



Decision-Making Measured by the Iowa Gambling Task in Patients with Alcohol Use Disorders Choosing Harm Reduction versus Relapse Prevention Program

Submitted by Stéphanie Pinot on Thu, 06/20/2019 - 11:21

Titre	Decision-Making Measured by the Iowa Gambling Task in Patients with Alcohol Use Disorders Choosing Harm Reduction versus Relapse Prevention Program
Type de publication	Article de revue
Auteur	Brière, Marie [1], Tocanier, Laure [2], Allain, Philippe [3], Le Gal, Dewi [4], Allet, Guillaume [5], Gorwood, Philip [6], Gohier, Bénédicte [7]
Editeur	Karger
Type	Article scientifique dans une revue à comité de lecture
Année	2019
Langue	Anglais
Date	2019
Numéro	4
Pagination	182-190
Volume	25
Titre de la revue	European Addiction Research
ISSN	1421-9891
Mots-clés	Decision-making skills [8], Harm reduction [9], Iowa Gambling Task [10]
Résumé en anglais	<p>AIMS: Two main therapeutic programs were offered to patients suffering from alcohol use disorders (AUDs): avoid the alcohol by abstinence or controlling their consumption. After information and motivational sessions, the patient chooses his own therapeutic plan. However, patients with AUD exhibit poor decision-making. The purpose of this study was to investigate the decision-making in AUD by comparing patients who chose to reduce and control their consumption to those who chose abstinence program.</p> <p>METHODS: Sixty-seven subjects with alcohol use disorder were included (AUD group) for treatment, choosing either a relapse prevention program (RPP) or a harm reduction program (HRP). Patients were compared to a healthy control group (n = 31). Cognitive skills were assessed through the Montreal Cognitive Assessment test, the National Adult Reading Test, the Trail Making Test and the Iowa Gambling Task (IGT).</p> <p>RESULTS: Thirty-seven patients with AUD chose the RPP while 30 followed a HRP. The AUD group performed worse than controls on the IGT. The RPP group had significantly lower performance than both HRP and control groups (these later groups being not statistically different). No correlation was observed between the available clinical, cognitive and intellectual measures.</p> <p>CONCLUSION: This study confirms that the decision-making process of patients with an alcohol use disorder is impaired. However, the 2 groups differ on the IGT scores, despite comparable clinical and cognitive profiles. The patients' decision-making abilities could be a useful guide when developing therapeutic programs.</p>
URL de la notice	http://okina.univ-angers.fr/publications/ua19813 [11]

DOI	10.1159/000499709 [12]
Lien vers le document	https://www.karger.com/Article/Abstract/499709 [13]
Titre abrégé	Eur Addict Res
Identifiant (ID) PubMed	31039565 [14]

Liens

- [1] <http://okina.univ-angers.fr/publications?f%5Bauthor%5D=37759>
- [2] <http://okina.univ-angers.fr/publications?f%5Bauthor%5D=37760>
- [3] <http://okina.univ-angers.fr/philippe.allain/publications>
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- [12] <http://dx.doi.org/10.1159/000499709>
- [13] <https://www.karger.com/Article/Abstract/499709>
- [14] <http://www.ncbi.nlm.nih.gov/pubmed/31039565?dopt=Abstract>

Publié sur *Okina* (<http://okina.univ-angers.fr>)