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Couples seeking CCT treatment for alcohol and gambling problems in a randomized trial

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Couples Seeking CCT Treatment for Alcohol and Gambling Problems in a Randomized Trial

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CRISM Prairie Node
2nd Annual Gathering
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Background

AGRI Major Grant (2016-2018); CRISM Development Grant

Bonnie Lee (PI), Darren Christensen (Co-PI), Andrew Greenshaw, Katherine Aitchison, Olu Awosoga (Co-I)

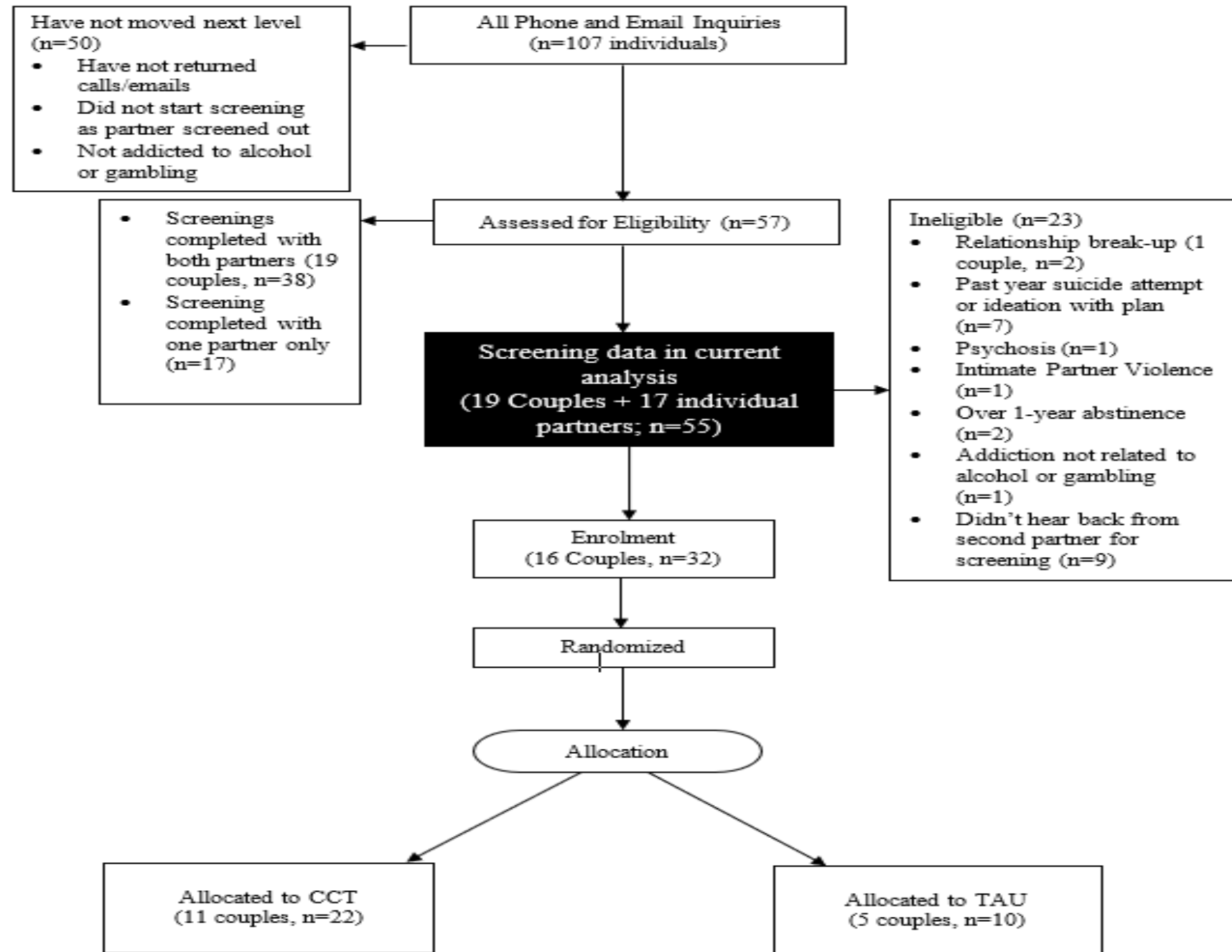
Comparing Treatment Outcomes in Alcohol and Gambling Disorders with
Congruence Couple Therapy

- 3 Sites in AHS – Edmonton, Grande Prairie, Fort MacMurray
- Data collection: Baseline, Post-treatment (3 months), Follow-up (6 months)
- Screening
- Phase II Analysis of Screening data: 18 months into study

Figure 1. Alcohol vs Gambling Disorder CCT Treatment Study (July 13, 2017)

Inclusion Criteria:

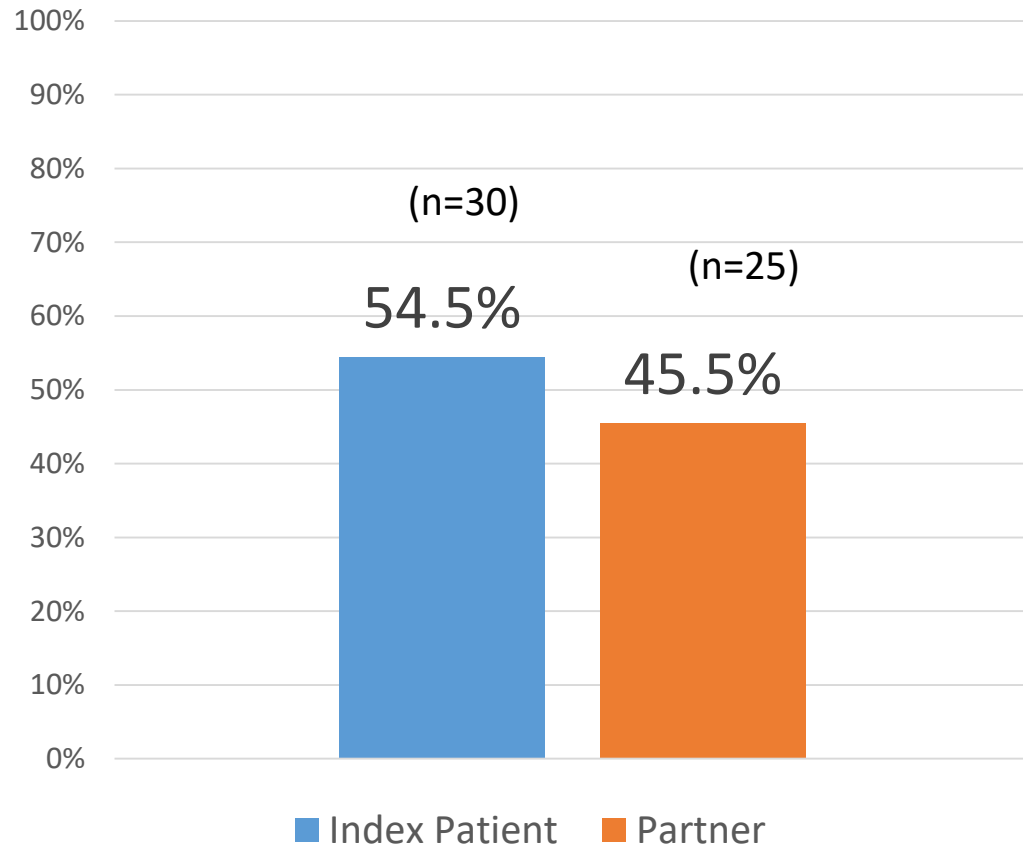
- One spouse must meet DSM-V cut-off score of endorsement (4 items gambling, 2 items alcohol use) in the past 12 months.
- 18 years or older
- Committed couple relationship (self-definition)



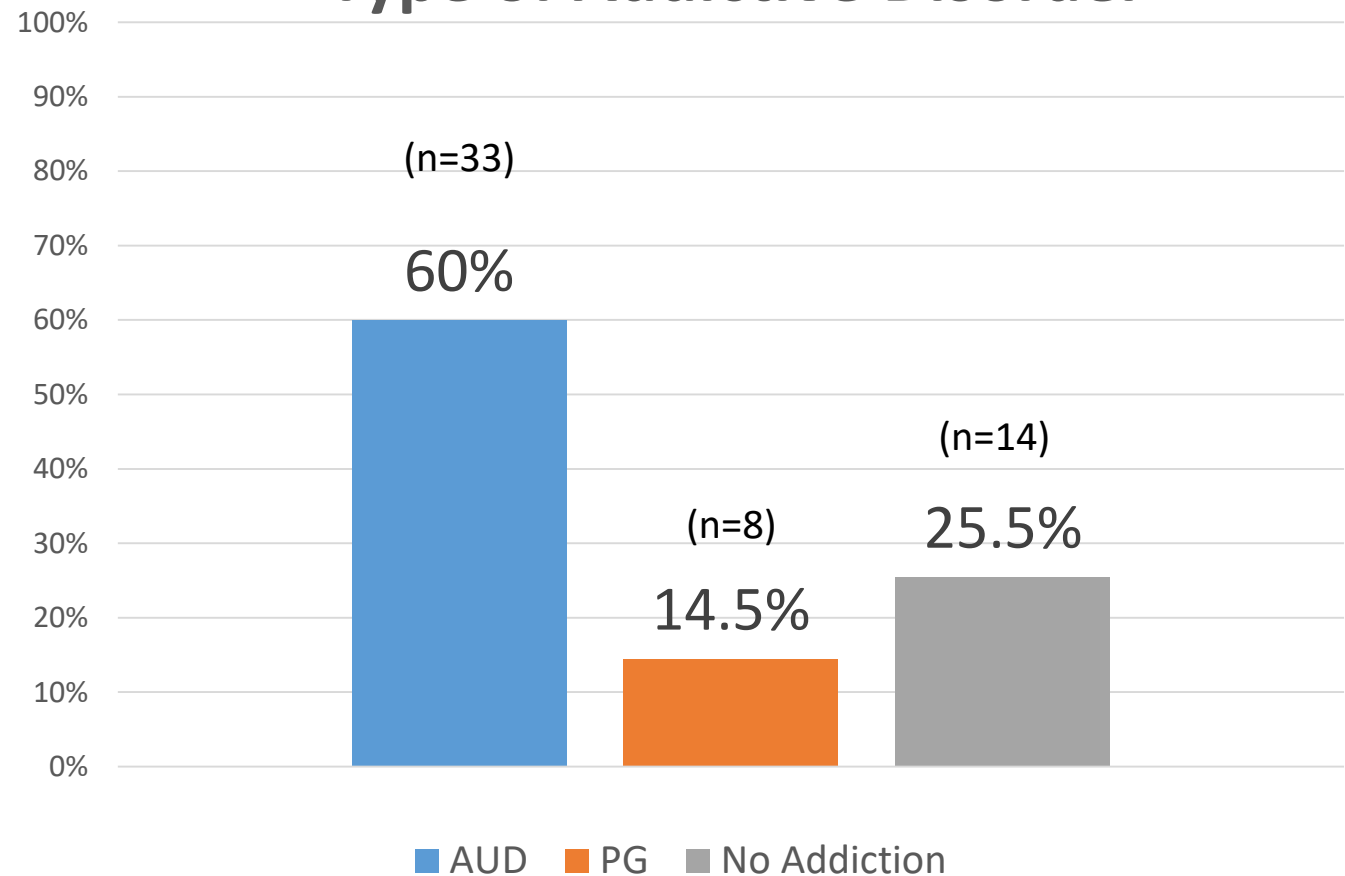
Treatment Seekers (N=55)

60% Female & 40% Male

Index Patient vs Partner

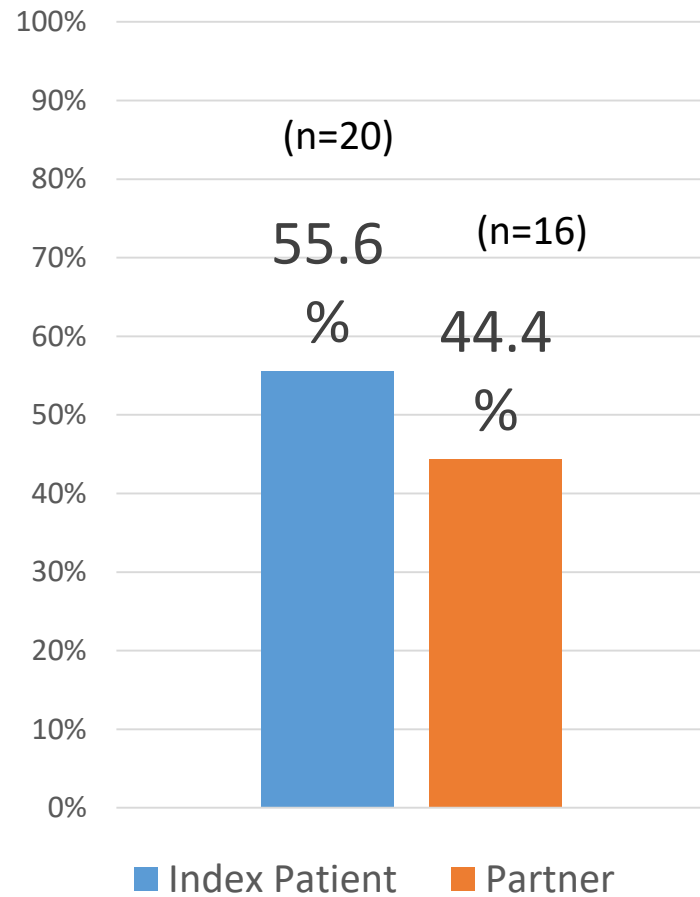


Type of Addictive Disorder

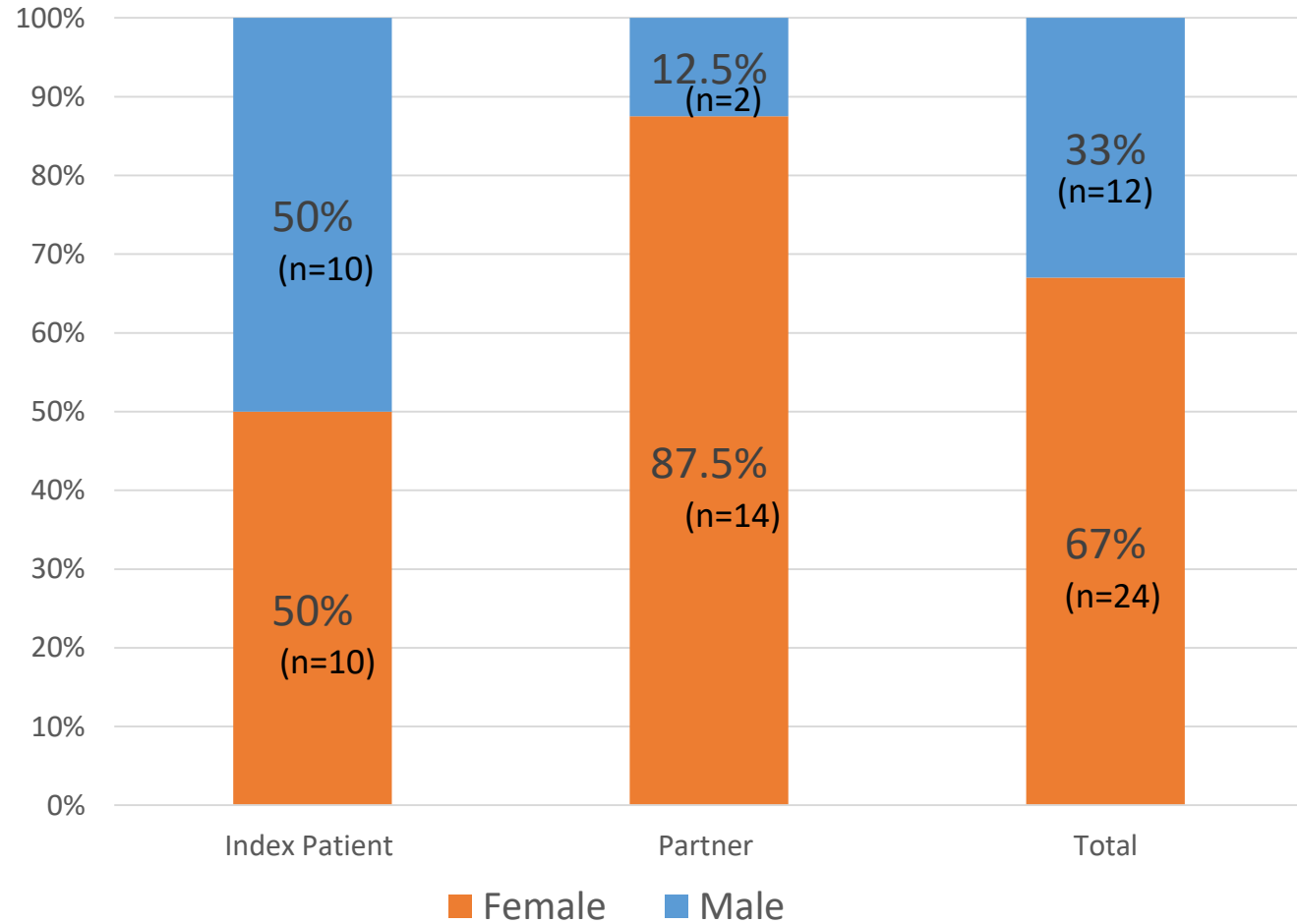


Initiation (n=36)

Index Patient vs Partner



Index Patient vs Partner – by Gender



Why couple therapy? – Themes

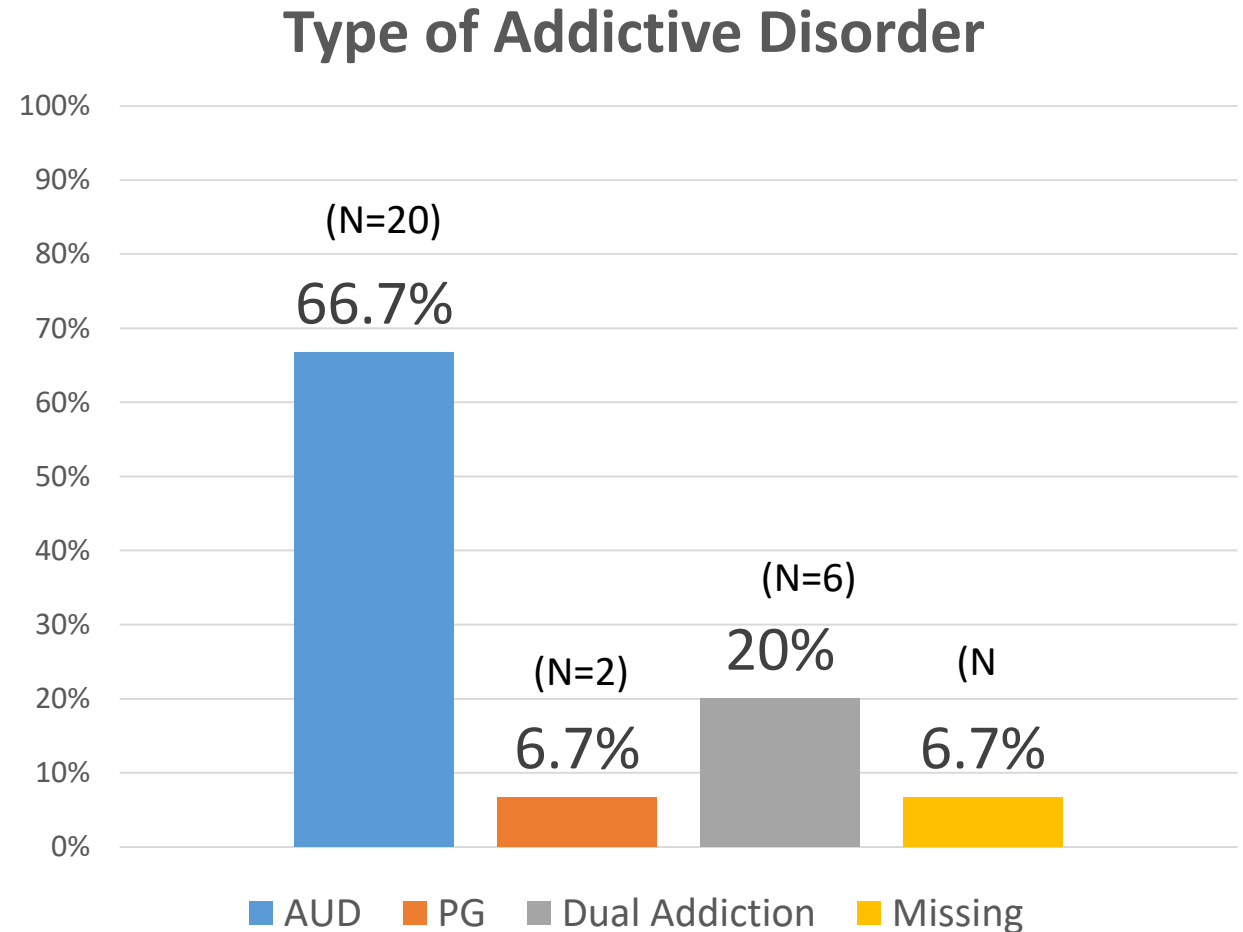
1. To save/improve the couple relationship—*communication, mutual understanding, partner's trust, and connection.*
2. To aid addiction recovery by working on couple relationship
3. To deal with relationship problems arose from addiction
4. To deal with dual-couple addiction and support dual-recovery.
5. Partner's desire to better cope with patient's addiction and mental health issues and to support the recovery.
6. For personal growth and well-being

Why couple therapy? – Excerpts from Notes

- “Building ...a solid trusting, caring relationship, something we can move forward on”;
 - “Being able to understand each other better and communicate with each other like using soft voices instead of yelling”;
 - “I have work to do on re-gaining trust with my wife... Just to find a way to be closer to her or close again.”
- “had questions about his relationship after his last “binging experience”;
 - “taking a course on addiction and a lot of stuff is based on my marriage”
- “Drinking leads to a rift in communication between my wife and I”
 - “More we were wanting counselling to deal with problems that arose from my drinking”
- “when there's alcohol in the house we go on binges together”;
 - “Preserve my own sobriety while supporting hers”
 - “To work on self-awareness about co-dependence to remain sober”
- “To get over my anxiety about him drinking, and to learn how to not take it so personally and the best way to approach and support him”
 - “Learning how to support each other with his anxiety and coping mechanisms to deal with it”
- “Live a more stable less stressful life and to have personal progress”

Index Patients (n=30)

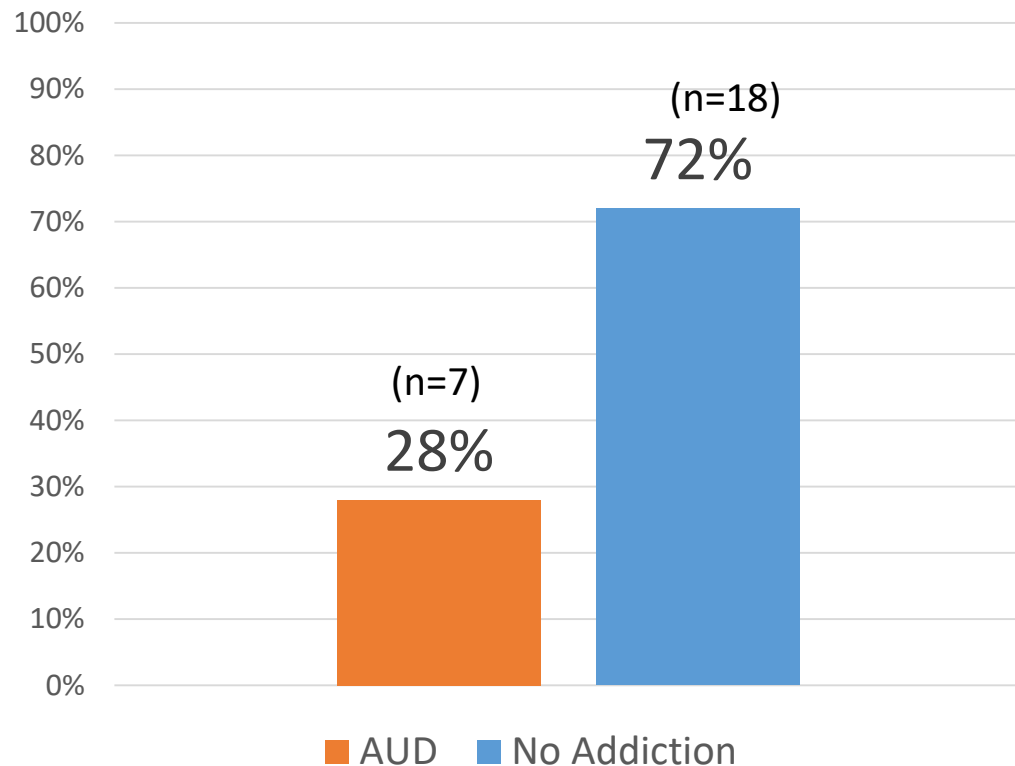
- Among Index Patients, there were 60% males and 40% females.
- **20% of Index patients** have dual addiction problem, which means that they are addicted to both alcohol and gambling.
 - **23% (6 out of 26)** of participants with AUD also have GD;
 - **75% (6 out of 8)** of participants with GD also have AUD;



Partners (n=25)

84% females & 16% males

Type of Addictive Disorder



Dual-alcohol couples

- Among the 19 paired couples in the study, 7 are **Dual Alcohol Couples (36,8%)**.
- 5 out of 7 couples (**71,4%**) have **severe AUD**, which means that both partners were classified with a severe addiction problem (DSM-V score of 6 or higher);
- 2 out of 7 couples (**28,6%**), Index Patients have severe AUD and the partners have mild AUD (DSM-V scores 2-3);
- 2 out of 7 couples (**28,6%**) the **partner presented higher DSM-V score** than the Index Patient.

AUD & GD Screening Results

- Alcohol Use Disorders Identification Test (AUDIT) showed that 72.7% of all the participants are in **severe range of AUD** (zone IV);
- DSM-V AUD showed that 52.7% of the total sample are in the severe range and **87.8% of participants with AUD are in the severe range**;
- Problem gambling Severity Index (PGSI) showed that 14.5% of all the participants had score higher than 8, which falls in the category of “Problem Gambler”;
- DSM-V GD indicates that **9.1% of all the participants are in the most severe range** and **62.2% of the PGs are in the severe range**.

Suicide Screening (N=54)

Male n=22, Female n=32; Index Patient n=29, Partner n=25.

- 31.5% of the treatment seekers reported **seriously thinking about killing oneself** in the past 12 months.
- 70.6% of them also reported their suicidal thought was **related to their own/partner's addiction**.
- The partners more often reported that their suicidal ideation was related to their own or their partner's addiction (83%) than the index patients (64%).
- Over half (59%) of those with past 12-month suicide ideation reported they had **a suicide plan**.

Suicide Screening (N=54)

Male n=22, Female n=32; Index Patient n=29, Partner n=25.

- 11% of the treatment seekers reported **a suicide attempt** in the past 12 months.
- **Males showed greater incidence of suicide ideation, plan, and attempt in the past 12 months than females, and index patients higher than partners.*
- 28% of the treatment seekers reported **at least one suicide attempt in their life time.**
- **Males and females showed similar incidence of life-time suicide attempt (27% and 28%); Index patients showed a greater incidence of life-time suicide attempt (38%) than partners (16%).*

Intimate Partner Violence Screening: (N=54)

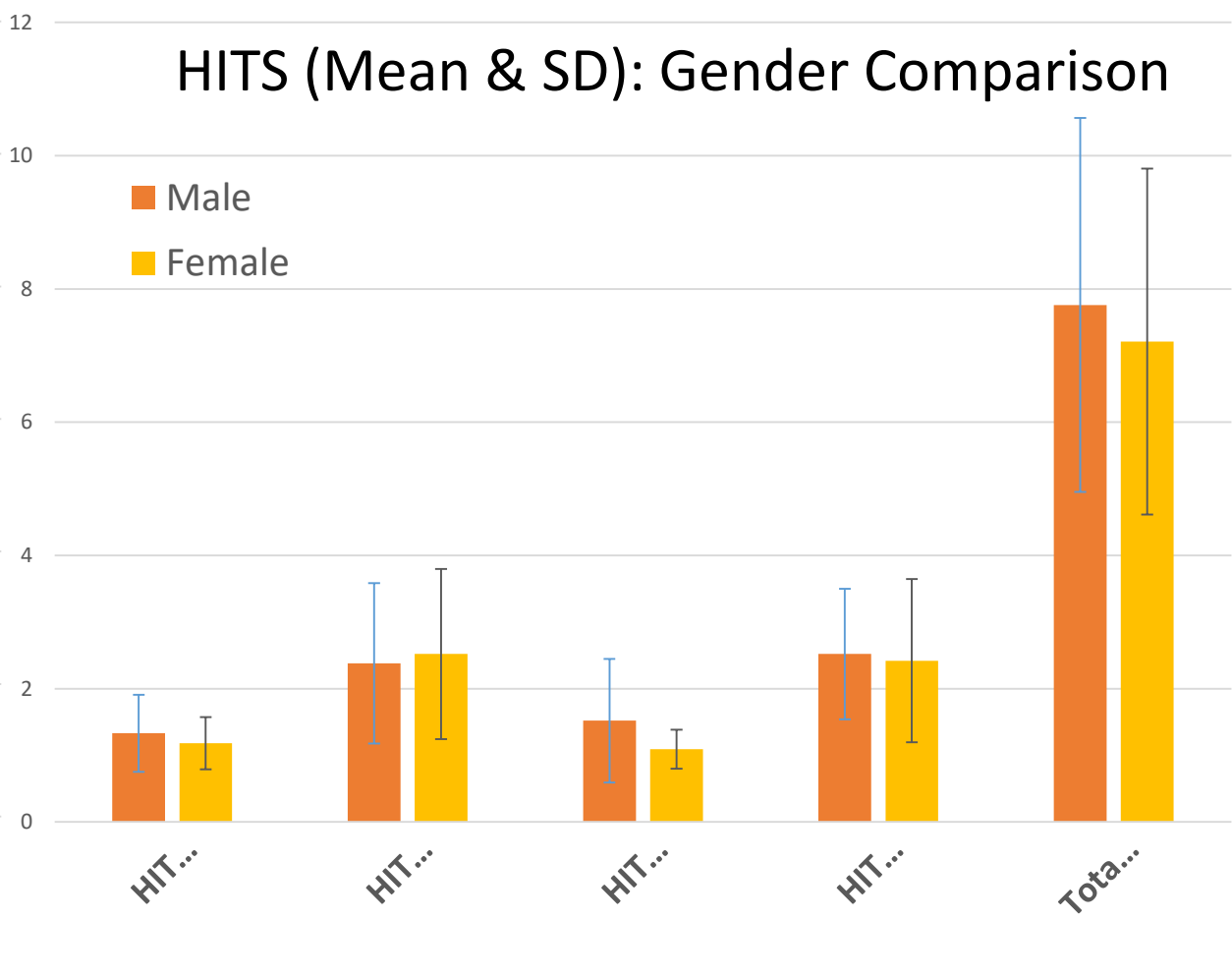
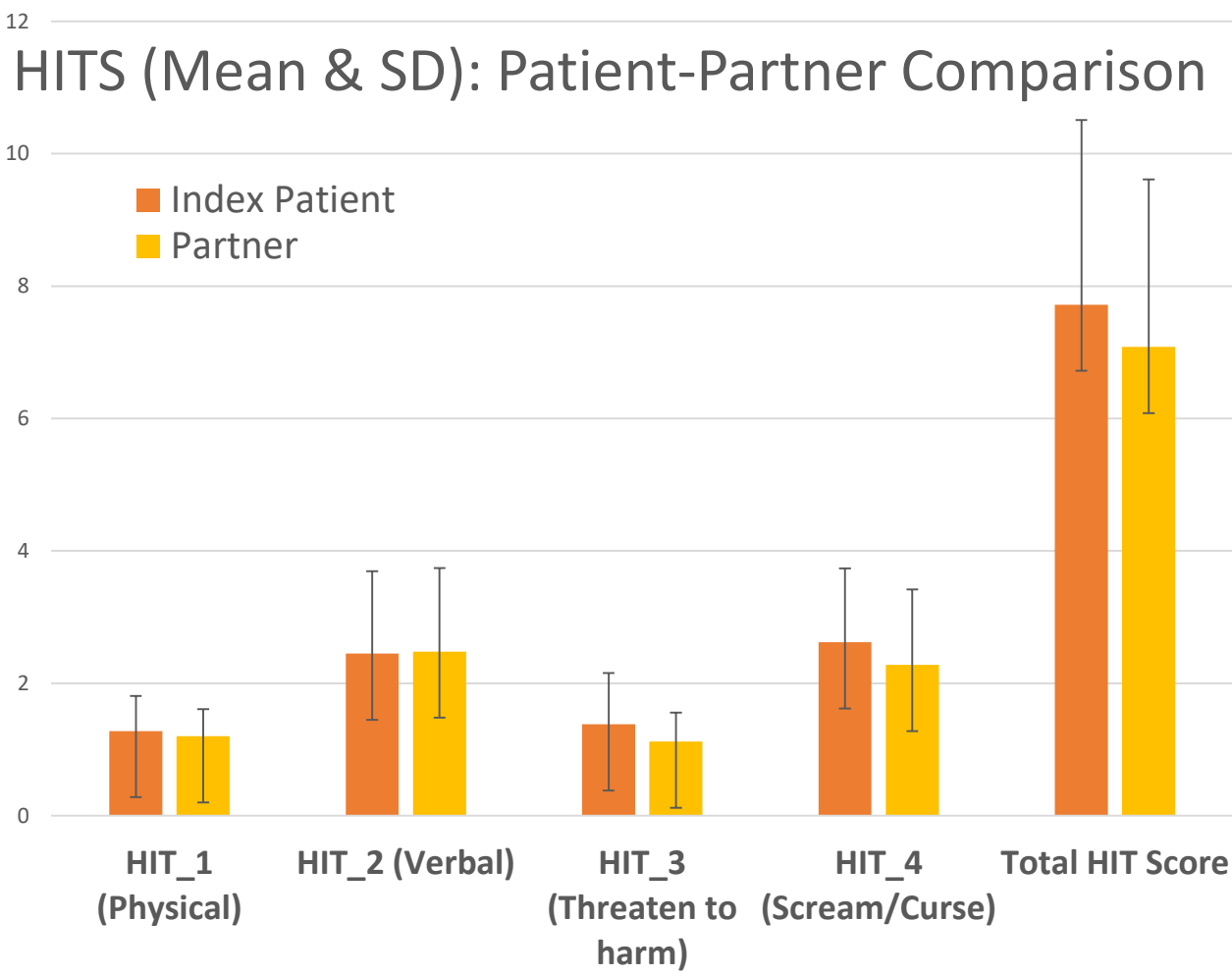
Screening tool:
 Sherin, K. M., Sinacore, J. M., Li, X. Q., Zitter, R. E., & Shakil, A. (1998). HITS: A short domestic violence screening tool for use in a family practice setting. *Family Medicine*, 30 (7), 508-512.

<i>Intimate Partner Violence Frequency Table</i>	Never 1	Rarely 2	Some- times 3	Fairly Frequently 4	Frequently 5
How often does your partner physically hurt you? (1)	42	11	1	0	0
How often does your partner insult you or talk you down? (2)	12	22	8	7	5
How often does your partner threaten you with harm? (3)	45	5	3	1	0
How often does your partner scream or curse at you? (4)	9	24	13	3	5

Intimate Partner Violence Screening (N=54)

***Male and female partners, index patients and partners are equally perpetrators and victims**

*** Mostly verbal and psychological abuse**



Conclusion – Why Couple Treatment?

- 40% of couples were dually-using couples (alcohol).
- Patients linked their addiction and couple relationship problems as reasons for seeking couple treatment.
- 71% of Partners and Patients with past 12-mo. suicidal ideation reported that their suicidal ideation was related to their own and their partners' addiction.
- Patients and Partners are equally victim and perpetrator in intimate partner violence.