

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
Registration date 08/11/2005	Overall study status Completed	☐ Protocol
Last Edited 28/01/2019	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☐ Results
		☐ 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

ClinicalTrials.gov (NCT)

NCT00244699

Protocol serial number

114858

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.

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Treatment

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(s)

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

Key secondary outcome(s)

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

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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)

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

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration