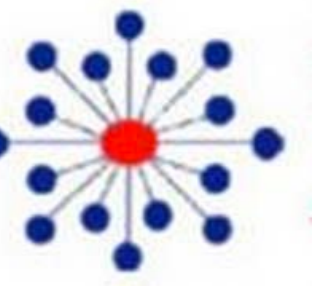




Treatment Expectations and Associated Outcomes in Motivational Enhancement Therapy Delivered in English and Spanish



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Background

A meta-analysis of the general psychotherapy literature suggests that treatment expectations are associated with treatment outcomes, with a modest effect size ($d = .24, p < .001$)¹. However, this relationship has not been widely studied in the substance use treatment literature. The relationship between treatment expectations and outcomes has never been examined in a Spanish-speaking population seeking substance use services.

Method

Data were drawn from two RCTs of Motivational Enhancement Therapy from the NIDA Clinical Trials Network: MET-E² (delivered in English) and MET-S³ (delivered in Spanish). At baseline, participants completed the Attitudes and Expectations⁴ form. A single-item was used to measure treatment outcome expectations: “Do you think you will reduce or stop your use of drugs or alcohol as a result of this treatment?”. Participants were classified as either ‘Unsure’ they would reduce/quit their use or ‘Sure’.

Outcome Expectations and Baseline Characteristics

	MET-E N = 461			MET-S N = 405		
	‘Unsure’ n (%)	‘Sure’ n (%)	F (df)	‘Unsure’ n (%)	‘Sure’ n (%)	F (df)
Gender: Female	52 (28.1)	81 (29.9)	.17 (1)	19 (9.9)	28 (13.1)	1.04 (1)
Ethnicity			16.78 (4)**			12.57 (8)
Caucasian	98 (53)	98 (36.2)		6 (3.1)	15 (7.0)	
African-American	64 (34.6)	128 (47.2)		0	3 (1.4)	
Hispanic	15 (8.1)	38 (14)		47 (24.5)	51 (23.9)	
Asian	3 (1.6)	1 (.4)		-	-	
Mexican	-	-		74 (38.5)	75 (35.2)	
Puerto Rican	-	-		34 (38.5)	24 (11.3)	
Cuban	-	-		12 (6.3)	23 (10.8)	
Guatemalan	-	-		5 (2.6)	6 (2.8)	
Multiracial	-	-		2 (1.0)	5 (2.3)	
Other	5 (2.7)	6 (2.2)		12 (6.3)	11 (5.2)	
Never married/Living Alone	160 (86.5)	213 (78.6)	4.6 (1)*	126 (65.6)	112 (52.6)	7.09 (1)**
Unemployed	106 (57.3)	147 (54.2)	.42 (1)	78 (40.6)	78 (36.6)	.68 (1)
Referred by Criminal Justice	69 (37.3)	78 (28.8)	3.65 (1)	111 (57.8)	128 (60.1)	.22 (1)
	M (SD)	M (SD)		M (SD)	M (SD)	
Years of Education	12.7 (2.1)	12.5 (2.1)	1.35 (1, 454)	9.5 (2.9)	9.6 (3.5)	.02 (1, 402)
Age	33.1 (10.2)	35.8 (10.1)	7.35 (1, 454)**	32.4 (9.2)	32.6 (8.9)	.07 (1, 403)
Days of primary drug use, past 28	10.7 (8.7)	9.1 (8.1)	3.7 (1, 418)	8.5 (9.1)	6.2 (7.9)	7.35 (1, 403)**
Days of cocaine use, past 28	3.2 (5.9)	3.9 (6.4)	1.54 (1, 449)	3.2 (6.8)	1.9 (4.6)	4.66 (1, 403)*
Days of heroin use, past 28	1.6 (4.9)	1.4 (4.2)	.2 (1, 449)	1.1 (4.3)	0.6 (3.2)	1.86 (1, 403)
Days of marijuana use, past 28	4.7 (8.2)	2.8 (6.4)	8.13 (1, 449)**	2.2 (6.4)	2.1 (6.3)	.03 (1, 403)
Days of alcohol use, past 28	7.2 (7.9)	5.5 (6.8)	5.74 (1, 449)*	5.7 (7.5)	4.2 (6.2)	5.2 (1, 403)*

Note. * = $p < .05$; ** = $p < .01$; - signifies that the response option was not available in the sample.

Results

Participants in MET-S were more likely to be ‘Unsure’ than those in MET-E [$\chi^2(1, N = 861) = 4.07, p = .026$]. Outcome expectations were not significantly related to treatment outcomes in MET-E, however they were significant with most treatment outcomes in MET-S.

Conclusion

Outcome expectations have received little attention. The divergent findings highlight the need for future research to assess cultural variants of outcome expectations and their association on substance use outcomes.

Disclosures

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Outcome Expectations and Treatment Outcomes

