

Chasing the progress. Feedback on data results and SMS-monitoring in a 10 year longitudinal follow-up study

Thomas Solgård Svendsen
Researcher
thla@sus.no



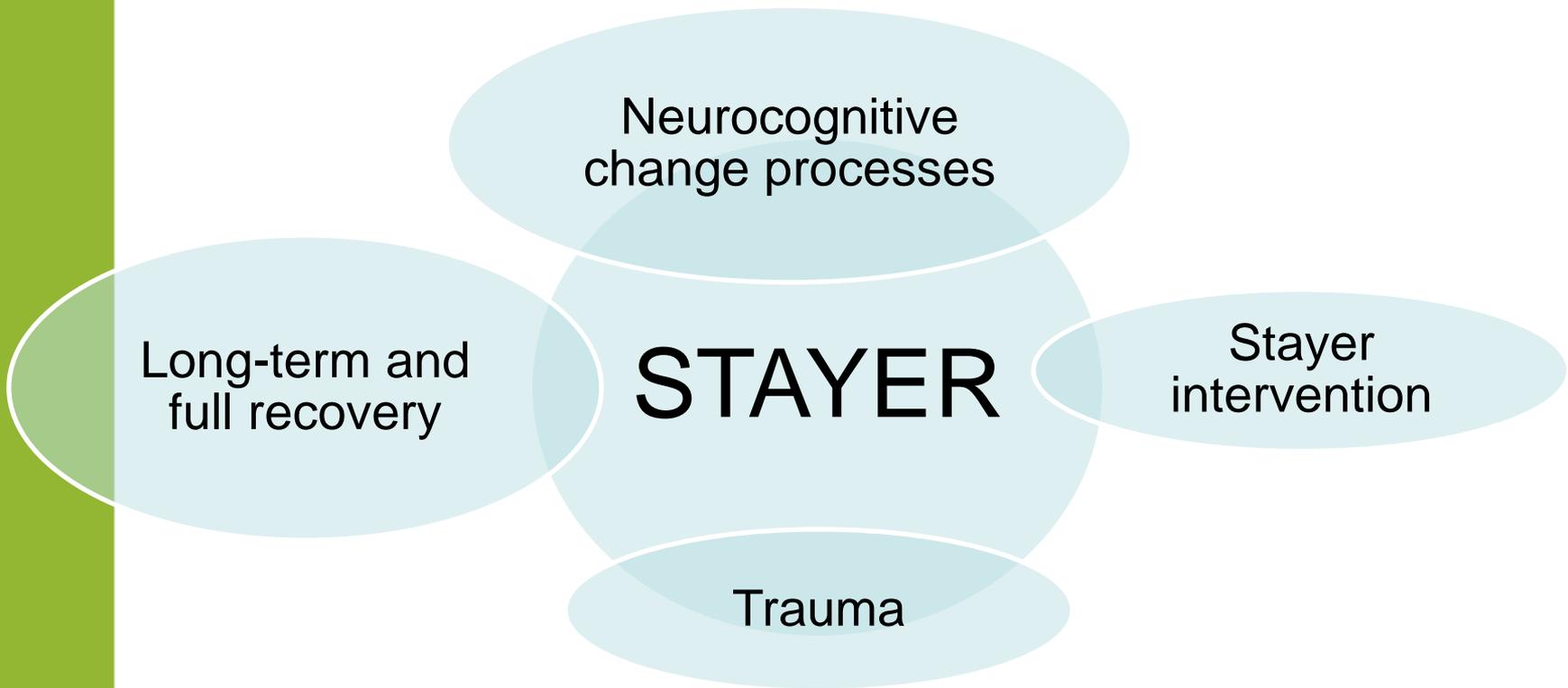


Background and study aims



What does substance use research often look like?

What are the treatment challenges?



Baseline	Quarterly	Biweekly follow-up
Quality register	CPT II	SMS tracker on substance abuse and treatment status.
Alcohol Use Disorder Identification Test (AUDIT) (105)	MOCA	
Drug Use Disorder Identification Test (DUDIT) (106)	AUDIT	The procedure was as follows. During the first session participants were given a question card with two questions. 1) On a scale from 1 to 5 how much do you use drugs or alcohol?and 2) Are your currently in treatment? Yes or No. The biweekly follow-up consisted of a SMS with the following question; what is the answer to question number one, (1-5) and question number two? (yes/no)
The Symptom Checklist-90-R (SCL-90-R) (90)	DUDIT	
Snaith – Hamilton pleasure scale (SHAPS) (92, 93)	SHAPS	
Satisfactions with life Scale (SWLS) (94)	SWLS	
Pittsburgh sleep Quality Index (PSQI) (95, 107)	SCL-90	
The Montreal Cognitive Assessment (MOCA) (98)	Quality register	
Wechsler Abbreviated Scale of Intelligence (WASI) (99)		
Iowa gambling task (IGT) (108)		
Stroop (100)		
Word fluency (101)		
Behavior Rating Inventory of Executive Function-Adult Version (BRIEF-A) (109)		
Trail Making TEST (TMT) Part A and B (110)		
Conner's Continuous Performance Test II Version 5 (CPT II V.5) (111)		
Adult ADHD Self-Report Scale (ASRS-v1.1) (91)		
NEO Personality Inventory (NEO-PI-R) (112)		
CTQ-SF + PTSD Checklist (PCL-5) + LEC 5 (part 1 & 2)		

Precare

Treatment

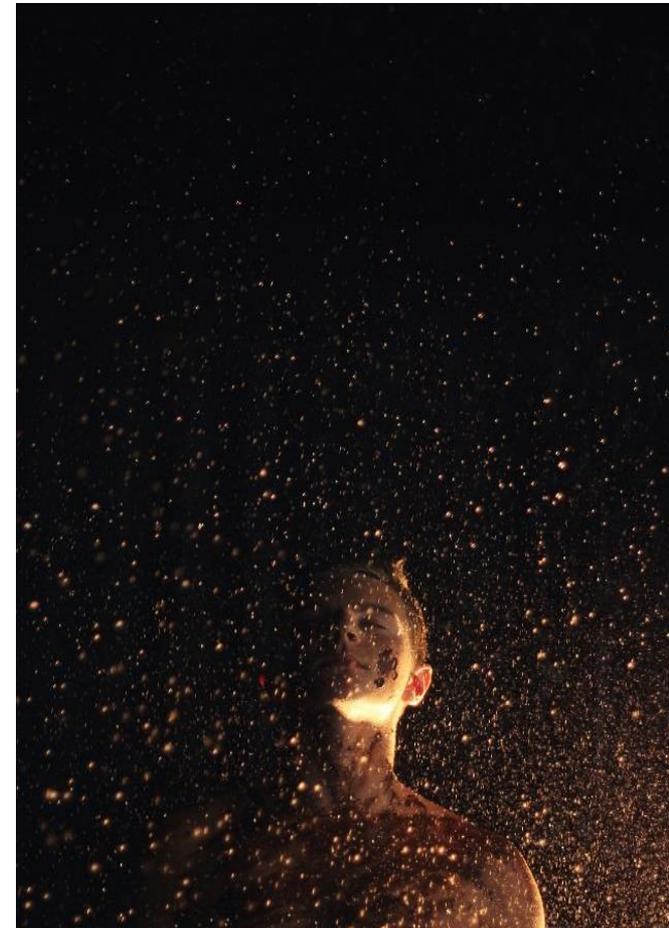
Aftercare

LIFE



«I think for me, if I could get some cognitive feedback on my treatment progress: «You are not doing so well on these tests, your attention is a little off, your concentration too». Right? For me, I think it is so important that my brain works»

(participant and currently PhD candidate)



«For those who are able to stop using in periods, they can see progression, even if they cannot feel it themselves, but that they can see it, black on white. I think that could help»

- SMS monitoring is a non-expensive and effective long-term tool in recovery processes
- Feedback on data results «give back» and can motivate for long-term study participation
- Ethical discussions necessary concerning data results feedback from research studies, both on individual and aggravated levels

thla@sus.no
www.sus.no/korfor

THANK YOU!

