



Queensland University of Technology
Brisbane Australia

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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 N=88	MI/CBT (N=60)	Standard care (N=28)	Test statistic	Value	df	p value
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 N=88	MI/CBT (N=60)	SC (N=28)	Test statistic	Value	df	p value
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

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							
	Baseline		3mth		p-value	6mth		p-value
	MI/CBT (N=60)	SC (N=28)	MI/CBT (N=60)	SC (N=28)		MI/CBT (N=60)	SC (N=28)	
Substance use								
DSM-IV Current SUD %(n)	88.3 (53)	89.3 (88.6)	46.5 (20)	83.3 (20)	.003 ¹	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
