Adolescent Characteristics Associated with Motivation to Change (MTC) at Treatment Intake

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INTRODUCTION

• Motivational interviewing dominant treatment modality, associated with better outcomes 1
• Characteristics associated with ↑MTC
  - Adult studies: female, ↑depression, ↑A/D severity, ↑A/D consequences 2,3
  - Handful of youth studies: family discord, sexual abuse, ↑A/D consequences, mental problems 5,6
• Study Aim: what characteristics are associated with ↑MTC among youths with addiction?

METHODS

• 195 youths (52% female, aged 14-18)
• 100% marijuana use d/o, 61% alcohol use d/o
• 85% court-referral: residential treatment in Ohio
• Data collected at intake

• Measures:
  - MTC (URICA)
  - Background variables
  - A/D severity variables (YRSB)
  - A/D-related problems (ASI)
• Statistical analysis:
  - MTC groups compared using Fisher’s exact test (binary), Kruskal-Wallis χ2 test (continuous)

REFERENCES

6. Barnett et al. (2002); Predictors of motivation to change after medical treatment for drinking-related events in adolescents. Psychol Addict Behav. 16 (2): 108-12

RESULTS

Table 1. Background variables related to ↑MTC

- Females, ↑religiosity/spirituality (R/S)
- No sexual abuse

Table 2. A/D severity variables NOT related to ↑MTC

- Legal - history of incarceration, DUI
- Family - youth participation, follows rules School/work - lost interest in schoolwork
- Health - less active, uses A/D for sleep
- Mental - ↑depression, ↑humility, ↑anger

Table 3. A/D-related problems related to ↑MTC

• Characteristics that promote ↑MTC: R/S, family cohesion/rules, hopelessness, sleep problems, DUI/jail history
• Barriers to ↑MTC: sexual abuse, defiance, anger
• Clinical Implications: ↑MTC does not depend upon A/D severity, increase youth awareness of A/D consequences may ↑MTC
• Future study: what characteristics sustain MTC?

DISCUSSION

- Limitations: cross-sectional, unclear generalizability to non-mandated youths with less A/D severity

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