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CRISM-ICRAS

Psychosocial Interventions in The Treatment of Opioid Use Disorder: A Scoping Review

Prairie Node 3rd Annual Gathering

November 2018

Aim

The aim of this scoping review was to take stock of the evidence available to inform the question of the role of psychosocial interventions in opioid agonist treatment, either as 'stand-alone' treatments or as ancillary/support options to pharmacotherapies.

Objectives

Our specific objectives were to

1. Systematically identify studies that have investigated psychosocial interventions used in the treatment of opioid use disorders.
2. Characterize the range of evidence available in the scientific literature regarding study populations, types of psychosocial treatments investigated, heterogeneity of study designs used, as well as types of outcome measures considered.
3. Evaluate the extent to which the relevant literature is capable of informing the question of the appropriate role of psychosocial interventions in opioid agonist treatment.

Screening

Identified

40,772 records identified through database searching

17,522 duplicates removed

Screened

23,250 records screened

19,859 records excluded

Eligible

3,391 full-text articles assessed for eligibility

80 Unable to retrieve full text

2,906 full-text articles excluded

- Pharmacotherapies/MMT only (562)
- Detox only (510)
- Patient's characteristics or perceptions, not related to intervention (346)
- Not OUD specific/cannot extract data (336)
- Program description or evaluation (264)
- Editorials/letters (190)
- Pain management and other medical comorbidities (165)
- Abstract/conference proceedings (117)
- Literature review (outside inclusion criteria; 113)
- Case reports (105)
- Biomedical/kinetics (61)
- Unpublished/dissertation (52)
- Not published in English (27)
- Guidelines (20)
- Study protocols/tool validation research (18)
- Duplicate/Erratum (20)

Included

Total number of articles included: 405
Total number of studies included: 407
(2 articles reported on 2 studies)

Scoping review inclusion and exclusion criteria

Inclusion criteria

- English-language articles published by July 2017
- Research investigating human samples/populations seeking treatment for OUD
- Primary studies investigating the impact of any non-pharmacologic interventions or supports on OUD, with or without the use of pharmacologic treatments (e.g., methadone and/or buprenorphine)
- Reviews of primary studies investigating the impact of any non-pharmacologic interventions or supports on OUD, with or without the use of pharmacologic treatments
- Studies of psychosocial treatment or prevention of comorbid conditions that influence OUD-related outcomes (e.g., non-pharmacologic interventions to address mental disorders or physical conditions directly related to OUD, such as HIV, Hepatitis)
- Studies investigating social determinants of OUD-related outcomes, including housing, employment or other social supports
- Treatment of symptoms of OUD in any way, including with conventional drugs (such as clonidine to treat hypertension in withdrawal, etc.)

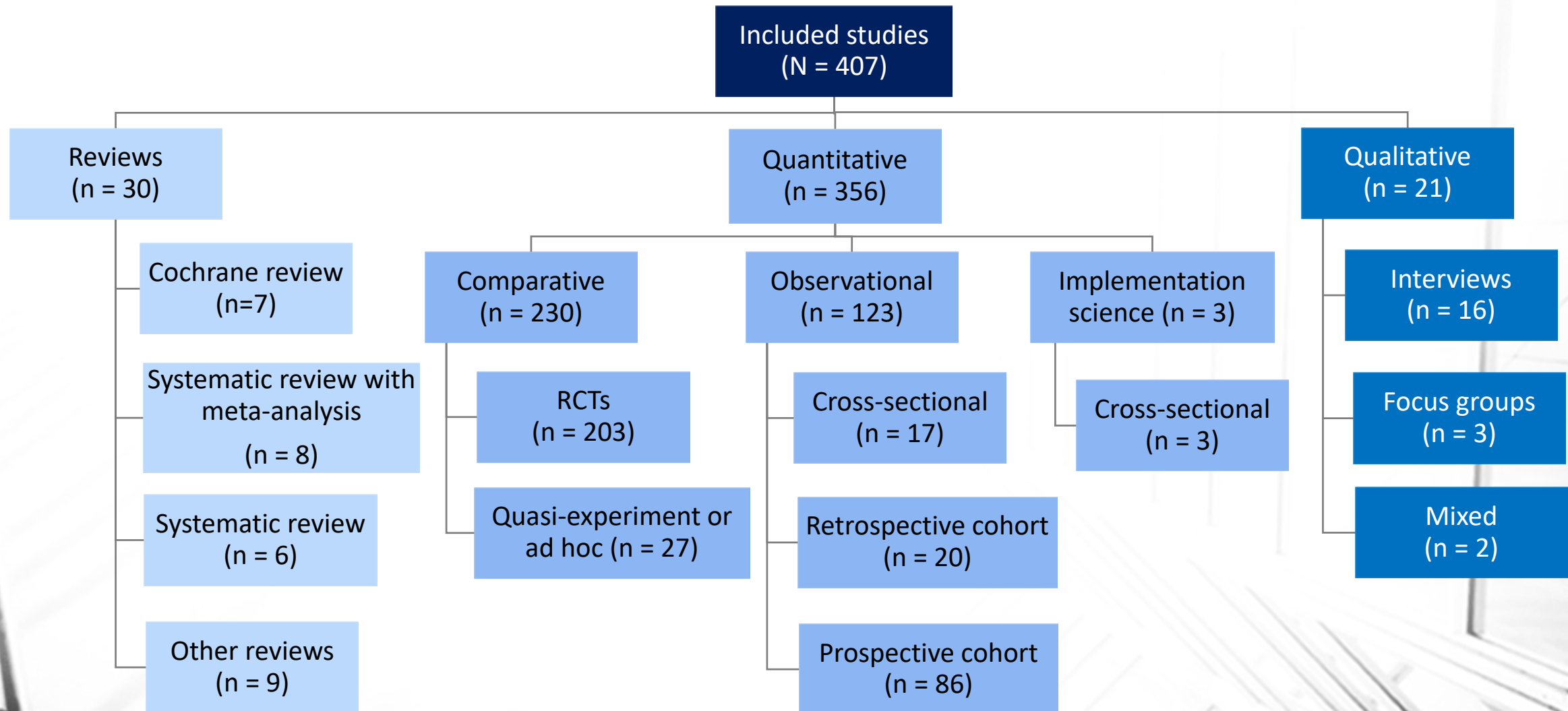
Exclusion criteria

- Studies investigating treatment of co-morbid medical conditions unrelated to OUD (e.g., diabetes, obesity, cancer, pain, etc.),
- Studies of the impact of interventions on neonates with opioid addiction (if a study reported on treatment of the mother prior to the delivery, it may meet inclusion criteria),
- Studies of pain management only,
- Studies that assessed biomedical outcomes (blood tests, brain function), or other physiologic changes only,
- Observational (epidemiologic, prevalence) studies, and/or
- Clinical practice guidelines,
- Program evaluations,
- Studies investigating patient characteristics aside from treatment,
- Pharmacokinetic studies (drug interactions, dosage testing),
- Measurement and tool validation studies,
- Comments/responses/editorials/letters/newspaper articles/dissertations,
- Conference abstracts/Conference proceedings,
- Study protocols,
- Non-English language publications,
- Non-human studies

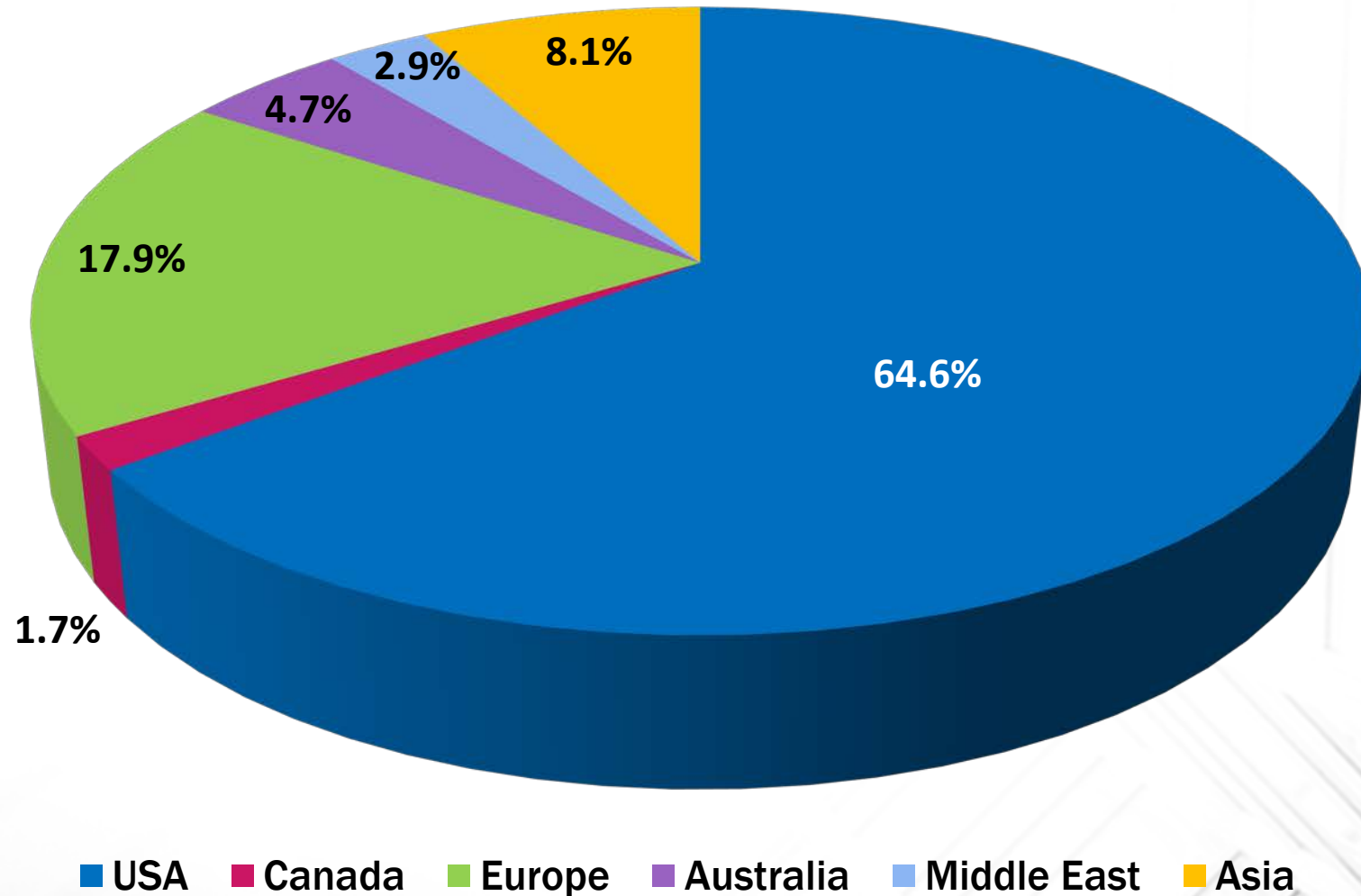
Psychosocial Interventions Considered Eligible For Inclusion

Terms		
Behavioural therapies	Aversion stimulation, Biofeedback, Covert sensitization,; Neurofeedback; Behavioural intervention, Behavioural program, Behavioural services, Behavioural therapy, Behavioural treatment; Community reinforcement; Contingency Management, Contingency therapy, Operant, Voucher; Electric stimulation, Electrostimulation therapy, Electro-therapy ; Reinforcement schedule, Reinforcement psychology, Stimulant drug	
Cognitive Behavioural Therapies	Behaviour therapy, Cognitive therapy; Mind-Body Therapies,; Relaxation technique, Relaxation therapy; Psychological Adaptation; Relapse prevention	
Psychological Therapies/ Psychotherapy	Family Based Interventions	Couple therapy, Family therapy, Group therapy, Interpersonal therapy, Marital therapy, Marriage therapy, Support therapy
	General terms	Non-pharmaceutical, Non-pharmacological; Psychoanalysis; Psychotherapeutic Techniques, Psychotherapy; Psychiatric intervention, Psychiatric program, Psychiatric service, Psychiatric therapy, Psychiatric treatment; Psychoeducation intervention, Psychoeducation program, Psychoeducation services, Psychoeducation therapy, Psychoeducation treatment Psychosocial intervention, Psychosocial program, Psychosocial services, Psychosocial therapy, Psychosocial treatment, Social intervention, Social program, Social therapy, Social treatment
	Other psychotherapy	Confrontational intervention; Insight oriented therapy; Psychodrama, Role play
	Social network and Environment-based therapies	Community care, Community centre, Community mental health, Community network, Community psychiatry, Community psychology, Community service ; Therapeutic community
Complementary Interventions	Alternative medicine, Alternative therapy; Complementary therapies, Complimentary therapy; Aboriginal healer, Healing ceremony, Indigenous healer, Native healer, Native medicine, Native therapy, Traditional medicine, Traditional therapy ; Faith Healing, Meditation, Religion, Prayer, Spiritual; Animal assisted therapy, Art therapy, Bibliotherapy, Colour therapy, Music therapy; Aromatherapy	
Counselling	Counselling; Coping behaviour, Coping skills, Self-control training, Social skills; Incentive, Motivation; Rehabilitation	
Harm reduction Interventions	Harm reduction; Needle-Exchange Programs, Peer needle, Syringe exchange, Safe injection; Street nurse, Street outreach, Street clinic, Outreach Program; Safer inhalation, Crack kit; Supervised consumption; Prevention program	
Other Interventions	Detox; Discussion group; Client centered; Paradox; Problem solving; Psychological debrief; Socialization, Social Adjustment; Transactional, Befriend; Withdrawal management	
Self-Help & Support Groups	LifeRing, Methadone Anonymous, Mutual support, Narcotics; Anonymous, Peer support, Recovery support, Self-help groups, Self-help, Stress management, Support groups, SMART Recovery, Twelve-Step	
Social Services	Case care , Case management; Education lecture, Education program, Education Film, Education Intervention; Occupational guidance, Vocational education, Vocational Guidance, Vocation; Housing; Income assistance services, Public assistance, Social Care, Social service; Outreach; Social support; Voluntary worker, Volunteers; Wraparound services	

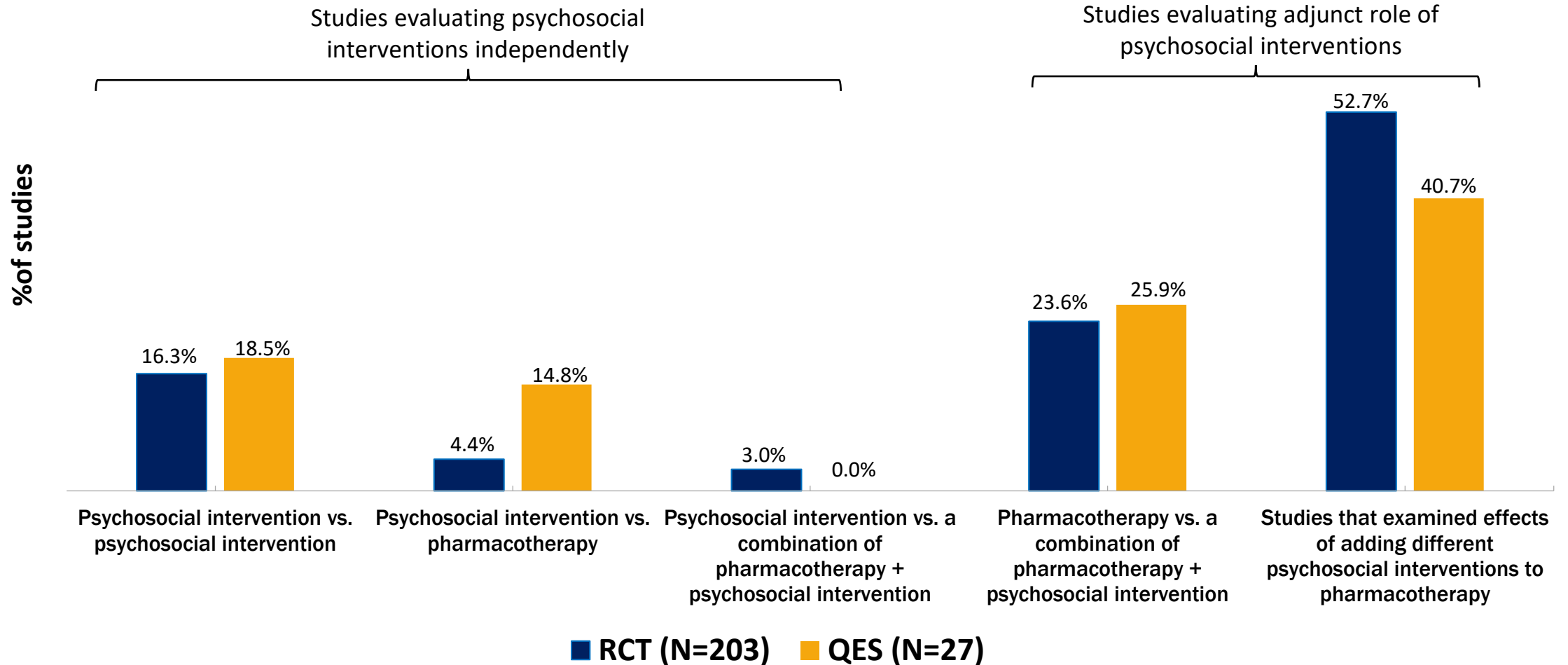
Types of Studies Identified in The Review



Origin of Research on The Role of Psychosocial Interventions in The Treatment of Opioid Use Disorders



Research questions addressed in comparative studies



CRISM | Prairies is nearing the completion of this scoping review. If you are interested in obtaining more information, or would like to be notified when the full report of this review is available, please contact Denise Adams at denise.adams@ualberta.ca

Thank you