Effective Ways to Dispel of At-risk Youth’s Misunderstandings about Psychotropic Substances

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Objectives

Targeting youth aged 13 to 21 at risk for psychotropic substance abuse

- Identifying misunderstandings about psychotropic substance abuse
- Investigating the effectiveness of ways to dispel at-risk youth’s misunderstandings
  - Thereby reducing the youth’s psychotropic substance abuse.
  - With a phased exploratory and evaluation research framework
Research framework

- **Exploration**
  - In-depth interviews with 8 at-risk youths and 8 social workers

- **Training**
  - Training for 10 (13) social workers

- **Service evaluation**
  - Baseline assessment of 200 (222) at-risk youths
  - Follow-up assessment of 200 (169) at-risk youths, in-depth interviews with 16 (14) at-risk youths (and 3 social workers), assessment of 971 service encounters
Pro-drug misunderstandings about drug abuse explored

- Dispositional belief: playfulness or fit to drug abuse
  - E.g., being a dependent
  - E.g., seeking excitement

- Calculative belief: benefit of drug abuse to the body, spirit, mood, relationship

- Legitimizing belief: appropriateness or control over and normative support for drug abuse
  - E.g., having neutralizing effects by acidic materials
  - E.g., having no addiction in the body
Cognitive-behavioral integrated treatment (CBIT) model trained and practiced

CBIT Training: 5-day workshop with follow-up guidance or supervision and auditing

- Cognitive component
  - E.g., awakening consciousness about the importance of reaching life goals

- Behavioral component
  - E.g., teaching ways to handle cravings

- Motivational component
  - E.g., setting feasible goals based on change motives
Standardized effects of **CBIT training on CBIT practice**

- Cognitive
- Behavioral
- Motivational

**significant**
Number of youths

- **C-gp (pre)**: 112
- **E-gp (pre)**: 110
- **C-gp (post)**: 82
- **E-gp (post)**: 87
Age and gender

<table>
<thead>
<tr>
<th>Age</th>
<th>Female</th>
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<tr>
<td>15.7</td>
<td>C-gp (pre)</td>
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<tr>
<td>15.7</td>
<td>C-gp (post)</td>
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CBIT experienced

Social worker trained motivational approach

Social worker trained behavioral approach

Social worker trained cognitive approach
Drug-free days

- C-gp (pre): 12
- E-gp (pre): 8.1
- C-gp (post): 12
- E-gp (post): 13
Pre-intervention drug abuse

- No
- less than weekly
- Weekly or heavier

Number of cases:
- 111 (less than weekly)
- 82 (weekly or heavier)
- 29 (no abuse)
Analytic framework

Baseline substance abuse

Baseline misunderstanding

Service provided by CBIT-trained or non-trained social workers

Follow-up substance abuse

Follow-up misunderstanding

Services provided

Services received

Backgrounds: Personal Family
Standardized effects on post-intervention pro-drug misunderstanding, based on all youths

E-group social worker
Time in service
Trained cognitive approach experienced
Trained behavioral approach experienced
Trained motivational approach experienced

significant
Standardized effects on post-intervention pro-drug misunderstanding, based on youths with less-than-weekly drug abuse

-0.3
-0.25
-0.2
-0.15
-0.1
-0.05
0
1 SD

- E-group social worker
- Time in service
- Trained cognitive approach experienced
- Trained behavioral approach experienced
- Trained motivational approach experienced

significant
Standardized effects on post-intervention drug-free days, based on all youths

- E-group social worker
- Time in service
- Trained cognitive approach experienced
- Trained behavioral approach experienced
- Trained motivational approach experienced
- Behavioral approach provided

significant
Standardized effects on post-intervention drug-free days, based on youths with less-than-weekly drug abuse

- E-group social worker
- Time in service
- Trained cognitive approach experienced
- Trained behavioral approach experienced
- Trained motivational approach experienced
- Behavioral approach provided

significant
Ways that CBIT helped, based on in-depth interviews

- **Direct benefits to youth**
  - Diagramming tools, imagery, experiment, distraction, contracting

- **Conditions facilitating service effectiveness**
  - Having a quiet place, drug abuse intensity (not heavy)

- **Indirect benefits to youth through facilitating social workers’ mutual support**
Standardized effects of post-intervention misunderstandings on post-intervention drug abuse earlier than the recent month, based on all youths

- Pro-drug misunderstanding
- Benefit to spirit
- Harm to mood

Significant
Implications

- Implementation of the therapy in terms of its cognitive, behavioral, and motivational components in the service encounter
- Reduction in misunderstanding, which reduces drug abuse within a short time
- Targeting particularly youth abusing drugs less than weekly (once in 8 or more days, that is, at a level of moderate level of drug abuse)
Welcome to queries

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