

## **Substance use and comorbid psychopathology characteristics in young treatment-seeking substance users: A Latent Class Analysis**

VALERIYA MEFODEVA<sup>1</sup>, GARY CHAN<sup>2</sup>, MOLLY CARLYLE<sup>1</sup>, LEANNE HIDES<sup>1,2</sup>

<sup>1</sup>*School of Psychology, The University of Queensland, Brisbane, Australia,* <sup>2</sup>*National Centre for Youth Substance Use Research, The University of Queensland, Brisbane, Australia*

Presenter's email: [v.mefodeva@uq.edu.au](mailto:v.mefodeva@uq.edu.au)

**Introduction / Issues:** In Australia, Alcohol and Other Drug (AOD) services are a standard treatment method for young people with Substance Use Disorder (SUD) alongside other mental health comorbidities and may offer a feasible environment for the integration of novel treatments for mental health comorbidities. However, several problems exist in capturing nuanced mental health characteristics, resulting in minimal representation of young treatment-receiving Australians who have a SUD alongside other mental health comorbidities. A Latent Class Analysis (LCA) is a statistical approach which identifies subclasses of individuals in a population based on their measured variables and may aid our understanding of AOD and mental health typologies of treatment-receiving young people in AOD services.

**Method / Approach:** Our data comprised of 744 young people (aged 16-35) who entered a day or residential treatment service in Queensland and New South Wales. We analysed substance use data in a LCA and subsequently explored how mental health and program enrolment may predict latent class membership.

**Key Findings:** We identified a polysubstance use class that was characterised by use across all categories except cocaine, an exclusive amphetamine use class, and an alcohol and cannabis use class characterised by predominantly alcohol, cannabis and tobacco use. Overall, a greater proportion of residential program enrolments belonged to the polysubstance use class, this class also experienced the worst mental health outcomes.

**Discussions and Conclusions:** These findings highlight the importance of targeted mental health referrals throughout AOD treatment. Matching classes to treatments based on the severity of their substance use and mental health outcomes could also optimise treatment efficacy within AOD services.

**Disclosure of Interest Statement:** NCYSUR are supported by Commonwealth funding from the Australian Government provided under the Drug and Alcohol Program. Leanne Hides is supported by a *National Health and Medical Research Council (NHMRC) Senior Research Fellowship*.