



Overview of major studies providing the evidence base for a Treatment Process Model

Evidence for the TCU Treatment Process Model

D. Dwayne Simpson
and Colleagues
Texas Christian University

Slide 1 of 16



Retention Predicts Outcomes

◆ Findings Consistent from National Studies

- 1970s (44,000 admissions in DARP)
- 1980s (11,000 admissions in TOPS)
- 1990s (10,000 admissions in DATOS)
- Also in England's NTORS (1990s)!

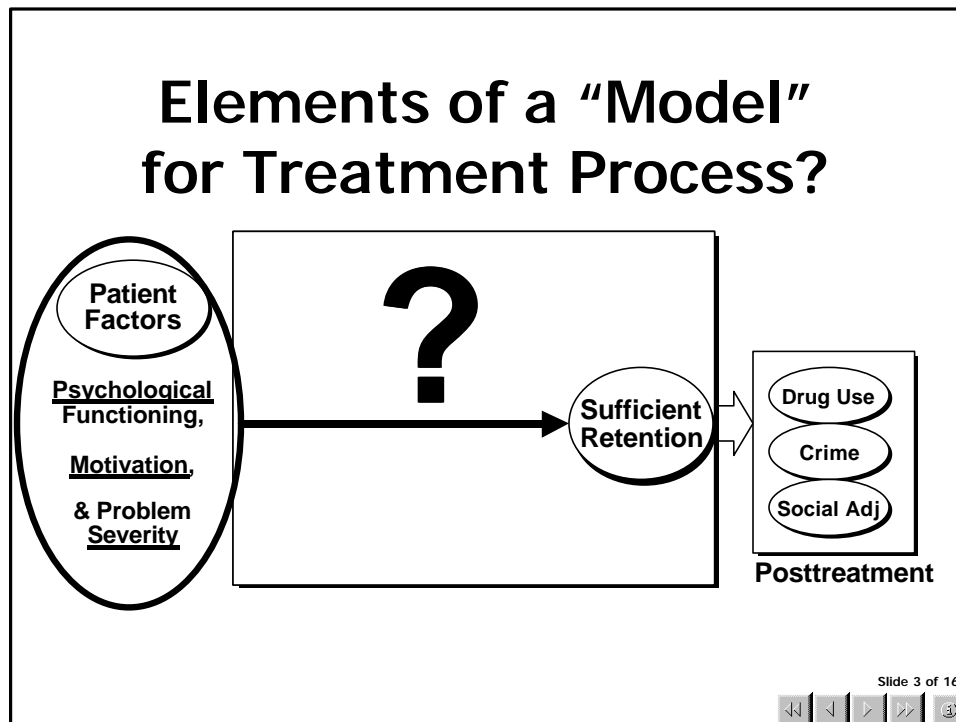
◆ Conclusions from Major Reviews

- Institute of Medicine ('90, '96, & '98)

THE "BLACK BOX" OF TREATMENT?

Slide 2 of 16





DATAR 1&2 Projects at TCU (1989-2000): Drug Abuse Treatment Assessment and Research

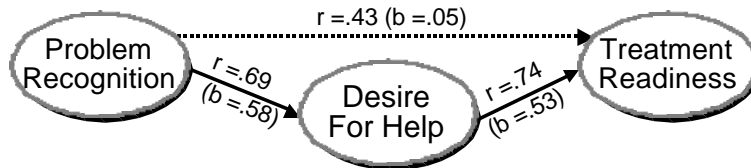
- ◆ 4 Methadone Programs in Texas
- ◆ 1500 Admissions (*60 studies*)
 - ✓ Cognitive & Behavioral Interventions
 - ✓ During-Treatment Process
 - ✓ Follow-up Outcome Evaluations

60 studies conducted that focus on
Treatment Process & Enhancement Strategies

Slide 4 of 16

Simpson, Joe, Dansereau, & Chatham, 1997 (*J Drug Issues*)

TCU Motivation Scales: Stages of Treatment Readiness



Drug use is ...

- more trouble than worth
- causing trouble with . law, work, health . family & friends

[alpha for PR = .88]

- need help
- tired of problems
- life out of control
- will give up friends

[alpha for DH = .77]

- want treatment
- trt can really help
- trt may be last chance
- plan to stay awhile

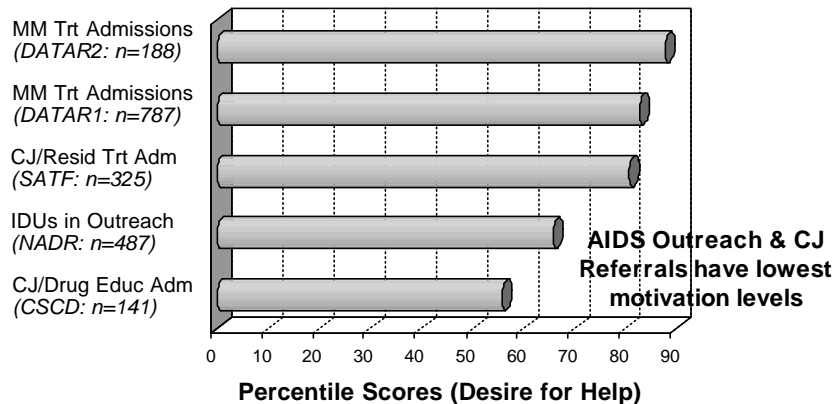
[alpha for TR = .72]

Simpson & Joe, 1993 (*Psychotherapy*)

Slide 5 of 16

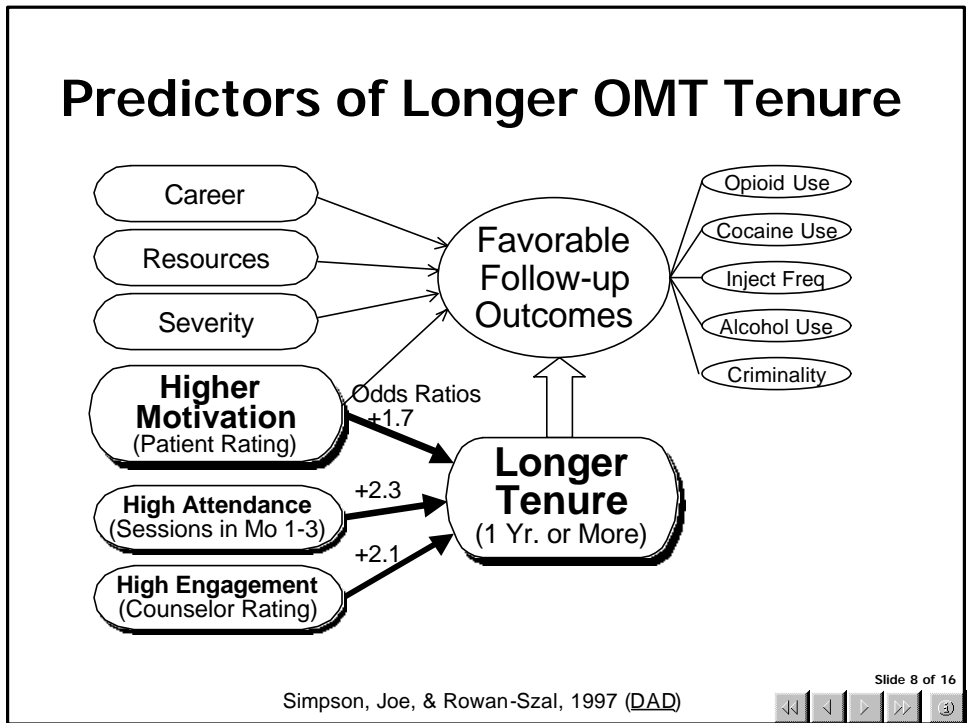
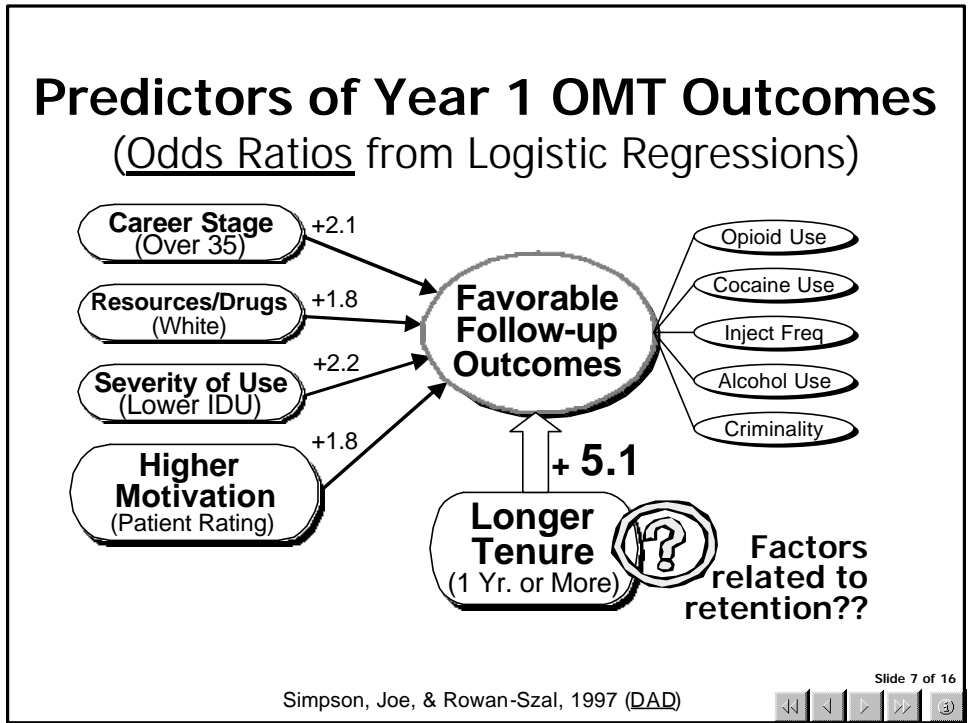


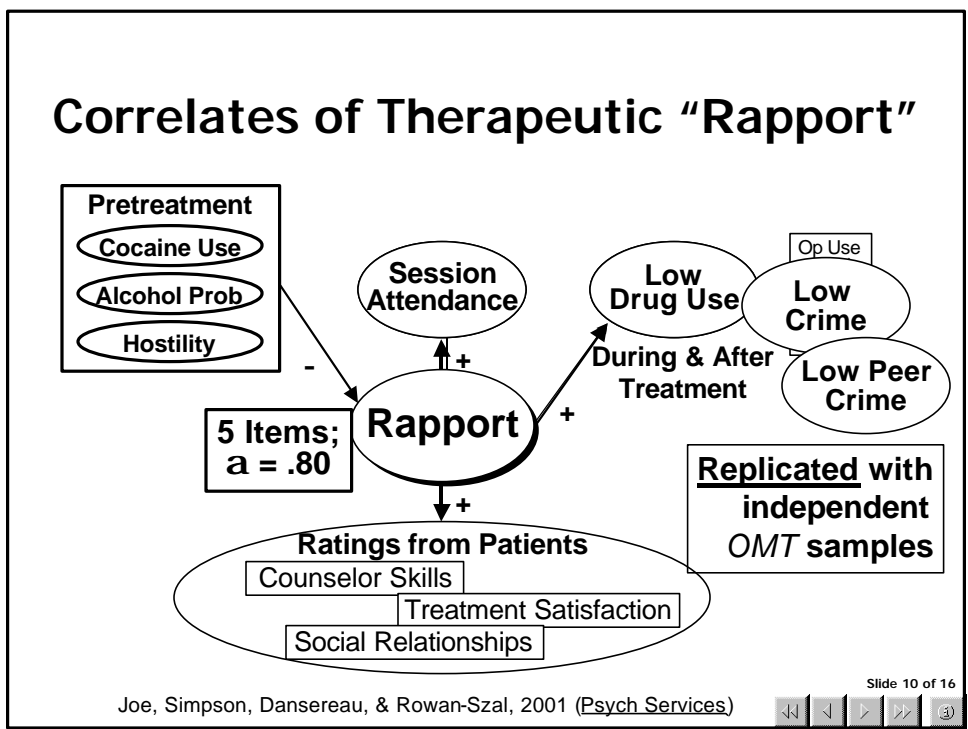
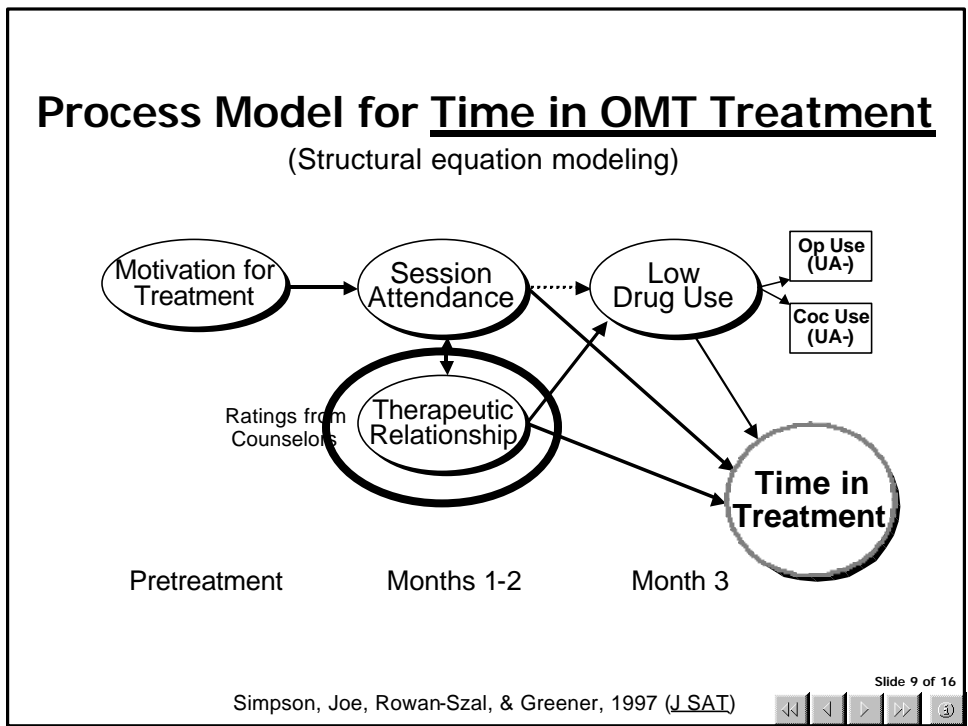
Treatment Motivation Scores: Comparisons Across Samples

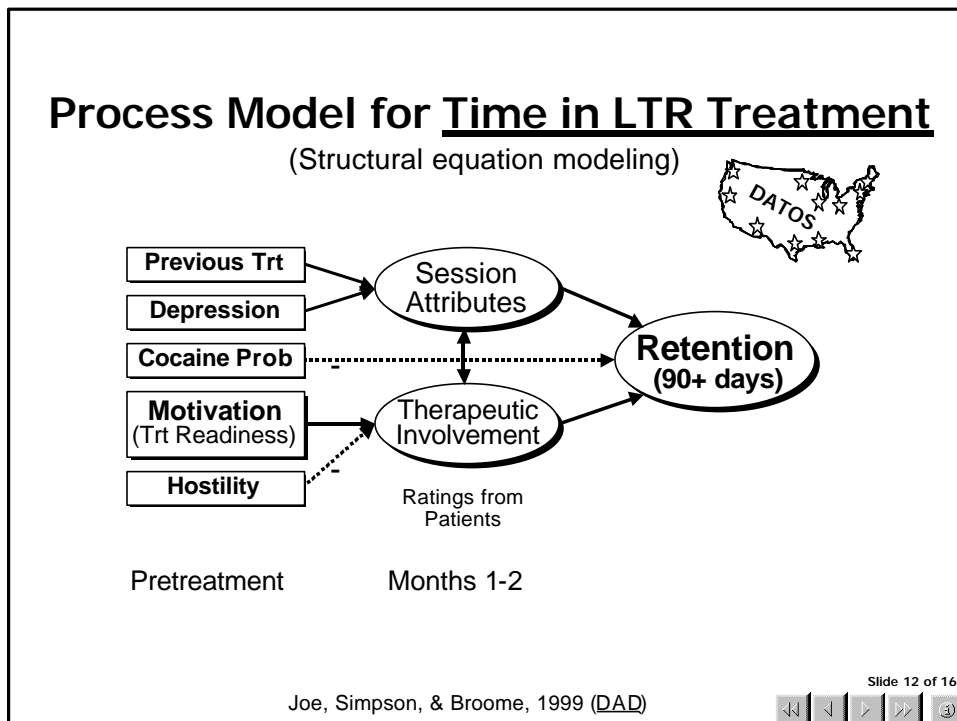
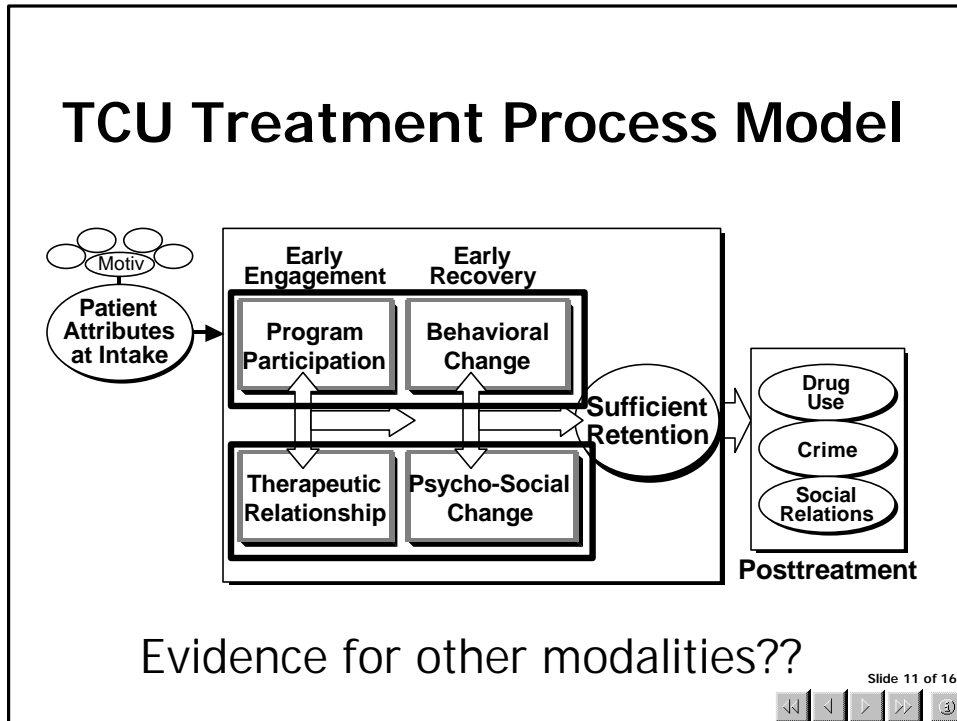


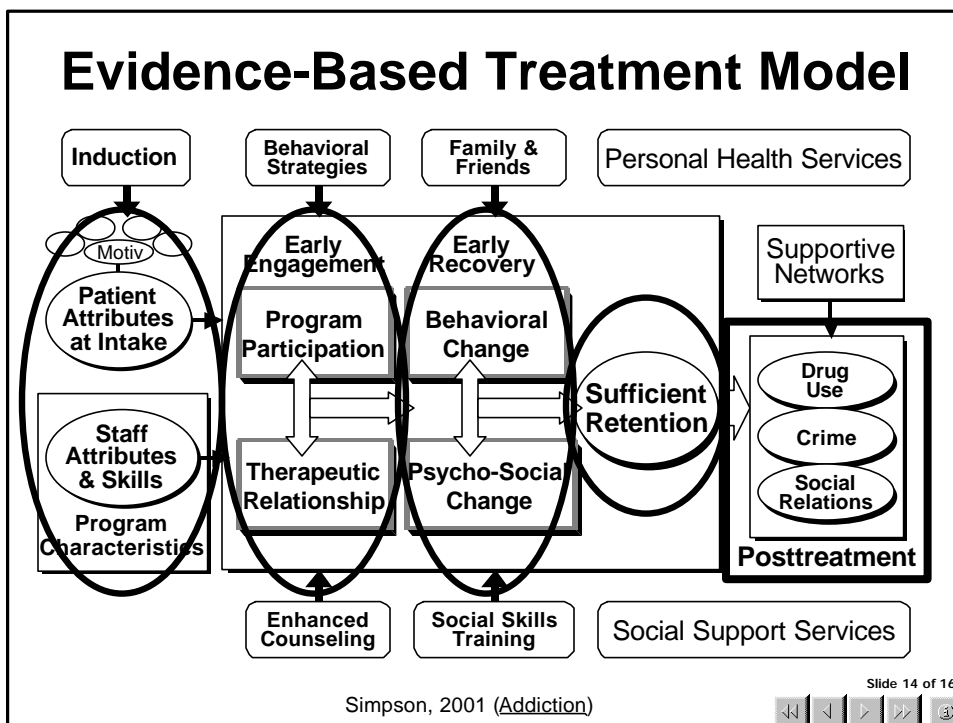
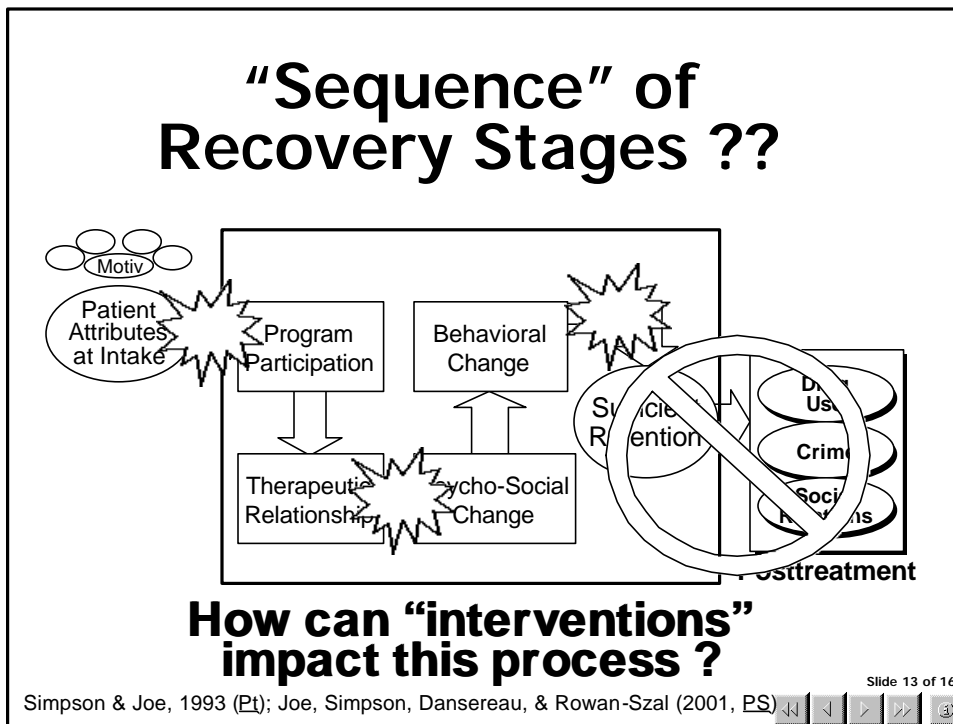
Slide 6 of 16











Conclusions

1. Long-term outcome studies --

- ✓ Indicate that treatment is effective
- ✓ Lead to questions about HOW

2. Treatment process studies --

- ✓ Identify important therapeutic dynamics
- ✓ Define “interim” performance measures
- ✓ Clarify the role of interventions
- ✓ Lead to management strategies

Slide 15 of 16



TCU Institute of Behavioral Research at Texas Christian University **IBR**

IBR HOME PAGE
[WHAT'S NEW](#)
[ABOUT IBR](#)
[STAFF](#)
[PROJECTS](#)
[NEWSLETTERS](#)
[PUBLICATIONS](#)
[PRESENTATIONS](#)
[MANUALS](#)
[FORMS](#)
[OTHER LINKS](#)

SITE GUIDES:
[Search](#)
[Contents](#)
[Site map](#)

The IBR conducts evaluations of drug abuse intervention programs in community and correctional settings.

TCU Treatment Process Model now available for downloading

TCU Counseling Manuals can be ordered or downloaded

TCU Treatment Assessment Forms are organized for easy (& free) downloading by users

Features:
Animated slide presentations
IBR Research Summaries highlight special topics
Current issue of Research Roundup
Publication lists
10 most popular TCU forms for downloading

www.ibr.tcu.edu

DATOS

Slide 16 of 16