

Role of gratitude in reducing psychological distress and perceived stigma in persons with alcohol use disorder

Submission date 27/03/2024	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 15/04/2024	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 02/04/2024	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

Alcohol use disorder is a cluster of behavioral and physical problems that can include withdrawal, tolerance and craving. The health burden associated with the consumption of alcohol both in terms of illness and death is enormous. However, alcohol use is pervasive in many parts of the world and remains a major health as well as social issue.

AUD is often associated with psychological distress, a broad term that describes mental and emotional states involving anxiety and depression. Moreover, AUD is considered to be one of the most stigmatized mental health conditions. Perceived stigma refers to the extent to which individuals with AUD believe that others hold negative stereotypes about the condition. Such perceptions often act as barriers to help-seeking among persons with AUD. It is important to research treatment approaches that will effectively help persons with AUD tackle issues such as psychological distress and perceived stigma.

Gratitude is a positive psychological factor that is increasingly being recommended for the promotion of well-being. Studies using gratitude interventions in alcohol recovery programs are sparse. More specifically, the use of gratitude interventions in reducing perceived stigma and psychological distress among people with AUD is not researched. The study, therefore, examines the role of a gratitude intervention in reducing perceived stigma and psychological distress among people with AUD.

Who can participate?

People with AUD newly admitted into a residential rehabilitation center for treatment

What does the study involve?

The study involves participants responding to standardized psychological scales for the assessment of psychological distress and perceived stigma. Following this, half of the participants in each study center are assigned to the experimental group and are given the gratitude intervention which involves listing things that they are grateful for three times a week for 3 months. The remaining half of the participants in each study center are not given the intervention.

What are the possible benefits and risks of participating?

Because gratitude has been found to have a number of benefits, it is expected that it will reduce psychological distress and perceived stigma which is believed to contribute to the recovery process. The study does not involve the use of any procedure that has any foreseeable risks.

Where is the study run from?

Nagaland University (India)

When is the study starting and how long is it expected to run for?

October 2022 to December 2023

Who is funding the study?

The Indian Council of Social Science Research (India)

Who is the main contact?

Dr Imlisongla Longkumer, imlisongla@nagalanduniversity.ac.in

Contact information

Type(s)

Public, Scientific, Principal investigator

Contact name

Dr Imlisongla Longkumer

ORCID ID

<https://orcid.org/0009-0006-8606-9368>

Contact details

Department of Psychology

Nagaland University

Kohima Campus

Meriema-797004

Nagaland

Kohima

India

797004

+91 (0)9402697023

imlisongla@nagalanduniversity.ac.in

Additional identifiers

Study information

Scientific Title

Psychological distress and perceived stigma in persons with alcohol use disorders: Role of gratitude intervention

Acronym

PDPS:GI

Study objectives

Hypothesis 1: Psychological distress in persons with alcohol use disorder will be lesser in the experimental group than in the control group following gratitude intervention.

Hypothesis 2: Perceived stigma in persons with alcohol use disorder will be lesser in the experimental group than in the control group following gratitude intervention.

Ethics approval required

Ethics approval required

Ethics approval(s)

approved 02/03/2023, Department Ethics Committee, Department of Psychology, Nagaland University (Kohima Campus, Meriema, Kohima, 797004, India; +91 (0)9856648055; psychology@nagalanduniversity.ac.in), ref: No.NU/PSY/ETHICS-23/04

Study design

Interventional randomized controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Psychological distress and perceived stigma of persons with alcohol use disorder

Interventions

The study uses an experimental group-control group pre-test post-test design.

Participants are recruited from five rehabilitation centers. At each center, individuals who meet the inclusion criteria are recruited. A baseline measure is obtained. Participants are then randomly assigned to the two treatment conditions at random.

The intervention period is for 3 months.

Participants in the experimental group receive the gratitude intervention. Those in the control group are not given the intervention. The gratitude intervention used in the study involves participants listing things that they are grateful for (any number) three times (days) in a week.

Intervention Type

Behavioural

Primary outcome(s)

1. Psychological distress is measured using the Kessler Psychological Distress Scale (K-10) at baseline (pre-test) and 3 months (post-test)
2. Perceived stigma is measured using the Perceived Stigma of Substance Abuse Scale (PSAS) at baseline (pre-test) and 3 months (post-test)

Key secondary outcome(s)

Demographic variables assessed using the participant information sheet at baseline:

1. Years of initiation of alcohol use

2. Age
3. Religious activity
4. Marital status
5. Employment status

Completion date

15/12/2023

Eligibility

Key inclusion criteria

1. A diagnosis of alcohol use disorder
2. Consents to participate
3. Newly admitted to the facility

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Upper age limit

60 years

Sex

All

Total final enrolment

37

Key exclusion criteria

Presence of psychiatric comorbidity

Date of first enrolment

01/07/2023

Date of final enrolment

31/08/2023

Locations

Countries of recruitment

India

Study participating centre

Youth Mission, Kohima

Kohima

Kohima

India

797001

Study participating centre

Kripa Foundation

Kohima

Kohima

India

797001

Study participating centre

Shalom Rehabilitation Center

Chumukedima

Dimapur

India

797112

Study participating centre

Bethesda Center

Dimapur

Dimapur

India

797112

Study participating centre

Silas Center

Dimapur

Dimapur

India

797112

Sponsor information

Organisation

Indian Council of Social Science Research

ROR

<https://ror.org/009axkg17>

Funder(s)

Funder type

Research council

Funder Name

Indian Council of Social Science Research

Alternative Name(s)

, Bharatiya Samajik Vigyan Anusandhan Parishad, Indian Council of Social Science Research (ICSSR), ICSSR

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

India

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Imlisongla Longkumer (imlisongla@nagalanduniversity.ac.in). A scanned sample copy of a few completed questionnaires (with names hidden) can be shared upon request. The researcher has obtained written consent from all participants. Participants were assured of anonymity and confidentiality.

IPD sharing plan summary

Available on request