	4.5 (0.2)	4.7 (0.2)	4.6 (0.2)	.256	4.4 (0.2)	4.6 (0.2)	.821
Finances	2.5 (0.2)	3.0 (0.3)	3.1 (0.2)	3.3 (0.3)	.323	3.1 (0.2)	3.5 (0.3)	.764
Work and school	4.8 (0.3)	4.8 (0.5)	5.0 (0.3)	4.8 (0.4)	.661	4.7 (0.3)	4.1 (0.4)	.377
Legal and safety issues	5.0 (0.2)	4.9 (0.3)	5.0 (0.2)	5.4 (0.3)	.100	5.0 (0.2)	5.1 (0.3)	.491
Health	3.3 (0.2)	3.8 (0.2)	4.1 (0.2)	4.3 (0.2)	.281	3.9 (0.2)	4.0 (0.2)	.191
Objective scales								

Daily activities &								
Functioning	0.6 (0.1)	0.7 (0.1)	0.7 (0.1)	0.7 (0.1)	.979	0.6 (0.1)	0.7 (0.1)	.727
Frequency of family								
Contacts	3.4 (0.1)	3.6 (0.2)	3.7 (0.2)	3.5 (0.2)	.113	3.6 (0.2)	3.5 (0.2)	.254
Frequency of social								
Contacts	3.3 (0.1)	3.7 (0.2)	3.6 (0.1)	3.4 (0.2)	.013	3.4 (0.1)	3.8 (0.2)	.599

Note: ATQ, Automatic Thoughts Questionnaire (30-150); CISS, Coping in Stressful Situations (emotion, task, and avoidance - range 16-80; avoidance sub-domains distraction (range 8-40), social diversion (range 5 -25)); K10, Kessler Psychological Distress Scale (10-50); HAMD, Hamilton Rating Scale for Depression (0-50); CESDR, Centre for Epidemiologic Studies Depression Scale-Revised (0-60); p values are derived from endpoint analyses within the MMRM which examine between group differences in the rate of improvement from baseline to 3 months and separately baseline to 6 months

Table 4.

MMRM for substance use variables

Characteristics				(Change score	from baseline		
	Base	eline		3mth			6mth	
	MI/CBT	SC	MI/CBT	SC	p-value	MI/CBT	SC	p-value
	(N=60)	(N=28)	(N=60)	(N=28)		(N=60)	(N=28)	
Substance use								
DSM-IV Current SUD %(n)	88.3 (53)	89.3 (88.6)	46.5 (20)	83.3 (20)	.0031	53.5 (23)	79.2 (19)	.037 ¹
Alcohol								
Days of use	5.1 (0.9)	7.5 (1.4)	5.7 (1.1)	7.5 (1.5)	.688	5.0 (1.1)	8.8 (1.5)	.492
SDU ^{1†}	48.8 (10.1)	60.0 (14.8)	54.9 (11.7)	62.8 (15.7)	.914	39.5 (11.4)	53.1 (15.7)	.570
SDU/days †	7.9 (1.0)	6.3 (1.5)	8.0 (1.1)	6.4 (1.6)	.728	5.5 (1.2)	4.8 (1.6)	.699
Cannabis								
Days of use	13.1 (1.4)	14.5 (2.1)	7.9 (1.6)	11.8 (2.2)	.339	10.2 (1.6)	10.5 (2.2)	.677
Amount (g) ^{1 †}	23.4 (3.7)	24.6 (5.5)	3.3 (3.7)	18.5 (5.4)	.046	7.7 (3.7)	6.9 (6.0)	.790
g/days ^{1 †}	1.2 (0.2)	1.0 (0.2)	0.6 (0.2)	1.2 (0.3)	.033	0.6 (0.2)	0.5 (0.3)	.744
SDS	9.6 (0.5)	9.8 (0.8)	5.8 (0.6)	7.6 (0.8)	.133	6.1 (0.6)	7.2 (0.8)	.432
AUDIT	12.2 (1.3)	14.5 (2.0)	10.3 (1.4)	9.1 (2.0)	.088	9.5 (1.4)	10.7 (2.0)	.619
Drug use motives								
DUMM								
Enhancement	3.7 (0.1)	3.7 (0.2)	3.2 (0.2)	3.1 (0.2)	.724	3.2 (0.2)	3.4 (0.2)	.511
Coping	3.7 (0.1)	3.8 (0.2)	2.8 (0.2)	3.1 (0.2)	.517	3.0 (0.2)	3.2 (0.2)	.763
Social	2.9 (0.2)	2.7 (0.2)	2.3 (0.2)	2.2 (0.2)	.714	2.3 (0.2)	2.2 (0.2)	.732
Conformity	1.5 (0.1)	1.4 (0.1)	1.3 (0.1)	1.3 (0.1)	.400	1.3 (0.1)	1.5 (0.1)	.069
Readiness for change								
RTCQ								
Precontemplation	-3.4 (0.4)	-3.0 (0.6)	-1.0 (0.5)	-2.6 (0.7)	.021	-2.3 (0.5)	-1.6 (0.7)	.831
Contemplation	4.5 (0.4)	4.6 (0.7)	2.4 (0.5)	3.2 (0.7)	.508	2.4 (0.5)	2.0 (0.7)	.618
Action	4.8 (0.4)	4.1 (0.6)	4.9 (0.5)	4.0 (0.6)	.913	4.3 (0.5)	4.3 (0.6)	.475

Note: SDS, Severity of Dependence Scale (0-15); AUDIT, Alcohol Use Disorders Identification Test (0-40); DUMM, Drug Use Motives Measure (Enhancement 5-25, Coping 5-25, Social 5-25, Conformity 5-25), RTCQ, Readiness to Change Questionnaire (all subscales -8-+8) † Logarithmic transformation (plus constant) was used because of extreme positive skewness

¹ No use' was scored as 0