

## **Patient characteristics and psychological factors as predictors of treatment completion in residential substance use treatment**

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**Introduction:** *Substance Use Disorders (SUDs) are a prevalent issue globally and in Australia. Residential substance use treatment is a model of care that primarily targets medium to severe SUDs. Individuals with SUDs commonly experience co-morbid mental health presentations including mood and anxiety symptoms. We characterised a cohort of individuals who accessed residential treatment and investigated characteristic and psychological predictors of residential treatment completion.*

**Method:** *Participants were a retrospective cohort of n=1056 (15–74 years) individuals admitted to three residential treatment facilities across Queensland, Australia from January 2014–December 2016. We obtained participant information at admission including gender, age, Indigenous Australian status, treatment site, number of admissions, principal substance, primary method of use, injection drug use, legal status, the Depression Anxiety Stress Scale 21 (DASS-21), and the Drug Taking Questionnaire (DTCQ-8). Treatment completion was recorded at discharge as treatment completed or reason for premature discharge. A multiple logistic regression model was conducted with treatment completion as the outcome, adjusting for all variables.*

**Key Findings:** *Factors significantly associated with a lower likelihood of treatment completion included three or more previous admissions to residential treatment (OR=0.28 [95%CI:0.11-.71], p=.007), and screening for mild and/or moderate (OR=0.48 [95%CI:0.27-0.86], p=.014) and severe and/or extremely severe (OR=0.39 [95%CI:0.19-0.79], p=0.009) stress on the DASS-21.*

**Discussions and Conclusions:** *Psychological distress may impact the course and effectiveness of residential substance use treatment. To understand the mechanisms of recurrent admissions leading to increased risk of premature discharge, further research capturing time in-between presentations to these services is needed.*

**Implications for Practice or Policy (optional):** *Emphasising targeted mental health support may present the opportunity to improve substance use outcomes with this otherwise hard-to-reach population.*

**Disclosure of Interest Statement:** *Calvert Tisdale is supported by a Lives Lived Well PhD scholarship. Leanne Hides is supported by a National Health and Medical Research Council (NHMRC) Senior Research Fellowship. Janni Leung is supported by the University of Queensland Development Fellowship. Lives Lived Well provided funding and in-kind support for this project. The National Centre for Youth Substance Use Research and the Lives Lived Well Group at The University of Queensland are supported by Commonwealth funding from the Australian Government provided under the Drug and Alcohol Program.*