

Adolescent Characteristics Associated with Motivation to Change (MTC) at Treatment Intake



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INTRODUCTION

- Motivational Interviewing dominant treatment modality, associated with better outcomes¹
- Characteristics associated with ↑MTC
 - Adult studies: female, ↓depression, ↑A/D severity, ↑A/D consequences^{2,3,4}
 - Handful of youth studies: ↓family discord, sexual abuse, ↑A/D consequences, mental problems^{5,6}
- Study Aim: what characteristics are associated with ↑MTC among youths with addiction?

TABLE 1: BACKGROUND VARIABLES AND MTC

Background characteristic	Total 195 (100%)	Motivation to change			
		P 38 (19%)	C 96 (49%)	A 61 (31%)	
gender	195 (100%)	38 (19%)	96 (49%)	61 (31%)	
gender female	102 (52%)	19 (50%)	43 (45%)	40 (66%)*	
race	62 (32%)	12 (32%)	29 (30%)	21 (34%)	
ethnicity	15 (8%)	4 (11%)	5 (5%)	6 (10%)	
grade	119 (61%)	25 (66%)	53 (55%)	41 (67%)	
age (years)	16.21 (1.10)	16.01 (1.11)	16.30 (1.02)	16.21 (1.11)	
parental marital status	97 (50%)	23 (61%)	46 (48%)	28 (46%)	
parental education	53 (27%)	10 (26%)	30 (28%)	13 (21%)	
residence	103 (53%)	17 (45%)	51 (53%)	35 (57%)	
trauma history	1.72 (1.47)	1.68 (1.54)	1.55 (1.52)	2.00 (1.30)	
belief orientation	45 (23%)	15 (39%)*	14 (15%)	16 (26%)	
	51 (26%)	16 (42%)**	27 (28%)	12 (13%)	

Notes: *p<.05 P=precontemplative, C=contemplative, A=action;

RESULTS

- Table 1. Background variables related to ↑MTC**
- Females, ↑ religiosity/spirituality (R/S)
 - No sexual abuse
- Table 2. A/D severity variables NOT related to ↑MTC**
- Table 3. A/D-related problems related to ↑MTC**
- Legal - history of incarceration, DUI
 - Family - youth participation, follows rules
 - School/work - lost interest in schoolwork
 - Health - less active, uses A/D for sleep
 - Mental - ↑depression, ↑humility, ↓anger

METHODS

TABLE 2: A/D SEVERITY AND MTC

A/D severity	Total 195 (100%)	Motivation to change			
		P 38 (19%)	C 96 (49%)	A 61 (31%)	
Past 30 days	20.56 (6.29)	20.01 (6.08)	20.06 (6.22)	21.67 (5.63)	
Past 30 days	13.19 (6.03)	11.99 (6.56)	13.09 (6.11)	14.09 (5.48)	
Past 30 days	0.01 (0.04)	0.01 (0.03)	0.01 (0.00)	0.01 (0.04)	
Past 30 days	0.05 (0.16)	0.05 (0.16)	0.04 (0.00)	0.05 (0.17)	
Past 30 days	0.01 (0.08)	0.03 (0.13)	0.01 (0.01)	0.01 (0.03)	
Past 30 days	0.01 (0.07)	0.01 (0.04)	0.02 (0.00)	0.01 (0.02)	
Past 30 days	0.01 (0.05)	0.02 (0.04)	0.01 (0.00)	0.01 (0.06)	
Past 30 days	0.01 (0.03)	0.01 (0.02)	0.01 (0.03)	0.01 (0.04)	
Past 30 days	0.34 (0.38)	0.42 (0.38)	0.34 (0.37)	0.31 (0.41)	
Past 30 days	0.10 (0.16)	0.10 (0.16)	0.08 (0.12)	0.10 (0.19)	
Past 30 days	0.65 (0.29)	0.67 (0.28)	0.65 (0.28)	0.63 (0.31)	
Lifetime	71 (36%)	11 (29%)	35 (36%)	25 (41%)	
Lifetime	26 (13%)	2 (5%)	12 (13%)	12 (20%)	
Lifetime	65 (33%)	11 (29%)	30 (31%)	24 (39%)	
Lifetime	68 (35%)	10 (26%)	34 (35%)	24 (39%)	
Lifetime	71 (36%)	11 (29%)	35 (36%)	25 (41%)	
Lifetime	59 (30%)	9 (24%)	29 (30%)	21 (34%)	
Lifetime	73 (37%)	11 (29%)	36 (37%)	26 (43%)	
Lifetime	187 (96%)	38 (100%)	92 (96%)	57 (93%)	
Lifetime	159 (82%)	30 (79%)	76 (79%)	53 (87%)	
Lifetime	1.38 (0.33)	1.37 (0.27)	1.39 (0.31)	1.38 (0.30)	
Lifetime	17 (9%)	3 (8%)	10 (10%)	4 (7%)	

Notes: *p<.05 AOD=alcohol and other drugs; P=precontemplative, C=contemplative, A=action; DH=detention hall;

DISCUSSION

- Characteristics that promote ↑MTC: R/S, family cohesion/rules, hopelessness, sleep problems, DUI/jail history
- Barriers to ↑MTC: sexual abuse, defiance, anger
- Clinical Implications: ↑MTC does not depend upon A/D severity, increase youth awareness of A/D consequences may ↑MTC
- Future study: what characteristics sustain MTC?
- Limitations: cross-sectional, unclear generalizability to non-mandated youths with less A/D severity

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TABLE 3. A/D-RELATED PROBLEMS AND MTC

Domain	A/D-related problem	Total 195 (100%)	MTC Category			
			P 38 (19%)	C 96 (49%)	A 61 (31%)	
Legal	DUI history	5 (3%)	1 (3%)	0 (0%)	4 (7%)*	
	Jail/DH history	128 (66%)	23 (61%)	57 (59%)	48 (79%)*	
	Probation history	163 (84%)	30 (79%)	80 (83%)	53 (87%)*	
	Property crimes	2.15 (1.35)	2.39 (1.39)	2.04 (1.29)	2.16 (1.43)	
	Violent crimes	1.75 (1.61)	1.95 (1.86)	1.68 (1.59)	1.74 (1.49)	
Home	follows rules at home	38 (19%)	2 (5%)	13 (14%)	23 (38%)****	
	participates in family activities	74 (38%)	8 (21%)	27 (28%)	39 (64%)****	
School/Work	lost interest in school/work	164 (84%)	36 (79%)	76 (79%)	58 (95%)***	
	missed school from A/D	103 (53%)	19 (50%)	46 (48%)	38 (62%)*	
	dropped out of school from A/D	55 (28%)	8 (21%)	32 (33%)	15 (24%)	
	lost job from A/D	103 (53%)	19 (50%)	46 (48%)	38 (62%)*	
	no volunteering	43 (48%)*	25 (66%)*	39 (41%)	29 (48%)*	
Health	poor global health	11 (6%)	2 (5%)	6 (6%)	3 (5%)	
	I+ somatic problems	22 (18%)	9 (24%)	11 (11%)	12 (20%)*	
	use A/D for somatic problems	76 (39%)	13 (34%)	36 (38%)	27 (44%)*	
	use A/D for sleep problems	85 (44%)	9 (24%)	48 (50%)	28 (46%)***	
	less physically active	139 (71%)	13 (56%)*	70 (69%)*	56 (79%)*	
Mental Health	attention deficit	6.49 (3.45)	6.32 (3.39)	6.52 (3.49)	6.54 (3.47)	
	impulsivity	4.89 (2.77)	5.08 (2.76)	4.57 (2.88)	5.26 (2.59)	
	angry-irritable	3.10 (1.97)	4.00 (2.05)	3.31 (1.89)	2.21 (1.70)***	
	depressed-anxious	3.79 (3.00)	3.21 (3.05)	3.50 (3.01)	4.62 (2.82)*	
	suicide-ideation	0.49 (0.73)	0.34 (0.67)	0.40 (0.61)	0.72 (0.88)***	
	humility	27.89 (11.16)	24.58 (16.54)	28.03 (10.68)	29.81 (6.53)*	

Notes: *p<.05 AOD=alcohol and other drugs; P=precontemplative, C=contemplative, A=action; DH=detention hall;

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