

## **FullFix: A pilot trial of a telephone delivered transdiagnostic intervention for comorbid substance and mental health problems in young people**

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**Introduction:** Transdiagnostic cognitive behavioural therapy (CBT) targets common psychological factors that underlie multiple disorders. While transdiagnostic interventions are a promising new approach, limited research has evaluated these treatments within the alcohol and other drug (AOD) sector for young people with comorbid mental health symptoms. This project aims to examine the feasibility and preliminary efficacy of FullFix - a new risk-targeted transdiagnostic CBT telehealth program for comorbid AOD and depression/anxiety disorders in young people.

**Design and Methods:** Participants were 152 young people (aged 16-35) accessing AOD services with comorbid mental health symptoms. Participants received either the FullFix intervention plus standard AOD care or standard AOD care alone. Primary outcomes on AOD use and mental health symptoms were assessed at 3-, and 6-months, along with secondary outcomes of impulsivity, emotion regulation, social connectedness, and coping skills assessed at 6-weeks, 3-, and 6-months.

**Results:** Both groups had a significant improvement in AOD use, depression, and anxiety at the 3-months post baseline. The degree of change was larger in the group receiving the FullFix intervention for alcohol and methamphetamine use. Further, these changes were maintained at the 6-month follow-up. There were also significant reductions in the proposed transdiagnostic mechanisms of negative urgency, positive urgency, difficulties in emotion regulation, and increases in social support and coping skills.