

Effectiveness of six months residential treatment programs for methamphetamine dependent individuals

Kamp F¹, Proebstl L¹, Hager L¹, Straif M², Schacht-Jablonowsky M³, Riebschläger M³, Neumann S³, Schreiber A², Manz K⁴, Soyka M^{1,5}, Koller G¹

¹Department of Psychiatry and Psychotherapy, University Hospital, LMU Munich

²Bezirksklinikum Hochstadt am Main

³MEDIAN Klinik Mecklenburg, Rehna

⁴Institut für Medizinische Informationsverarbeitung Biometrie und Epidemiologie, München

⁵Medical Park Chiemseeblick, Bernau

Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages

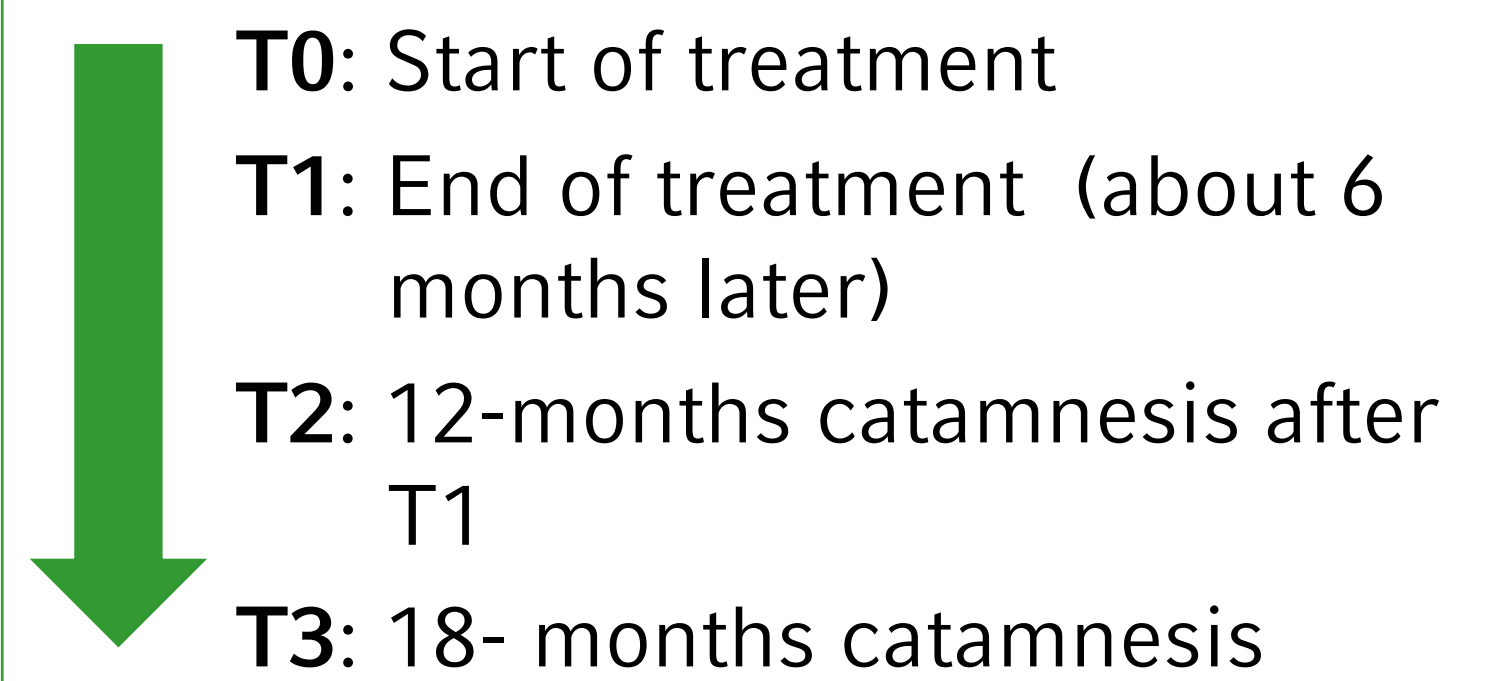
Background:

During the recent years, there is an increasing use of methamphetamine (MA) in European countries, accompanied by an increasing treatment demand for MA-abusing individuals (EMCDDA, 2018). In Germany, treatment options for individuals addicted to legal or illegal substances include among others a six month inpatient rehabilitation. However, research about the effects of this residential treatment for MA-using individuals is missing. Therefore, the current longitudinal study compares two residential treatment concepts and also analyses predictors of treatment outcomes.

Methods:

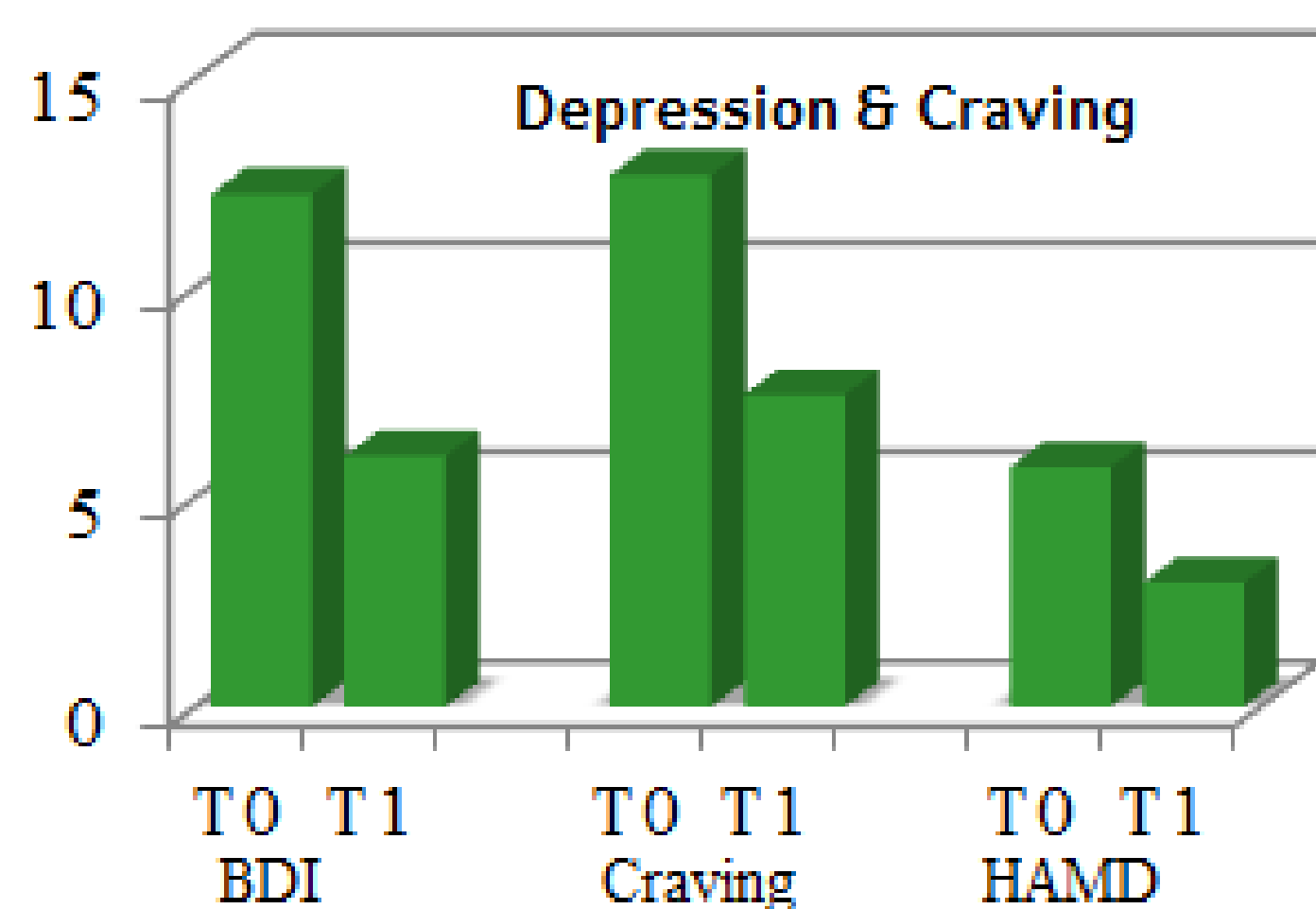
108 patients from two rehabilitation clinics were recruited at the beginning of treatment and were tested at up to 4 time points. Both centers offer a multimodal, six month inpatient treatment with mainly group therapy. In one clinic, MA-users received additional 10 hours of a stimulant specific group therapy, called ATS group (amphetamine type substances). This manualized group was oriented on the Matrix manual, which has been developed and proven in the USA as an intensive outpatient program. The other clinic offered treatment as usual (TAU).

Study timeline:



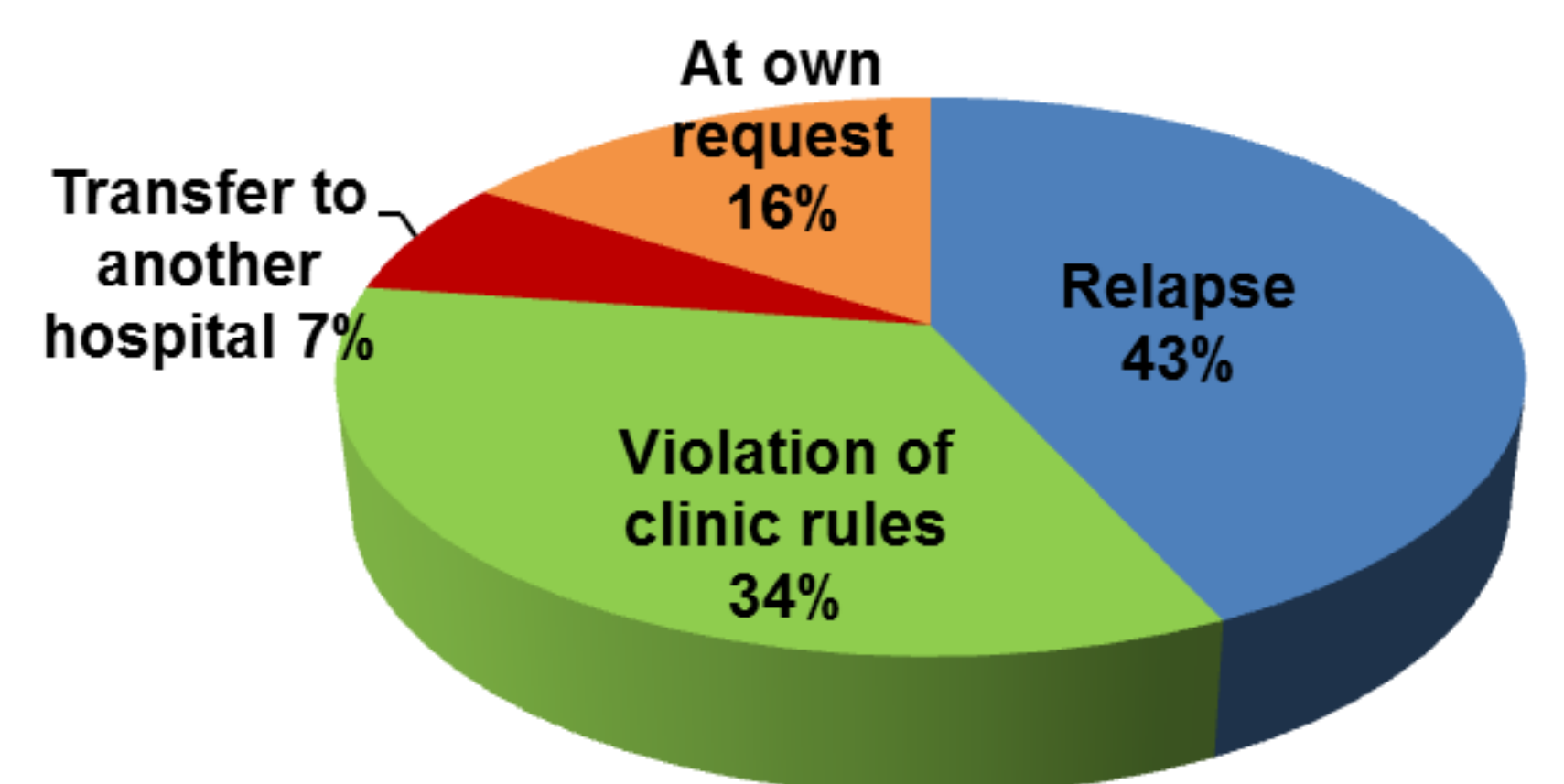
Pre and Posttreatment (T0 & T1):

Out of 108 patients, 44 individuals (40.7%) left the treatment prematurely, with no significant difference between both centers. However, subjects from TAU stayed significantly longer in treatment than patients from the clinic with



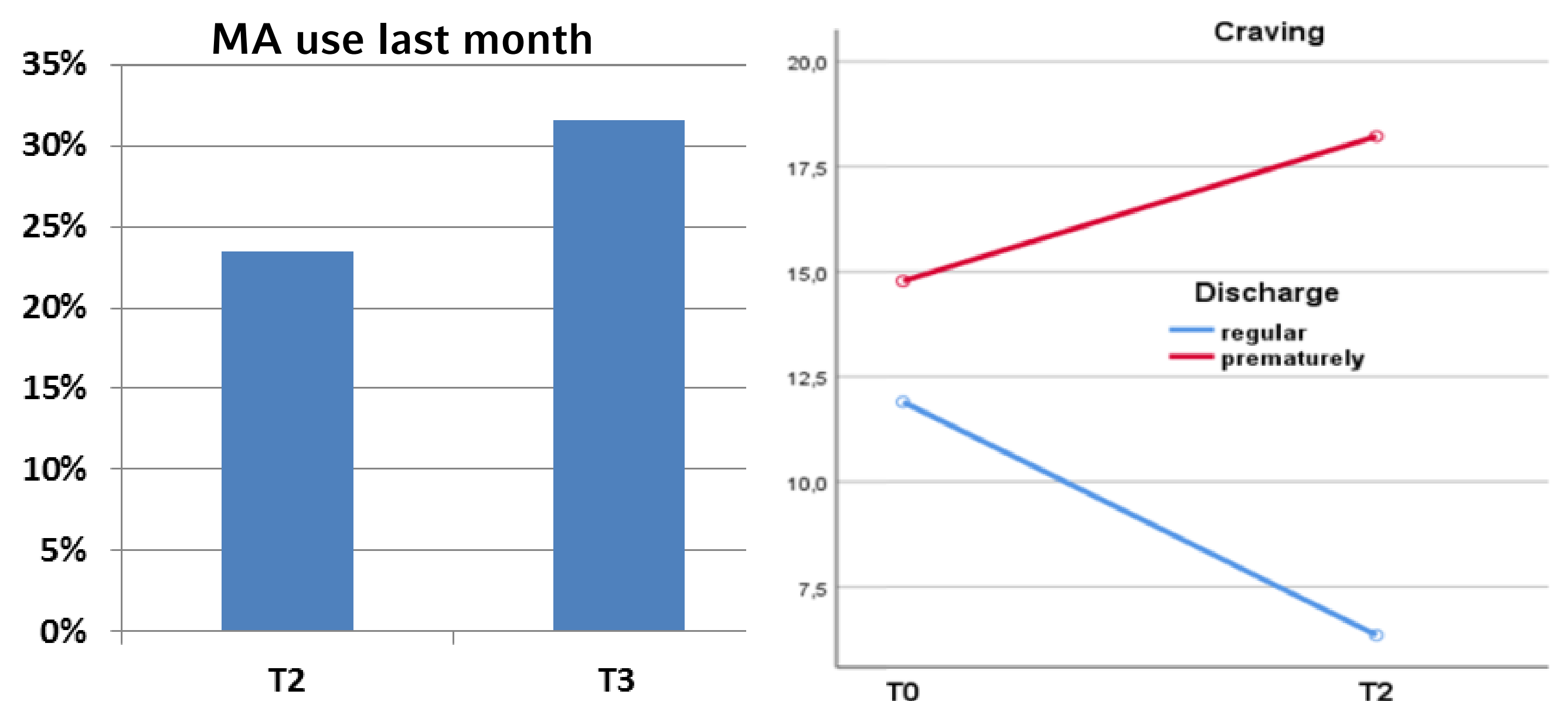
ATS concept ($t(106) = -3.33, p = .001$). Injecting use of any substance ($p = .005$) and specifically of MA ($p = .035$) was a significant predictor of treatment drop-out.

At the end of treatment, 57 subjects took part in T1 (ATS=30, TAU=27) and showed significant reductions of depression scores, craving and psychiatric symptoms. Additionally, psychosocial resources ($p = .034$), cognitive flexibility ($p < .001$) and processing speed ($p < .001$) were significantly improved.



Catamnesis (T2 & T3):

38 participants (ATS=25, TAU=13) took part in an online query at T2 and 19 subjects (ATS=12, TAU=7) took part in the still running T3 survey. About 62% of T2 subjects did not use MA the last year and 27% did not use -except for tobacco- any other substance. At T3, about 53% of participants stated to have not used MA during the last six months. There were no differences between both centers nor between drop-outs and completers in MA use during the last year or last six months. History of injecting drug use ($p = .034$) and duration of treatment ($p = .017$) were significant predictors of MA use the month prior T2, but not prior T3. Treatment Drop-outs showed higher craving scores at T2 compared to T0, while completers showed reduced craving at T2 compared to T0 (interaction effect $p = .03$).



Conclusions:

About 60% of German MA user complete the treatment successful and do not use MA during the year after discharge. Current treatment approaches improve psychiatric problems and psychosocial resources as well as some cognitive functions. Patients having completed the treatment show reduced craving one year later while craving increased in treatment drop-outs. An additional stimulant specific group treatment seems to have no influence on treatment success. Individuals with a history of injecting drug use should be given special attention.

References:

EMCDDA, 2018. European drug report 2018: Trends and developments. Publications Office of the European Union, Luxembourg. Parts of this paper have been published in Kamp et al. (2019), see QR code.

Conflicts of interest: All authors declare no conflict of interest.

