

In Memoriam: G. Alan Marlatt



Novel Psychological Interventions for Substance Abuse: Internet-based Interventions

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What I Plan to Present

- Some Numbers
- Rationale for Internet-based interventions
- Selected literature review
- Hypotheses based on my review
- Some Examples
- Conclusions

Caveats

- This presentation is very U.S.-focused
- All of the examples are in English
- Everything I present will be superceded by much more complex and capable processes within a few years

Map of the United States



Here are Some Numbers

- 462
 - The number of addictions treatment programs within 10 miles of the DC Convention Center
 - >1
 - Distance in miles to the closest program
 - 10
 - The number of addictions treatment programs within 100 miles of Lewistown, MT
 - 78.1
 - Distance in miles to the program nearest Lewistown, MT
- Source: SAMHSA Treatment Locator <http://findtreatment.samhsa.gov/>, Accessed 7/10/11

More Numbers

- 42.5 and 44.6
 - Percentages of alcohol and drug users citing “Embarrassment/Pride” as a reason they did not seek treatment. (Cunningham, et al., 1993)
- 54.3 and 49.2
 - Percentages of alcohol and drug users citing “Stigma” as a reason they did not seek treatment (Cunningham, et al., 1993)
- 13
 - Percentage of people with alcohol dependence who ever receive treatment (<http://www.spectrum.niaaa.nih.gov/features/alcoholism.aspx>)
- 8
 - Percentage of people with drug use disorders who ever receive treatment (<http://www.nih.gov/news/pr/may2007/nida-07.htm>)

What Do These Numbers Mean?

- Millions of people with substance use disorders in the United States never receive formal assistance with those problems.
- For 50 Million+ Americans, geographical access to treatment is an issue.
- Less than 10% of people who could benefit actually receive a formal treatment intervention.
- For approximately 50% of persons with substance use disorders concerns about stigma, privacy and confidentiality are major barriers to treatment seeking.

Technology Has An Answer

When you first saw this, did you believe it would be available in your lifetime?



And on a Device You Could Put in Your Pocket?



We're a Digital Nation

“As of October 2010, the nationwide broadband adoption rate equaled 68.2 percent of households, up from 63.5 percent one year earlier.”

US Department of Commerce National Telecommunications and Internet Administration, February 2011

We've Certainly Come a Long Way!

<http://www.cyberpsych.org/eliza/>

Direct Use of Technology to Deliver Services to Substance Users: Alcohol Examples

- Skinner & Allen (1983): Computerized assessment of problem alcohol.
- Hester & Delaney (1997): Behavioral Self-Control Program for Windows (BSCPWin)
- Moderation Management Online Support Groups
- Squires & Hester, (2002): Drinkers Checkup Online
- Brodey et al. (2004): Internet delivered ASI
- Hester, Delaney, Campbell & Handmaker (2009): Moderate Drinking

A User-Designed Site

ABSTAR:

<http://www.moderation.org/abstar/>

ABSTAR has more than 5000 registered users.

Methods for Delivery of Telehealth Services


- eMail
- Instant Messaging (IM)
- Chat
- Teleconference-Skype, GoogleVoice
- Video teleconference-Skype, ooVoo
- Virtual world-*Second Life*

Chat Room Example

<http://www.smartrecovery.org>

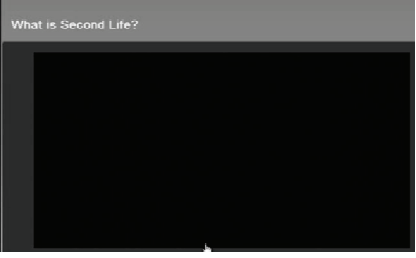
Online Video Calling Costs Practically Nothing—Even for a Video Conference

- ooVoo



Avatar Therapy

- Second Life



Drinkers Checkup

Drinkers Checkup

Moderate Drinking

- Based on the book “Responsible Drinking: A MODERATION MANAGEMENT Approach for Problem Drinkers” by Rotgers, Kern & Hoeltzel

Moderate Drinking

Overcoming Addiction

- This site is still in early stage clinical trials.
- Based on the principles of SMART Recovery

Overcoming Addiction

Intervention Clearinghouse

- Addiction Alternatives-AA2

AA2

Will Clients Accept It?

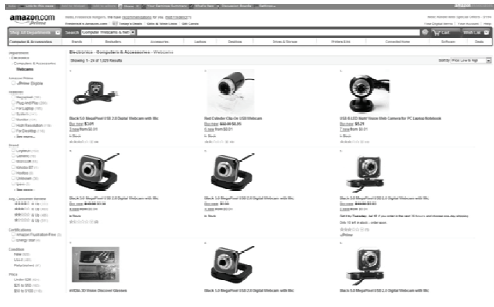
- Young (2005) Online Addictions Treatment survey:
 - Caucasian, middle-aged, college-educated males, first time therapy seekers most like to use.
 - Anonymity (96%) and convenience (71%) most cited reasons for using online treatment.
- Melville, et al. (2010): drop-out rate across studies at 31% which is comparable to face-to-face treatments
- But, Andersson (2010): some clients skeptical

But Does This Kind of Thing Really Work for Patients? Outcome Research on Remote Therapies

- Andersson (2010): Internet delivered CBT as effective as face-to-face deliver
- Disorders:
 - Male erectile dysfunction [Lankveld, et al. (2009)]
 - Chronic pain [Cuijpers, et al. (2008)]
 - Social anxiety disorder [Hedman, et al. (2011)]
 - Irritable bowel syndrome [Andersson, et al. (2011)]
 - Depression ([Jacmon, et al. (2009)]
 - Pathological gambling, smoking cessation [Gainsbury & Blaszczynski, (2011)]

Advantages of Internet Delivery-!

- Technology is readily affordable



Advantages of Internet Delivery-II

- Epidemiology of substance use disorders: Most people with substance use disorders are between the ages of 18-35
- “Digital Natives” (people born since 1980) are most likely to prefer some sort of web-based technology.
- Substance user and Digital Native groups overlap substantially

Conclusion

- We have the technology
- We have the treatments
- We know the treatments are effective delivered in non-face-to-face formats
- We can reach many more people using the Internet to deliver services than we can face to face