

A study to develop a brief motivational interviewing technique to combat stigma against people with substance abuse.

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Registration date 30/09/2005	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 20/07/2010	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
N0610147759

Study information

Scientific Title

Study objectives

To develop a short interview for members of the general public that will reduce the stigmatised views towards people with substance use disorders (heroin addiction).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Not Specified

Health condition(s) or problem(s) studied

Mental and Behavioural Disorders: Addiction

Interventions

Subjects will be recruited by adverts in local newspapers in Cambridge and invitation letters to local people chosen at random using random addresses generated using the wild-card function of the BT On-line directory. This technique has previously been used by the author in respect to the surveys quoted earlier. Respondents will be asked to telephone the principle investigator with a contact telephone number or address. The attitudes to mental illness questionnaire will then be sent to interested parties along with an information sheet. People who return the completed questionnaire will then be telephoned and an interview arranged a few weeks later either at Mill House, the subject's home or another safe location convenient to both parties. Whenever possible two subjects will be chosen from each household. Written informed consent will be obtained prior to starting the interview. The interview will involve a short series of questions and will last around 10 minutes. These questions are based in the principles of motivational interviewing. This technique has been widely shown to be effective in producing changes in behaviour and attitudes in addicted people including smokers, alcoholics and heroin addicts. It has also been used to increase compliance with antihypertensive medication in non-addicted people. A series of questions has been devised such as "What are the major problems preventing rehabilitation of heroin addicts in treatment", "What can society do to encourage heroin addicts to return to paid employment?" "How do you think housing problems can prevent people recovering from heroin addiction". The process of considering these questions is thought to produce changes in people's outlook and attitudes rather than the precise answers that are given. Subjects will not be given any specific information in answer to these questions unless they ask the investigator. Two versions of the interview will be used. One relating to heroin addiction, the other to diabetes. This will generate an experimental group and a control group (who were interviewed using the same questions adapted for diabetes). As far as possible motivational questions will be interchangeable between heroin addiction and diabetes. Subjects will be randomly assigned to receive either interview using a block randomisation technique

performed by a third party (Dr Luty's staff grade at the Taylor Centre). Subjects will be randomised several days prior to the interview. When two subjects are recruited from the same household then each will receive a different interview in order to act as paired controls. At the end of the interview subjects will be asked to complete two versions of the attitude to mental illness questionnaire - one in respect to a hypothetical heroin addict and the other to a hypothetical diabetic). Diabetes was chosen as sufferers also inject drugs. However the validation study for the attitudes to mental illness questionnaire show people have a much more positive attitude to them than heroin addicts. The Attitudes to Mental Illness Questionnaire has recently been validated by the principle investigator in a large sample of the UK general public and is reliable and simple to administer. The self-completion questionnaire contains a short vignette describing a hypothetic patient. This is followed by 5 short questions to which the subject is asked to choose answers (e.g. John has been injecting heroin daily for 1 year - 1. Do you think that this would damage John's career? Strongly agree/Agree/Neutral/Disagree /Strongly disagree/Don't know). The questionnaire produces scores from -10 to +10. The responses from the above survey of over 800 people gave a mean score of -5.38 standard error 0.53) for a hypothetical heroin addict and 5.82 (standard error 0.11) for a hypothetical diabetic. A follow up will take place at 3 months with subjects being posted the questionnaire and asked to complete the questionnaire once again. Subjects will be contacted with a follow-up questionnaire once again. Subjects will be contacted with a follow-up telephone call for those who fail to respond. Subjects will be paid £15 each for time and inconvenience and to cover any travelling expenses. In the event that interviews are conducted off Hospital sites the location of the interview and contact details will be logged with the Principle Investigator's base as per the Lone Working Policy. The Methadone Alliance has been consulted in regard to the above project. This is a national organisation which represents and promotes the welfare of recovering heroin users.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

Not provided at time of registration

Key secondary outcome(s)

Not provided at time of registration

Completion date

12/01/2006

Eligibility**Key inclusion criteria**

100 subjects (50 in each group)

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

Not Specified

Key exclusion criteria

Not provided at time of registration

Date of first enrolment

12/07/2004

Date of final enrolment

12/01/2006

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

Cambridgeshire and Peterborough Mental Health Partnership NHS Trust

Cambridge

United Kingdom

CB1 3DF

Sponsor information

Organisation

Department of Health

Funder(s)

Funder type

Government

Funder Name

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/06/2009		Yes	No