

## Psychological Interventions for Alcohol Use Disorder with ADHD Adults: A systematic review

### Citation

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### Review question

What evidence exists to support the effectiveness of interventions designed or modified for ADHD adults seeking treatment for alcohol dependency or alcohol use disorder?

Is there evidence to support efficacy by intervention type or approach?

### Searches

Searches will be conducted across the following databases : APA PsycINFO; APA PsycArticles MEDLINE; CINAHL; Psychology and Behavioural Science Collection; Web of Science. A grey literature search will also be conducted using Google Scholar. As Google Scholar results are presented by relevance the first 100 will be screened.

Dates published from 01/01/2000 - 30/04/2024 (search date). Publications available in English language only.

Titles and abstracts will be searched with the following keywords. For EBSCO searches: AB ( ADHD or attention deficit hyperactivity disorder ) AND AB ( alcohol\* or alcohol use disorder ) AND AB ( psychological intervention or intervention or programme or recovery or service\* or abstinence or treatment or test or activity or activities or program or therapy )

### Types of study to be included

Intervention studies to include but not limited to: RCT; non-randomized controlled trials; quasi-experimental; cohort; observational. Studies reporting only qualitative data will not be included.

### Condition or domain being studied

Comorbid ADHD and alcohol dependency/alcohol use disorder.

### Participants/population

ADHD adults seeking recovery from alcohol dependency or alcohol use disorder.

### Intervention(s), exposure(s)

All types of psychological intervention including but not limited to: CBT; psychoanalytic; motivational interviewing; art therapy; other talking therapies. These will also include individual, group and family delivery modes. No restrictions are placed on the number of sessions or duration of intervention.

### Comparator(s)/control

Where feasible comparators will include standard treatment; pharmacological interventions; placebo and non-intervention.

### Main outcome(s)

Measures on abstinence or reduction, length of abstinence, psychological well-being and ADHD symptomatology. Also, work, social and family relationships will be recorded where possible. These data will include self-report, interview and observational sources. The principle outcome looked for will be the levels of alcohol consumption post-intervention by intervention type. Interventions will be grouped and categorized by homogeneity of type and delivery.

### Additional outcome(s)

None.

### Data extraction (selection and coding)

Where available the following information will be extracted from each paper: first author and year of publication; country of origin; participant demographics (age, gender); stage of recovery; study design and type of intervention; aim of intervention (reduction in drinking, full abstinence, maintenance of recovery); length of intervention; setting; outcome of study (efficacy). An Excel form will be constructed with corresponding fields to record this. To ensure suitability, a pilot of the form will be carried out and checked against the information that is required and available.

### Risk of bias (quality) assessment

A critical appraisal of each of the final papers will be undertaken at this stage. This is to ensure that each study meets rigorous standards of research and to provide confidence in the overall findings of the review. To guide this process, critical appraisal tools will be used. The tools used will be determined by the type of studies selected. This would include the Cochrane Risk of Bias tool 2 (Sterne et al., 2019) for RCTs and ROBINS-I (Sterne et al., 2016) for non-randomized studies. Each tool used will be reported and corresponding records will be maintained.

To further ensure confidence, two independent researchers will conduct these appraisals with a third available to make a judgment should there be conflicting views.

### Strategy for data synthesis

If feasible, a meta-analysis of quantitative data will be conducted to examine the findings. This will involve pooling data from the included studies to understand any relationships between study outcomes and other variables including intervention type (e.g. CBT) and approach (e.g. group or one to one). Statistical analysis of random or fixed effects may be completed based on heterogeneity of included studies. In line with PRISMA guidelines, the results will be presented using visualizations, including a flow diagram to present the study selection process and forest plots to illustrate the size and direction of any effects. SPSS will be used to run analysis.

### Analysis of subgroups or subsets

Subgroups by age, reported gender, additional addictions and recovery stage will be considered.

### Contact details for further information

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### Organisational affiliation of the review

Teesside University. School of Social Science, Humanities, and Law.

[www.tees.ac.uk](http://www.tees.ac.uk)

### Review team members and their organisational affiliations

Mr Andrew Richards. Teesside University

Dr Grant McGeechan. Teesside University

Dr Judith Eberhardt. Teesside University

Dr Anna Haste. Teesside University

### Type and method of review

Intervention, Systematic review

### Anticipated or actual start date

30 April 2024

### Anticipated completion date

03 December 2024

### Funding sources/sponsors

Not applicable

### Conflicts of interest

### Language

English

### Country

England

### Stage of review

Review Ongoing

### Subject index terms status

Subject indexing assigned by CRD

### Subject index terms

Adult; Alcoholism; Attention Deficit Disorder with Hyperactivity; Humans; Psychosocial Intervention; Psychotherapy

Date of registration in PROSPERO

19 June 2024

Date of first submission

19 June 2024

Stage of review at time of this submission

The review has not started

Stage	Started	Completed
Preliminary searches	No	No
Piloting of the study selection process	No	No
Formal screening of search results against eligibility criteria	No	No
Data extraction	No	No
Risk of bias (quality) assessment	No	No
Data analysis	No	No

*The record owner confirms that the information they have supplied for this submission is accurate and complete and they understand that deliberate provision of inaccurate information or omission of data may be construed as scientific misconduct.*

*The record owner confirms that they will update the status of the review when it is completed and will add publication details in due course.*

Versions

19 June 2024