

# A social network intervention for opiate users

|                          |                                  |                                 |
|--------------------------|----------------------------------|---------------------------------|
| <b>Submission date</b>   | <b>Recruitment status</b>        | [X] Prospectively registered    |
| 27/04/2012               | No longer recruiting             | [X] Protocol                    |
| <b>Registration date</b> | <b>Overall study status</b>      | [ ] Statistical analysis plan   |
| 27/04/2012               | Completed                        | [X] Results                     |
| <b>Last Edited</b>       | <b>Condition category</b>        | [ ] Individual participant data |
| 31/01/2018               | Mental and Behavioural Disorders |                                 |

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

### Protocol serial number

11845

## Study information

### Scientific Title

A pilot study of a social network intervention for heroin users in routine NHS opiate substitution treatment

## **Study objectives**

### **Hypotheses:**

1. Social behaviour and network therapy (SBNT) is more effective than a case management intervention of similar intensity or treatment as usual in reducing illicit heroin use 3 and 12 months after treatment in clients receiving opiate substitution treatment for more than a year.
2. The formal null hypothesis is that there will be no difference in heroin use 3 and 12 months after treatment in opiate substitution clients receiving social behaviour and network therapy when compared with a case management intervention or treatment as usual.

Social Behaviour and Network Therapy (SBNT) is an intervention developed in the UK by members of our research group. It integrates effective strategies from other treatment approaches and is built upon the premise that social network support for change is central to the resolution of addictive behaviour. As an intervention, SBNT has much potential but more research is needed to establish whether it is feasible to deliver SBNT in routine service provision and establish efficacy through a randomised controlled trial design. This is the overall long term aim for which this initial feasibility study will be conducted. Clients still using heroin in two NHS community drug treatment teams (Solihull & Leicester) will take part. Two clinicians per team will be trained in a 4-session manual-driven intervention (SBNT), and a further 2 in a 4-session case management intervention. Participants will be randomised to one of the two interventions or treatment as usual. Forty clients will be recruited to each of three arms, and interviewed at baseline and 3 and 12 months after the start of the intervention.

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

NRES Committee West Midlands - The Black Country, 08/03/2012, ref: 12/WM/0046

### **Study design**

Randomised interventional trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

### **Health condition(s) or problem(s) studied**

Addiction to illegal substance

### **Interventions**

#### **(i) Social Behaviour and Network Therapy (SBNT)**

Therapy will be delivered according to a purpose designed therapy manual. Clients randomised to SBNT will be offered 4 x weekly 50-minute SBNT sessions over a maximum of 6 weeks. All sessions will be video-recorded and reviewed by the research team to ensure fidelity with the SBNT manual and principles of practice. These procedures were developed and tested in UKATT, and further refined by our research group with drug treatment staff. The study manual will combine the most effective components of the SBNT intervention used in these earlier studies with elements of node-link mapping to facilitate the training and delivery of the intervention. The treatment will involve working with the client to draw a network diagram during the first session in order to identify potential social support for change that could be drawn upon during

the treatment. Following this, potential supportive network members identified by the patient will be approached and invited to participate in treatment sessions in order to enhance the social support for change in drug use. The therapist will use elements of communication skill development, coping behaviours and the development of joint activities in order to support the process, with the ultimate aim of building a network-supported relapse management plan.

#### **(ii) Case Management**

This arm has been included in order to control for the intensity of treatment as well as the process and experience of receiving an intervention from a different therapist to the one delivering the routine care. This intervention will be close to usual key-working and will include a supportive interaction, reviewing current situation and goals, progress during the weeks between sessions and a discussion of any issues identified by the client. It will be manual-guided for standardisation. In common with the brief SBNT arm, clients will be expected to attend 4 weekly sessions over a maximum of 6 weeks

#### **(iii) Treatment as usual**

Clients in this arm will continue to receive usual care. Our research group conducted one of the few published studies describing treatment as usual in OST services in Birmingham. Meetings with clients occurred between weekly and fortnightly, and lasted an average of 45 minutes. Session activities fell into 4 broad categories, each delivered in similar amounts: case management, signposting of other services, structured psychosocial interventions, and other activities (e.g. medication issues).

All clients will be assessed at baseline, as well as 3 and 12 months after the start of treatment. Family members of clients involved in the trial will also be assessed at baseline, 3 and 12 months.

### **Intervention Type**

Other

### **Phase**

Not Applicable

### **Primary outcome(s)**

Heroin use measured at 3 and 12 months, measured using urinary drug analysis and self-report

### **Key secondary outcome(s)**

1. Drug related problems measured at 3 and 12 months using the Maudsley Addiction Profile
2. Motivation to change measured at 3 and 12 months using the Readiness to Change Questionnaire - Treatment Version
3. Psychological symptoms measured at 3 and 12 months using the CORE-OM
4. Severity of dependence measured at 3 and 12 months using the Leeds Dependence Questionnaire
5. Social satisfaction measured at 3 and 12 months using the Social Satisfaction Questionnaire
6. Therapeutic engagement measured at 3 and 12 months using the Client Evaluation of Self and Treatment

### **Completion date**

01/01/2014

### **Eligibility**

## **Key inclusion criteria**

1. Clients who have been receiving opioid substitution treatment (with either methadone or buprenorphine) continuously for more than a year but who still report heroin or other illicit opiate use in the preceding 28 days.
2. Adults (greater than 18 years old) with opioid dependence
3. Male and female participants
4. Aged 18 - 65 years

## **Participant type(s)**

Patient

## **Healthy volunteers allowed**

No

## **Age group**

Adult

## **Lower age limit**

18 years

## **Sex**

All

## **Key exclusion criteria**

1. Patients with concurrent severe mental illness (e.g. schizophrenia, bipolar affective disorder, severe cognitive impairment)
2. Severe physical illness
3. Pending imprisonment

## **Date of first enrolment**

01/06/2012

## **Date of final enrolment**

01/01/2014

## **Locations**

### **Countries of recruitment**

United Kingdom

England

### **Study participating centre**

**Birmingham and Solihull Mental Health NHS Foundation Trust**

Birmingham

United Kingdom

B16 8PF

# Sponsor information

## Organisation

Birmingham and Solihull Mental Health NHS Foundation Trust (UK)

## ROR

<https://ror.org/00cjeg736>

# Funder(s)

## Funder type

Government

## Funder Name

Research for Patient Benefit Programme ref: PB-PG-0610-22392

## Alternative Name(s)

NIHR Research for Patient Benefit Programme, Research for Patient Benefit (RfPB), The NIHR Research for Patient Benefit (RfPB), RfPB

## Funding Body Type

Government organisation

## Funding Body Subtype

National government

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

## IPD sharing plan summary

## Study outputs

| Output type                                   | Details                       | Date created | Date added | Peer reviewed? | Patient-facing? |
|---|-------------------------------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a>               | results                       | 15/01/2018   |            | Yes            | No              |
| <a href="#">Protocol article</a>              | protocol                      | 19/08/2013   |            | Yes            | No              |
| <a href="#">Participant information sheet</a> | Participant information sheet | 11/11/2025   | 11/11/2025 | No             | Yes             |

