

Project Engage: Comparing treatment providers' and clients' attitudes towards contingency management

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Background

- Contingency management (CM) is an effective intervention for increasing treatment attendance among substance users as well as promoting abstinence.
- Despite its effectiveness, the implementation of CM is frequently met with reluctance.
- Research examining clinicians' attitudes towards CM cite philosophical incongruity and practical concerns as the main reasons for apprehension.
- To date, no research has examined the relationship between treatment providers' attitudes towards CM and the attitudes of clients who have participated in CM.

Method

Procedure

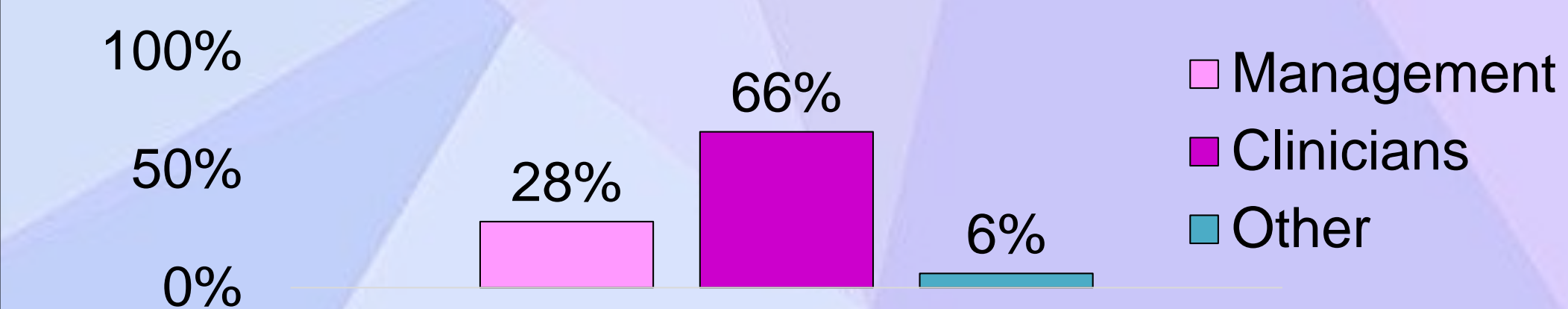
- Staff from substance abuse treatment centers were asked to complete a brief survey regarding their attitudes towards CM.
- Following this, interested centers worked collaboratively with a researcher to implement the CM protocol in their current operating services.
- Clients' attitudes towards CM were assessed using a modified version of the survey that was administered to staff (i.e., the client's perspective).

Materials

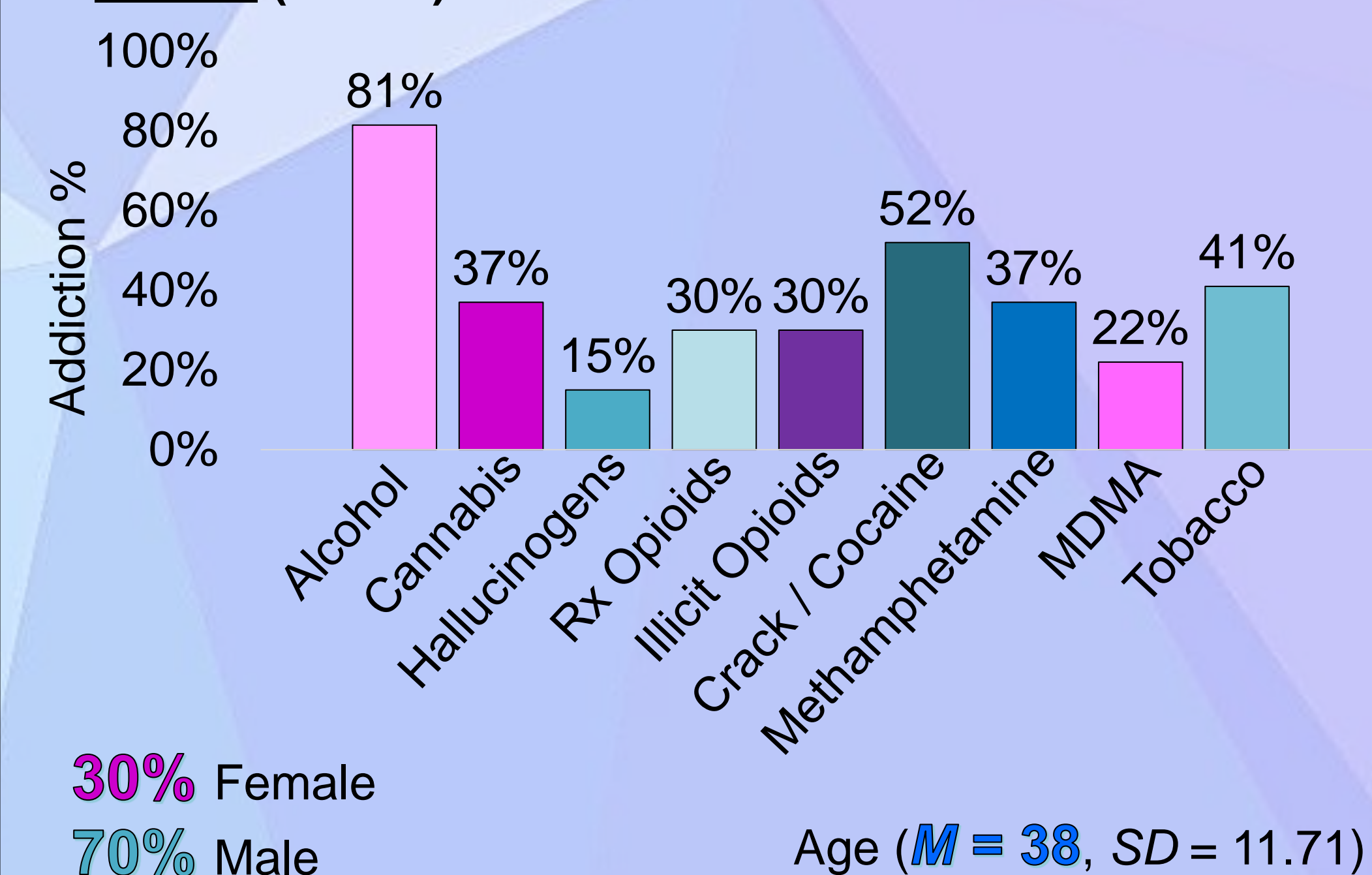
- CM attitudes questionnaire.** Items from the pro-CM and general barriers subscales from the Contingency Management Beliefs Questionnaire (CMBQ) that were relevant to both staff and clients were used. Additionally, clients were asked questions specific to their CM experience.

Participants

- Treatment center staff (N = 48)**

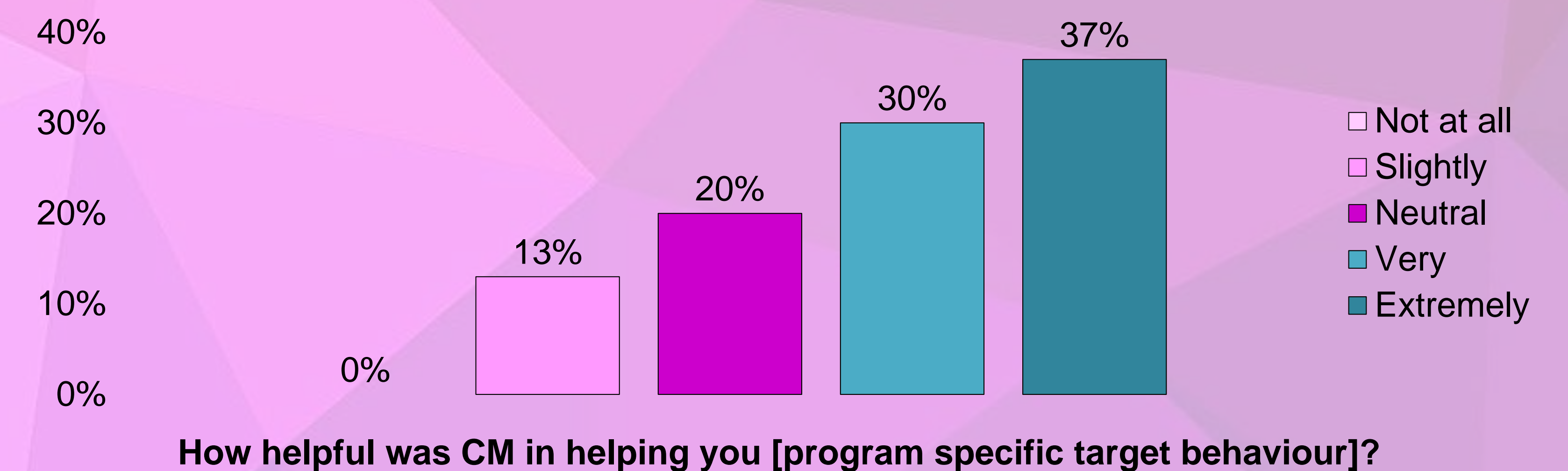


- Clients (N = 30)**



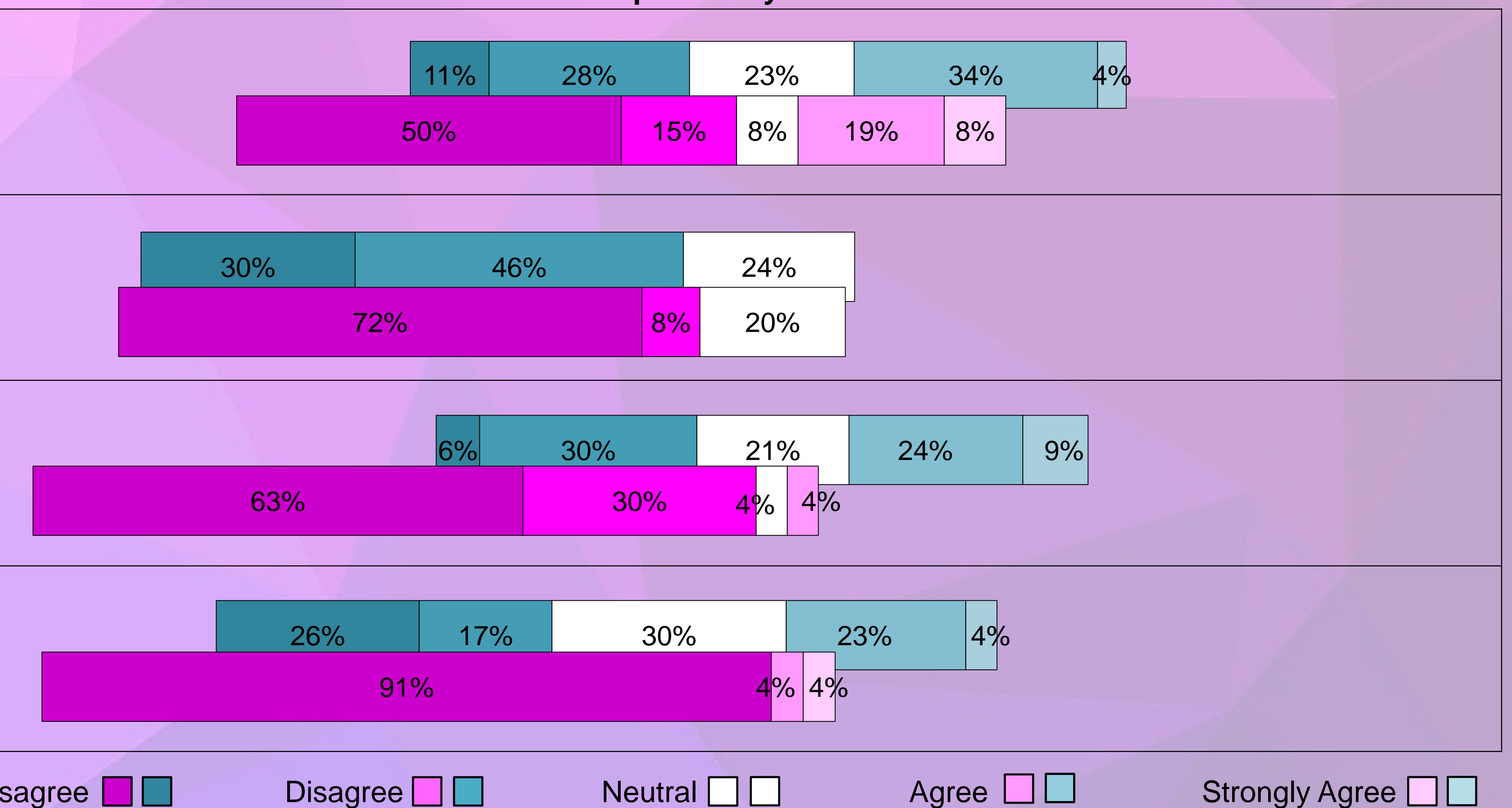
Results

CMBQ Subscale	Mean	p value
<i>ProCM</i>	Staff 3.80 Clients 3.61	.231
<i>General Barriers</i>	Staff 2.50 Clients 2.01	.001



Significant Items from General Barriers Subscale	Mean	p value
<i>Worries about what happens once the contingencies are withdrawn</i>	Staff 2.94 Client 2.19	.028
<i>Clients will view CM as patronizing</i>	Staff 1.93 Client 1.48	.026
<i>CM might cause arguments among clients</i>	Staff 3.09 Client 1.48	<.001
<i>Clients might sell/ trade earned items for drugs</i>	Staff 2.64 Client 1.30	<.001

Breakdown of Responses by Treatment Center Role



Conclusion

- Results of this study suggest that staff and clients:
 - have similar beliefs when it comes to the CMBQ ProCM questionnaire. Specifically, both staff and clients had neutral scores for this subscale.
 - However, when asked clients were assessed using a question specifically tailored to the CM intervention they received, 67% of clients said the intervention was very, to extremely helpful.
 - differ in their beliefs regarding the general barriers of implementing CM. Clients had significantly lower scores on this subscale in comparison to staff.
 - Clients gave lower scores than staff on four of items of this subscale:
 - Worries about what will happen when contingencies are withdrawn.*
 - Clients will view CM as patronizing*
 - CM might cause arguments among clients*
 - Clients might sell/ trade earned items for drugs*
- Limitations and Future Directions.** This is the first study to examine the relationship between treatment provider and client beliefs towards CM. Furthermore, the clients in this study had experienced CM.
 - A limitation of this study is the average behaviour completion percentage for clients who completed the survey was 85% (SD = 22.7%). Therefore, the surveyed sample may be biased.
 - It is suggested that future studies investigate ways to increase client survey completion, especially among those with limited CM exposure.
 - It is recommended that future studies investigate how staff and client beliefs differ with respect to CM and other evidence-based interventions. Specifically, future research should assess:
 - whether client and staff attitudes towards CM differ after exposure.
 - whether learning about clients' attitudes toward CM can alter treatment providers' attitudes.
 - It is suggested that a revised version of the CMBQ for clients be created, as well as a revised version for staff and clients with experience with CM.

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PRAIRIES

