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# Motivational Intervention for Family Members Living with a Relative with a Substance- Related Disorder

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# Topics

- Background about damage for people with alcohol and other drug misuse, and their affected family members (AFMs),
- My changed view about framework,
- Study Design,
- Step by Step Motivational Intervention (MI);
- Welcome to AFINet.

# Background



Estimated number of  
psychoactive drug users  
in the world.



12.000.000

Our population of  
affected family members  
is over 28.000.000.

# Background

- People with alcohol and drug use problem
- Global burden
- Family problems
- Codependency (previously)
- I don't use the term codependency any more (currently)
- An interactional problem among Affected Family Members (AFMs) from alcohol and other drug misuse.



- More than 9 years ago the way I understood as a researcher and clinician was the construct of codependency as an interactional problem among Affected Family Members (AFM) of those with alcohol and other drug misuse (Noriega, 2008).
- A non-pathological and non-stigmatized was my intention with the term codependency, but it is not understood, in general.

But the Co-Dependency issue is not important – what is important today in my presentation is the Motivational Intervention (MI) to change behavior and support AFMs.

# Background

The problematic misuse of alcohol and drugs in the Americas is responsible for the loss of 18 Disability Adjusted Life Years (DALY), by premature death, loss of health, and productive life.

# Background

There is evidence of global burden in both drug users and family members, with poor-health and financial problems.

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Addiction in the family is a major but neglected contributor to the global burden of adult ill-health

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# Background

The AFMs (Affected Family Members) also have impact both in physical and emotional health and in personal relationships, which impacts their quality of life.

# Tele-intervention Model and Monitoring of Families of Drug Users and Usual Treatment (TMMFDU)

SUBSTANCE USE & MISUSE  
<http://dx.doi.org/10.1080/10826084.2016.1229134>



ORIGINAL ARTICLE

## Six-Month Outcomes of a Randomized, Motivational Tele-intervention for Change in the Codependent Behavior of Family Members of Drug Users

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### ABSTRACT

Families of substance abusers may develop maladaptive strategies, such as codependency, to address drug-related problems. It is important for families to receive specialist treatment in order to contribute to the recovery process. The Tele-intervention Model and Monitoring of Families of Drug Users (TMMFDU), based on motivational interviewing and stages of change, aims to encourage the family to change the codependents' behaviors. A randomized clinical trial was carried out to verify the change in codependent behavior after intervention with 6 months of follow-up. Three hundred and twenty-five families with high or low codependency scores were randomized into the intervention group ( $n = 163$ ) or the usual treatment (UT) ( $n = 162$ ). After 6 months of follow-up, the family members of the TMMFDU group were twice as likely to modify their codependency behavior when compared to the UT group (OR 2.08 CI 95% 1.18–3.65). TMMFDU proved to be effective in changing codependent behaviors among compliant family members of drug users.

### KEYWORDS

Codependency; family relations; motivational interviewing; telephone

# Aim

The aim of this study is to determine the effectiveness of the Motivational Intervention for families with codependency behavior.

# Participants

325 family members. They called a toll-free phone service to receive counselling and information on how to deal with a Substance Misusing Relative (SMR), or to request information about treatment center.

Our methodology was developed for phone use and can be applied in digital and face-to-face contexts.

# Criteria and Data Collection

Parents, siblings, children, second- and third-degree relatives and spouses who voluntarily called the toll-free number were invited to participate in this study.

Data collection and follow-up were conducted from August 2008 to February 2013 by college students in health sciences (consultants) who were adequately trained for motivational interviewing and on how to care for family members of substance misuse relatives (SMR).

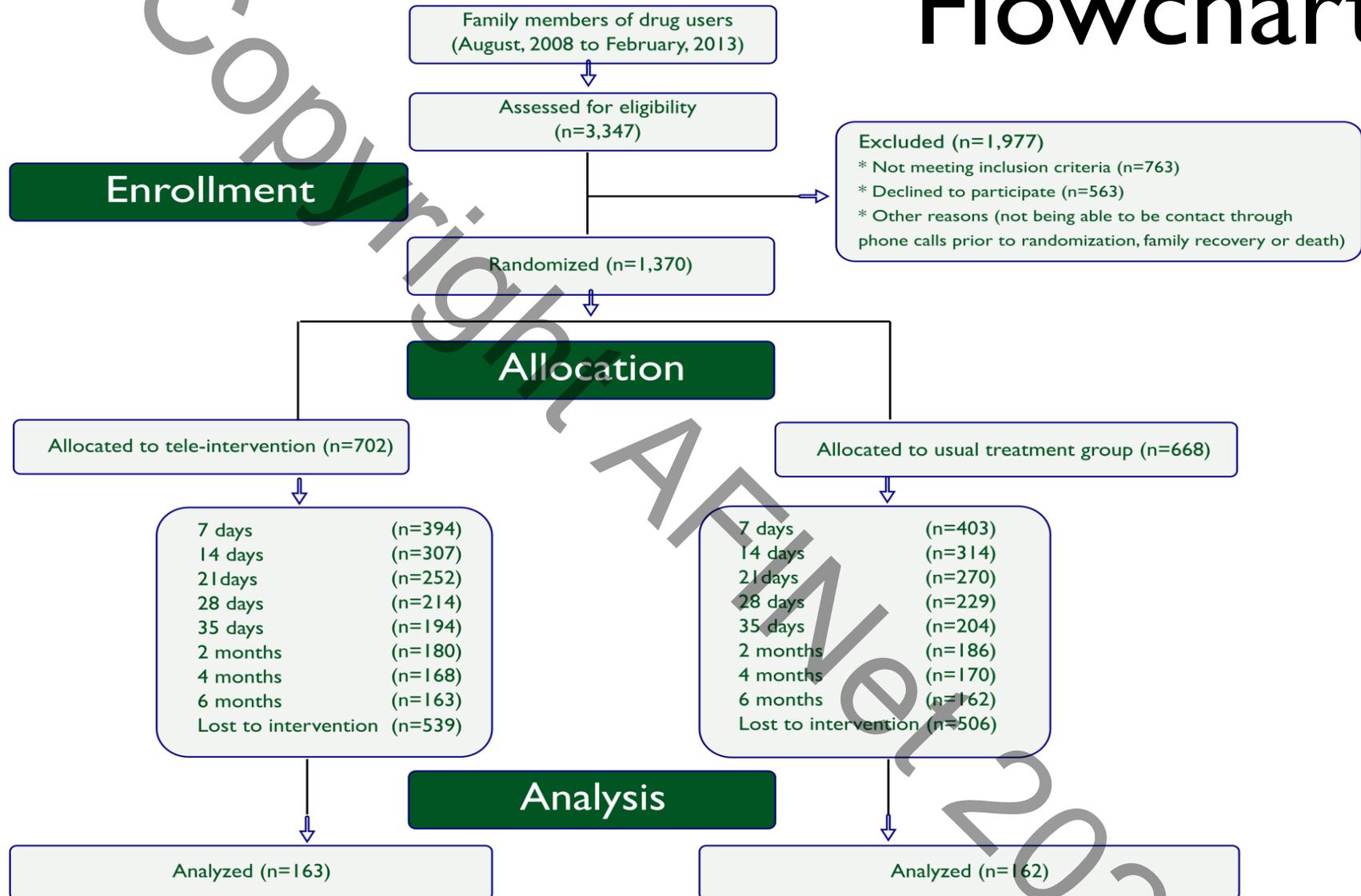
# Measure

- The measures were used in each session.
- The Holyoake Codependency Index (HCI) to evaluate codependency with 13 items grouped under 3 subscales: focus on other, self-sacrifice, and reactivity (Dear & Roberts, 2000).
- Contemplation Ladder (Biener 1991) to evaluate the stage of readiness for behavior change using an adapted form with five statements.

# Study Design

Randomized clinical trial comparing the Tele-intervention Model and Monitoring of Families of Drug Users - TMMFDU, and the usual telephone based treatment - UT.

# Flowchart



# Motivational Intervention

TMMFDU

- Stages of Change
- Motivational Interview
- Telemedicine

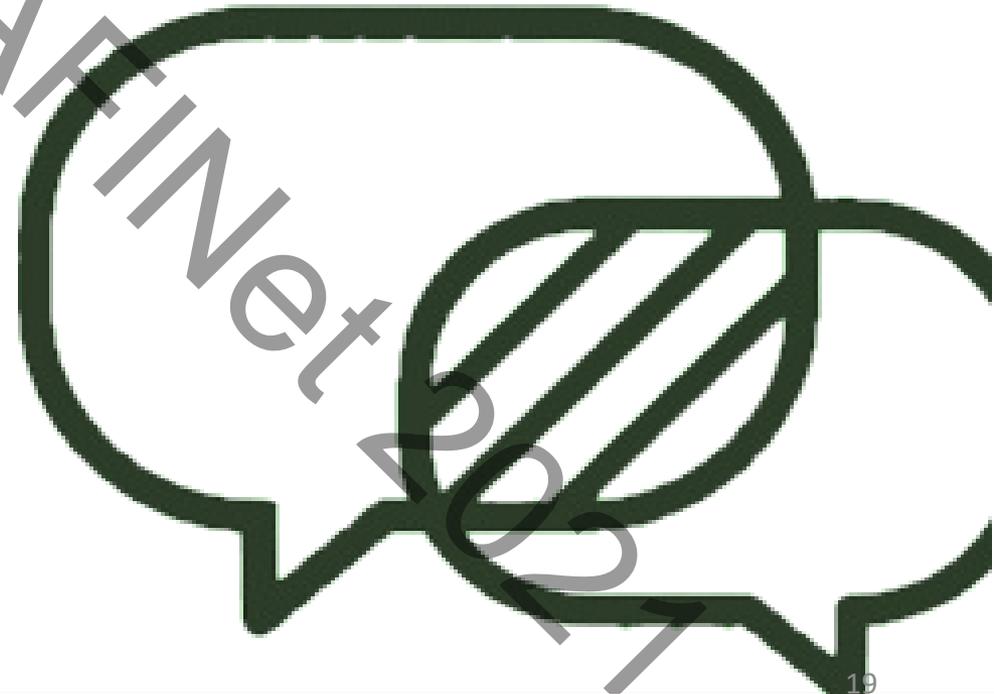


## Stages of Change

Predicts the difficulties people face in their change process and offers specific strategies for each stage.

# Motivational Interview

Accompanying resistance and evokes the reasons for change with collaborative and empathic style.



# Telemedicine

It's a methodology that people have easy access to, that is, they have access by phone, internet, etc.



# Motivational Intervention for Affected Family Members

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2<sup>nd</sup> month > 4<sup>th</sup> month > 6<sup>th</sup> month

Maintenance Stage

**Action Stage II**

Sixth session

**Action Stage I**

Fifth session

**Preparation Stage**

Fourth session

**Motivational Stage**

Third session

**Understanding**

Second session

**Psychoeducation**

First session

Step by Step of  
MOTIVATIONAL  
INTERVENTION

# Session 1 Psychoeducation

We explain chemical dependency and its complications. Then we schedule the dates for follow-up.

## Session 2 - Understanding

We understand how the family functions and identify behaviors such as authority, limits, overprotection, neglect, permissiveness, rules and guilty feeling.

Tell about a typical day in a family routine.

# Session 3 Motivational Stage

We support the family depending on the motivational stage reported.

For each stage, there is a different approach.

- PRE CONTEMPLATION and CONTEMPLATION Stages - We stimulate an evaluation that could encourage the decision to change.
- PREPARATION Stage - We build a plan of action that is acceptable to the family and that can be able to achieve.
- ACTION / MAINTENANCE Stages - We define strategies and actions for change and revise the planning.
- RELAPSE BEHAVIOR- We clarify that this stage is common and can be overcome.

## Session 4 Preparation Stage

We ask what kind of change (from the related interactional problem among FMA and your family member with misuse alcohol or drugs) makes sense for the family.

Also, we explain the importance of the family to know risk and protective factors.

## Session 5 Action Stage I

We help the family to identify steps and skills required to change.

Also, encourage the family to change their behavior and put the plan in action.

## Session 6 Action Stage II

### Check on the planning

We identify which behavioral changes the family has attempted to make.

Assist families that failed to perform the tasks and understand the reasons for not being able to do so.

## **Maintenance Stage session –** With 3 different moments of follow-up

There are checks on the family regarding changes in behavior 2, 4, 6 months after.

This step is the same objective as session 3. That is, we move forward or back depending on the family member motivational stage.

# Result

Sociodemographic Data	High Codependency (n=79)	Low Codependency (n=246)	OR (CI95%)	OR (CI95%)
Kinship	70 (26)	201 (74)	1.74 (0.81 to 3.74)	1.38 (0.53 to 3.56)
Mother or wife	9 (17)	45 (86)	1.0	1.0
Others				
Sex AFMs	76 (26)	221 (74)	2.86 (0.84 to 9.7)	2.20 (0.53 to 9.08)
Female	3 (11)	25 (89)	1.0	1.0
Male				
Sex SMRs	70 (24)	227 (76)	6.65 (0.28 to 1.5)	0.53 (0.21 to 1.32)
Male	9 (32)	19 (68)	1.0	1.0
female				
Age AFMs	52 (23)	173 (77)	0.81 (0.47 to 1.89)	
41 years	27 (27)	73 (73/73)	1.0	-
40 years				
Motivational stages	28 (28)	72 (72)	1.32 (0.77 to 2.26)	1.32 (0.73 to 2.37)
Initial stage	51 (23)	174 (77)	1.0	1.0
Final stage				
Treatments	49 (30)	113 (70)	1.92 (1.14 to 3.23)*	2.08 (1.18 to 3.65)
Usual	30 (18)	133 (82)	1.0	1.0
MI				

# Result

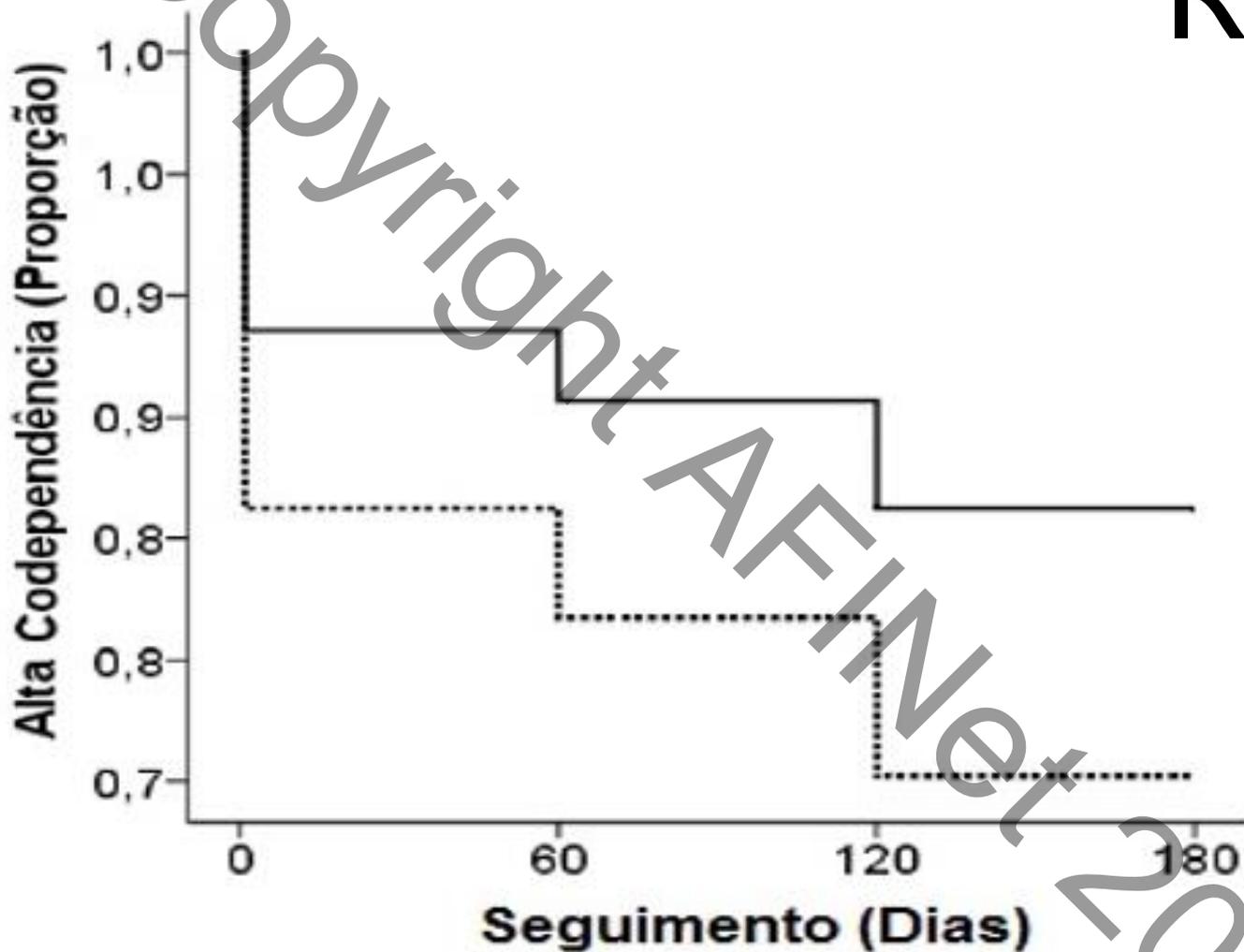


Figura 2 - Cox proportional hazard para alta codependência em familiares de usuários de drogas em um período de 180 dias.

# Result

After 6 months of follow-up, the family members of the Motivational Intervention were twice as likely to have modified their behavior from high to low codependency when compared to the usual treatment.

# Discussion

The present approach proposed modifying the usual logic of the family of talking about and focusing only on the user.

MI has shown to be useful for this population by facilitating access by family members who could not do a face-to-face treatment.

It is also an effective, economical and efficient strategy that is used in other countries.

# Findings

MI based on motivational interviewing and stages of change, with intervention, care, and information about addiction, helped family members to decrease their codependent behavior.

The follow-up calls with a specific goal, to stimulate the family members in the process of change, were important for the performance the MI.

Moreover, tele-interventions are recognized as an affordable and economical strategy to reach this population.

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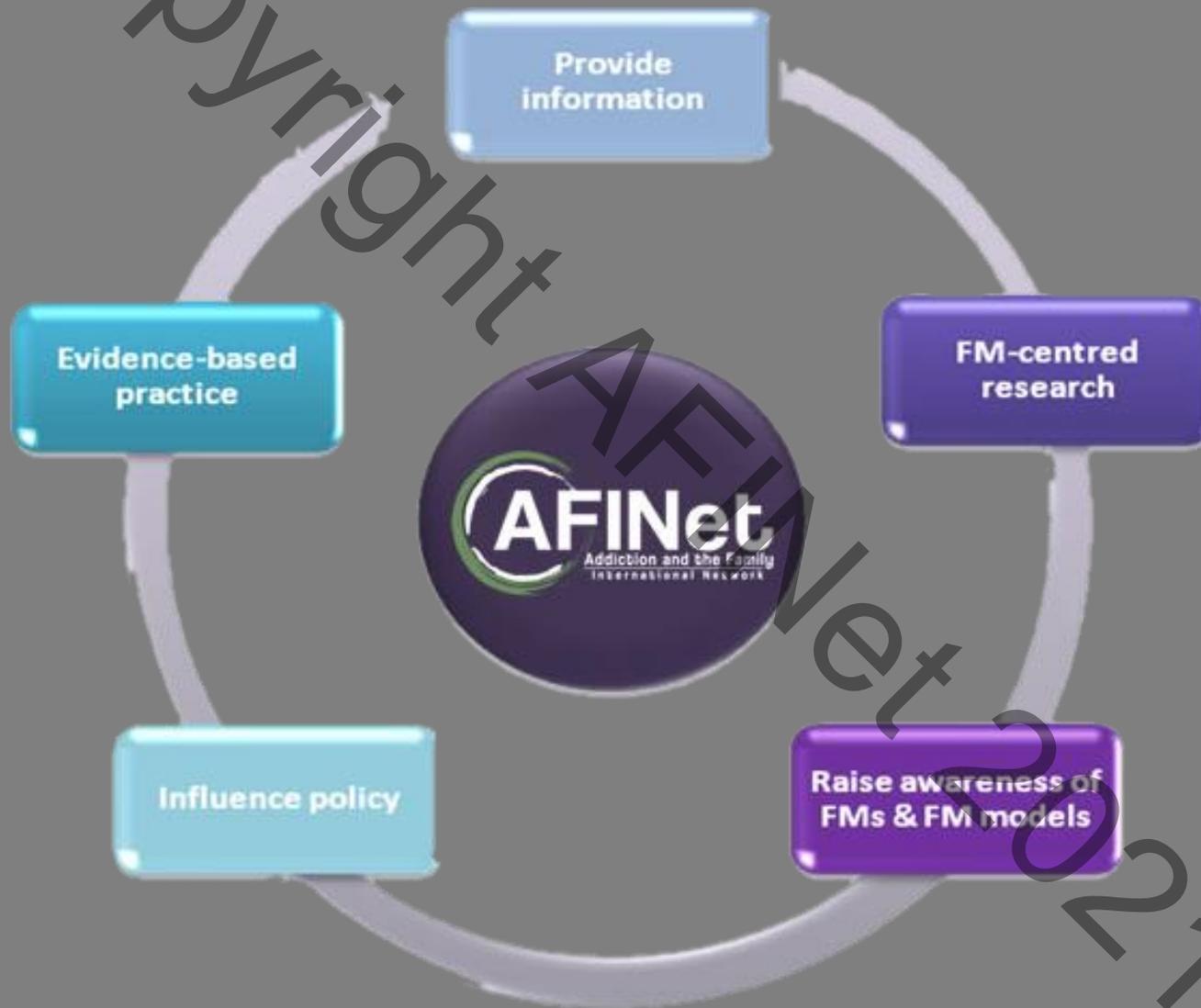
## Welcome to AFINet

- Brings together researchers, policy-makers and practitioners;
- Promotes the well-being of family members, friends and colleagues who are affected by or concerned about another person's problems with or addiction to alcohol, drugs or gambling;
- Develops research, policy and practice in the field.

<https://www.afinetwork.info/>



# Aims AFINet





# Membership Application

Opportunity to be part of a global network of researchers, practitioners and those concerned with policy in effects on family members and family life of excessive alcohol or drug use, gambling, or other addictive behavior.

Members will be able to share experiences and ideas on the subject, exchange methods and materials, and provide each other with support and encouragement.

<https://www.afinetwork.info/members/apply-for-membership>



# Future webinars

Date	Presenter	Title	Description
Tuesday 23rd March 2021, 2pm, UK time	Professor Jim Orford - Emeritus Professor of Clinical and Community Psychology, University of Birmingham, Birmingham, UK	AFINet's role in raising the profile of AFMs in policy and practice	This Webinar will address the place that AFMs hold in both policy and practice, and across various countries, and will discuss the role of AFINet in raising the profile of AFMs in these areas.
Tuesday 20th April 2021, 2pm, UK time	Professor Anne Whittaker - NMAHP Research Unit, University of Stirling, Scotland, UK	The findings from the PuP4Dads feasibility study	This Webinar will report on the results of a project - The Parents under Pressure (PuP) programme is a parenting intervention specifically designed for children and families with one or more parents who are dependent on alcohol or drugs.

There are more planned Webinar series:

<https://www.afinetwork.info/webinar-series>

Thank you very much  
**OBRIGADA**

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