

Factors Associated with Successful Completion of a Comorbid Substance Abuse and Mental Health Intensive Outpatient Group

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Background

- Multiple studies have shown that barriers exist to receiving mental health or substance abuse treatment. However, those with co-morbid disorders (substance abuse and mental health) is a relatively unexplored topic
- A Cross-Sectional Study reporting mental health and substance abuse found that cost of treatment and personal motivation to be treatment barriers (Mojtabai, Chen, Kaufmann, & Crum, 2014)
- The Fairweather Model peer support system, using chart audits and surveys, found more than half failed to complete program due to personal motivation (Haertl, 2005)
- Pearson chi-square test of court mandated drug offenders found education, employment, and age were all factors to successfully completing treatment (Evans, Li, & Hser, 2009)

Research Questions

- How do IOP graduates differ from dropouts?
- What are the predictors of treatment dropout?

Study Design

- Correlational study, using secondary data obtained from behavioral health database
- Explanatory research, looking for potential relations between variables obtained from TOMS data
- Dependent Variable:
 - Graduate of Program (Whether or not the client successfully completed the IOP program)
- Independent Variables:
 - Age
 - Gender (Male, Female)
 - Symptom Scores (depression, anxiety, anger, psychoticism, & physical impairment)
 - Functioning Scores (social, recovery, medication adherence, and medication side effects)
 - Substance Use (cigarettes, alcohol, drugs)
 - Service Utilization (how many overnight stays in a hospital, psychiatric institution, and/or substance abuse program)
 - Safety (was client harmed by someone)
 - Housing (private residence [independent or dependent], jail/correctional facility, homeless, residential care, etc.)

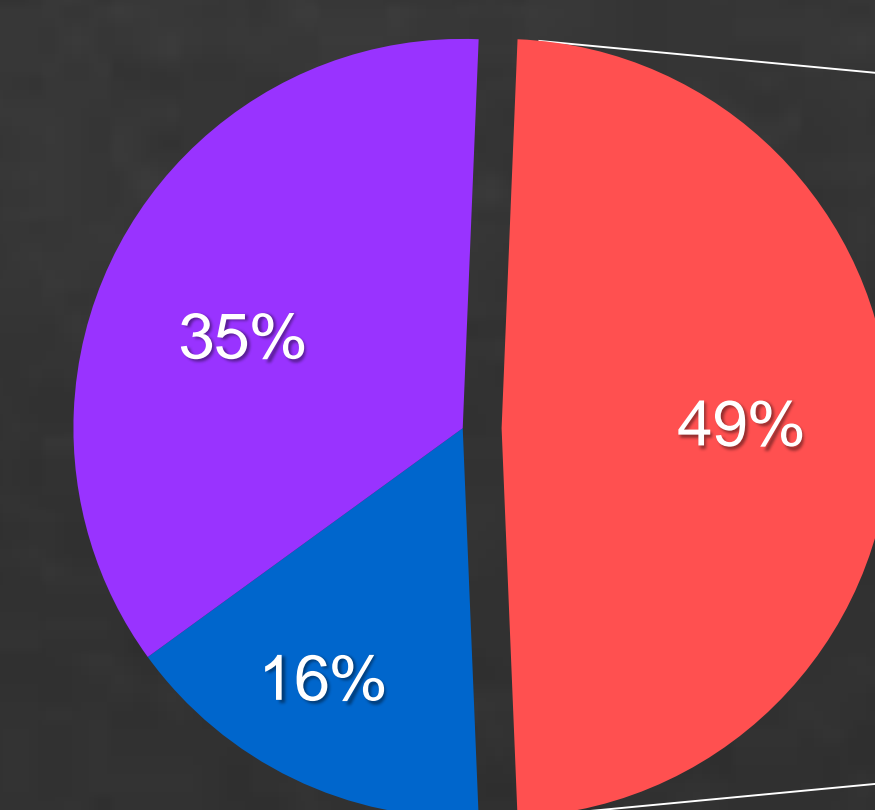
Sample Demographics (n=115)

Age (M= 34.78, SD= 11.71)			Residence		
	Frequency	Percent		Frequency	Percent
18 – 25	32	27.8	Private Residence (Ind.)	101	87.8
26 – 35	38	33.0	Private Resident (dep.)	10	8.7
36 – 45	25	21.7	Jail/Correctional Facility	1	0.9
46 – 55	11	9.6	Homeless/Shelter	1	0.9
56 – 65	8	7.0	Residential Care	2	1.7
66 +	1	0.9			
Gender			Hours Worked (per week) (M= 6.11, SD= 13.61)		
Male	36	31.3	0 – 10	95	82.6
Female	79	68.7	11 – 20	5	4.3
			21 – 30	3	2.6
			31 – 40	8	7.0
			41 +	4	3.5
Program Completion					
Graduate	56	48.7			
Dropout	59	51.3			

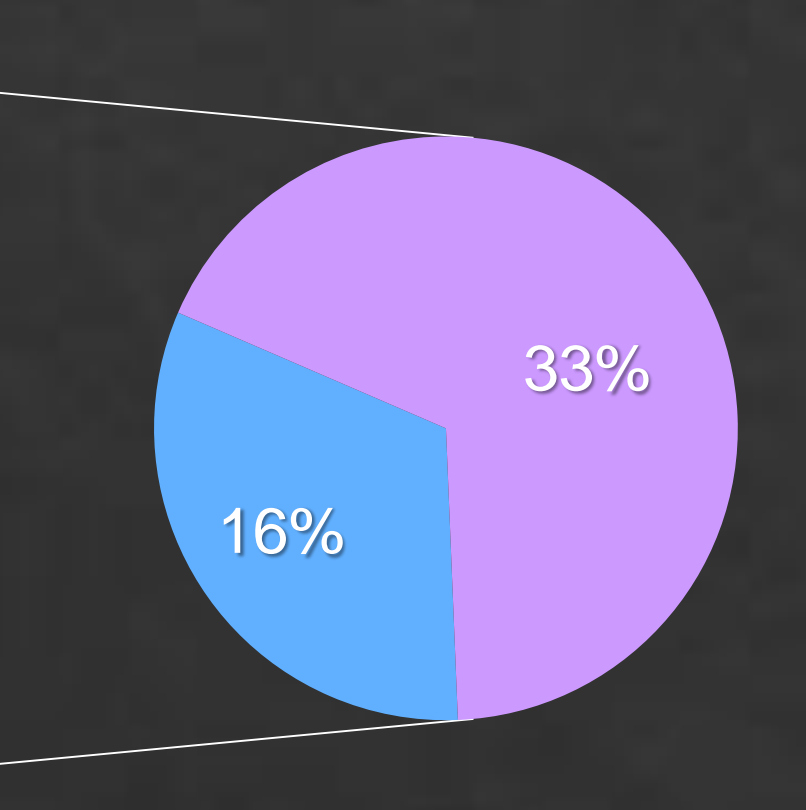
Sample Criteria

- Adult IOP clients (18+ years old)
- Data collected from January 2014 – December 2014
- Sample includes those who completed the program and those who have not
- Recruitment procedure: database filters to select all clients within appropriate date and age range.

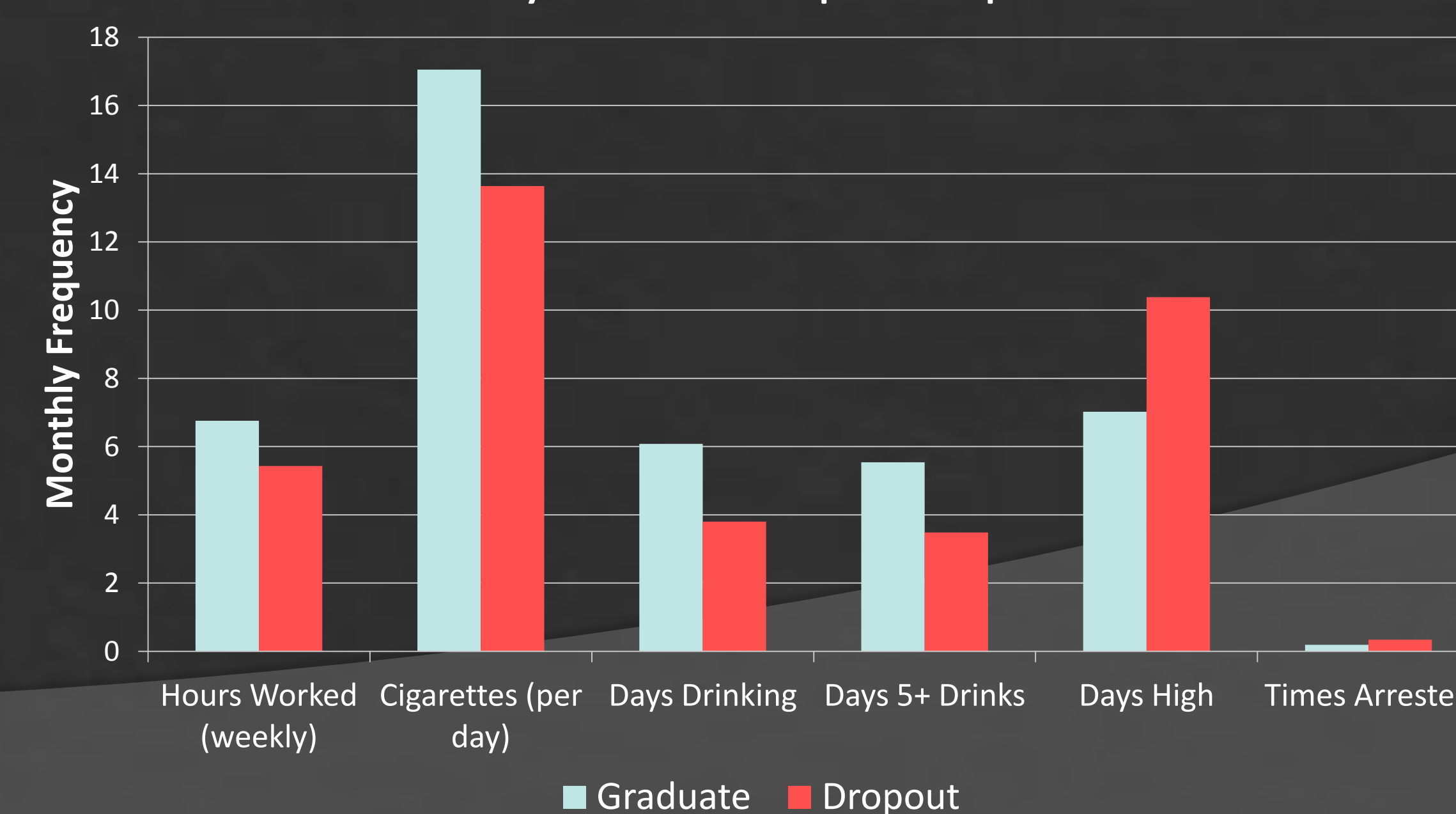
Program Completion by Gender



Program Dropout by Gender

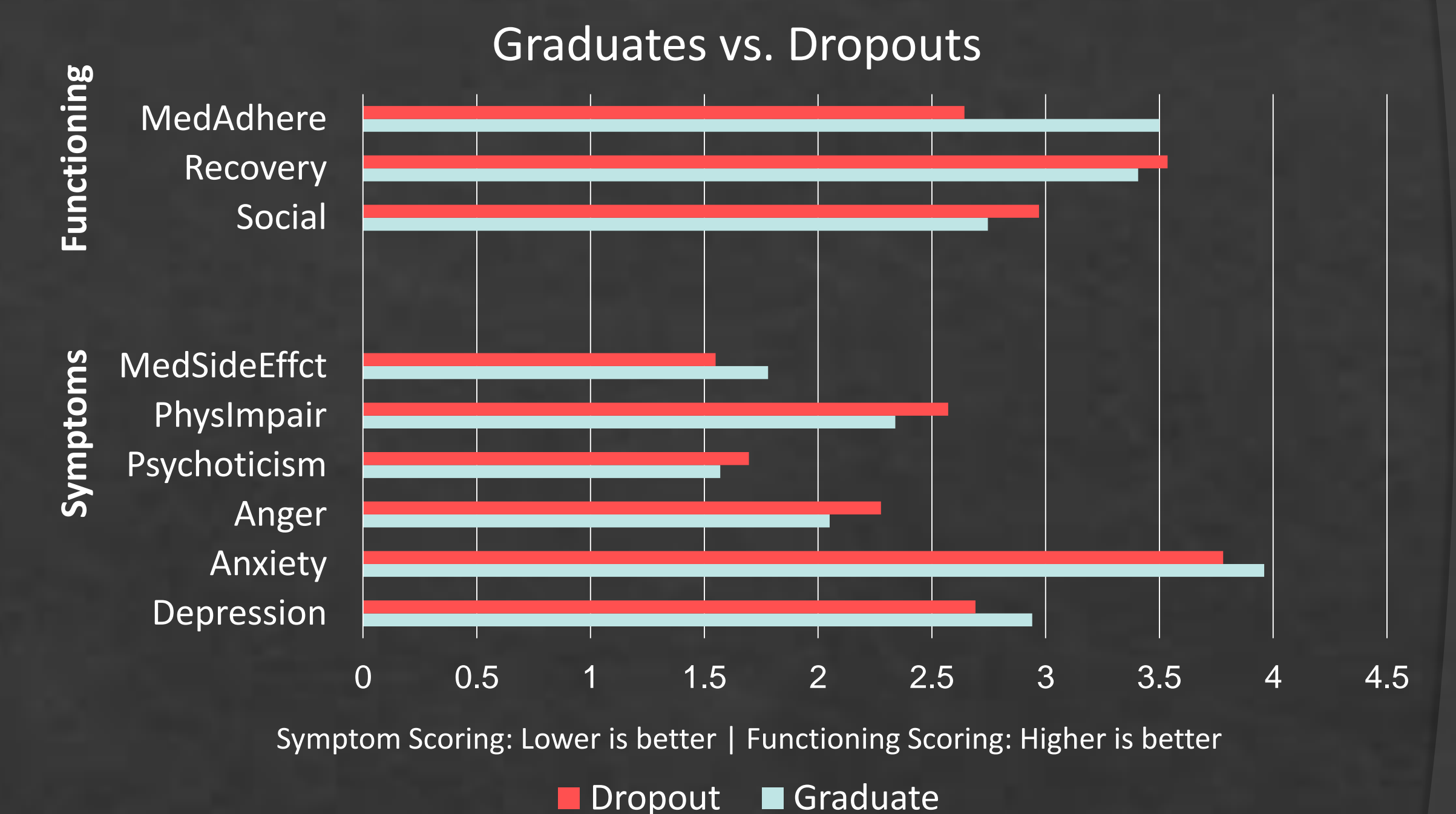


Monthly Graduate & Dropout Comparison



Results

- The overall regression model was found to be statistically significant, (χ^2 (23, N = 115) = 46.80, p = .002)
- Results indicate that age was a significant variable (p = .040), and with each increment in age, the odds of completing the program increased by 5%, when controlling for other variables in the model
- Likewise, each increment of medication adherence (p = .014) increased odds by 54.8%
- Lastly, each overnight stay in a hospital, psychiatric institution, or substance abuse program (p = .049) decreased the odds of completion by 17.5%, when controlling for other factors in the model.



Limitations

- Obtaining secondary data on race, marital status, insurance status, and education level will allow a researcher to expand the scope of the research to include characteristics that potentially serve as barriers to successful program completion

Conclusions

- Mental health symptoms prior to entering the IOP program bear little influence on graduation rates
- Motivation level does not appear to be a significant factor in graduation
- The older a client is, the greater his/her chance of graduation
- Clients who take their prescribed medications regularly, also have a much higher (approaching 50%) probability of program completion