

Take it Personal!+: a personalized treatment for substance use disorder in people with mild intellectual disability and borderline intellectual functioning

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1) Take it Personal!+ will lead to a significant decrease in substance abuse. 2) Take it Personal!+ will lead to a significant increase in personal and social recovery.

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26987

Bron

Nationaal Trial Register

Verkorte titel

TBA

Aandoening

Substance use disorder, intellectual disabilities

Ondersteuning

Primaire sponsor: ZonMw Mr. F. Couvee stichting

Overige ondersteuning: ZonMw Mr. F. Couvee stichting

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Substance use assessed with a daily diary method during the baseline phase, intervention phase and post treatment.

Toelichting onderzoek

Achtergrond van het onderzoek

The prevalence of problematic substance use in people with intellectual disabilities (ID) is alarming. The need for treatment adapted to this target group is high. Available treatments are directed to a heterogeneous group of individuals with ID and there is hardly any evidence for their effectiveness. Differentiation is needed because an 'one size fits all' treatment does not fit.

The aim of this study is to evaluate a personalized treatment: Take it Personal!+. The effectiveness will be tested with a non-concurrent multiple baseline across individuals design. Besides it will be tested how positive and negative affect, craving levels and substance intertwine and change during the different study phases. The study design consists of four phases: baseline phase (7 - 11 days), intervention phase (11 weeks), post treatment (1 month) and a follow-up phase (3 months after intervention). Participants are individuals with a mild intellectual disability or borderline intellectual functioning (MID-BIF) and substance use disorder.

Doel van het onderzoek

- 1) Take it Personal!+ will lead to a significant decrease in substance abuse.
- 2) Take it Personal!+ will lead to a significant increase in personal and social recovery.

Onderzoeksopzet

Baseline phase (7- 9 days)

Intervention phase (11 weeks)

Post-treatment phase (1 month)

Follow-up phase (3 months after intervention)

Onderzoeksproduct en/of interventie

Take it Personal!+ is a personalized treatment based on motivational interviewing and cognitive behavioural therapy. Take it Personal!+ last 11 weeks with two sessions (Session A and B) a week, of 45 minutes. Session A is an individual session with the participant and session B is with the participant and a confidant from his/her social network or from the professional care.

The treatment consists of the following key components: 1) motivation to behaviour change, 2) psycho-education regarding personality profile, 3) setting goals and make a plan to change, 4) recognise personality profile and coherent signals of problematic behaviour, 5) set

up a functional analysis, 6) increasing self-control, 7) behavioural coping training and cognitive coping training, and 8) relapse prevention. The intervention will be personalized based on the four personality profiles (anxiety sensitivity, negative thinking, impulsivity, sensation seeking).

Part of the treatment is the use of TiP!: the supporting mHealth application. TiP! consists of the following components: 1) exercises, 2) week goals and how to achieve them, 3) future wishes and how to achieve them, 4) help! button, 5) information about self-control skills, refusal skills and positive and negative thoughts, 6) relapse prevention plan, and 7) gaining accessories for the avatar and points for personal rewards. Additionally, the participant will receive personalized feedback in TiP!

Contactpersonen

Publiek

Pluryn / Radboud University
Lotte Gosens

0652698429

Wetenschappelijk

Pluryn / Radboud University
Lotte Gosens

0652698429

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 1) A MID-BIF (IQ between 60-85),
- 2) diagnosed with a mild or moderate substance use disorder according to the 5th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5; APA, 2013) in cannabis, alcohol, XTC, cocaine or speed,
- 3) use the substance on at least three days of the week,
- 4) proficient in Dutch language, and
- 5) has a network (professional and/or social) that is able to support the treatment goals of the client.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- 1) Risk of withdrawal symptoms,
- 2) severe psychiatric comorbidity, such as suicidality, psychosis or major depressive disorder,
- 3) severe somatic problems, and
- 4) psychosocial problems that interfere with treatment.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Anders
Toewijzing:	N.v.t. / één studie arm
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	27-03-2019
Aantal proefpersonen:	15
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Niet van toepassing	
Soort:	Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
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NTR-new	NL7849
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Ander register Ethics Committee Social Science Radboud University : ECSW-2019-033

Resultaten