

Integrating mindfulness-based skills training into brief outpatient treatment for substance abusing youth

Submission date
18/10/2005

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
08/11/2005

Overall study status
Completed

☐ Statistical analysis plan

☐ Results

Last Edited
28/01/2019

Condition category
Mental and Behavioural Disorders

☐ Individual participant data

☐ Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

NCT00244699

Secondary identifying numbers

Study information

Scientific Title

A Mindfulness-Based Intervention for Youth With Concurrent Disorders

Study objectives

The integration of mindfulness-based skills training into a standardised brief substance abuse treatment for youth (i.e. Treatment As Usual [TAU]) will be associated with better treatment outcomes than the standardised treatment (TAU) alone on the following outcomes, including number of substance use days, confidence to resist substance urges, and acquisition of mindfulness skills. Additional analyses will explore the extent to which the experimental treatment condition is related to better outcomes on measures of negative consequences of substance use, psychiatric symptoms, emotion dysregulation, self-compassion, rates of transfer to further treatment, and premature treatment termination. A number of individual differences variables expected to influence treatment responsivity will be examined, including stage of readiness for change, substance use severity, and childhood trauma.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from local research ethics committees.

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Hospital

Study type(s)

Treatment

Participant information sheet

Health condition(s) or problem(s) studied

Substance abuse, addiction

Interventions

Intervention:

1. Brief treatment
2. Motivational interviewing
3. Mindfulness-based skills training based on Linehan's dialectical behaviour therapy

Control:

1. Brief treatment (i.e. TAU)
2. Motivational interviewing

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

1. Number of substance use days
2. Confidence to resist urges to use substances
3. Mindfulness skills

Secondary outcome measures

1. Negative consequences of substance use
2. Psychiatric symptoms
3. Emotion dysregulation
4. Self-compassion
5. Rates of transfer to further treatment
6. Premature treatment termination

Overall study start date

25/10/2005

Completion date

31/10/2006

Eligibility

Key inclusion criteria

One or more indicators of problematic substance use over the past 60 days and suitable for brief group treatment for problematic substance use

Participant type(s)

Patient

Age group

Adult

Sex

Both

Target number of participants

40 - 50

Key exclusion criteria

Current active or unmanaged psychosis, bipolar disorder, self-harm or suicidality

Date of first enrolment

25/10/2005

Date of final enrolment

31/10/2006

Locations

Countries of recruitment

Canada

Study participating centre

Centre for Addiction and Mental Health

Toronto

Canada

M5S 2S1

Sponsor information

Organisation

Centre for Addiction and Mental Health (Canada)

Sponsor details

33 Russell Street

Toronto, Ontario

Canada

M5S 2S1

Sponsor type

Hospital/treatment centre

ROR

<https://ror.org/03e71c577>

Funder(s)

Funder type

Research organisation

Funder Name

Canadian Institutes of Health Research (CIHR) (Canada) - Postdoctoral Fellowship

Funder Name

New Emerging Scientist Grant awarded by the Canadian Institutes of Health Research (CIHR) (Canada) University of Western Ontario NET Grant

Results and Publications**Publication and dissemination plan**

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration