

# Problematic alcohol use in people with mild to borderline intellectual disability

- A PILOT STUDY USING A COGNITIVE BEHAVIOURAL INTERVENTION -

## BACKGROUND

Cognitive behavioural therapy plus (CGT+) is a treatment of problematic alcohol and drug use in people with mild to borderline intellectual disability (MBID, IQ 50-85). Its effects on alcohol consumption is not yet sufficiently known. This study aims to assess the effect of CGT+ on the severity score for problematic alcohol consumption, as well as the relation between participants readiness to change and this effect.

## METHODS

In a convenience sample of 18 alcohol dependent (according to the DSMIV) patients with MBID (67% man, 39% IQ 50-70, 61% IQ 70-85) pre- and post intervention Alcohol Use Disorder Identification Test (AUDIT) and Substance use and misuse in Intellectual Disability Questionnaire (SumID-Q) scores were compared using Wilcoxon Signed Rank Test.

In addition, the correlation using Spearman's rho between pre-intervention readiness to change (according to SumID-Q) and change of AUDIT score were calculated.

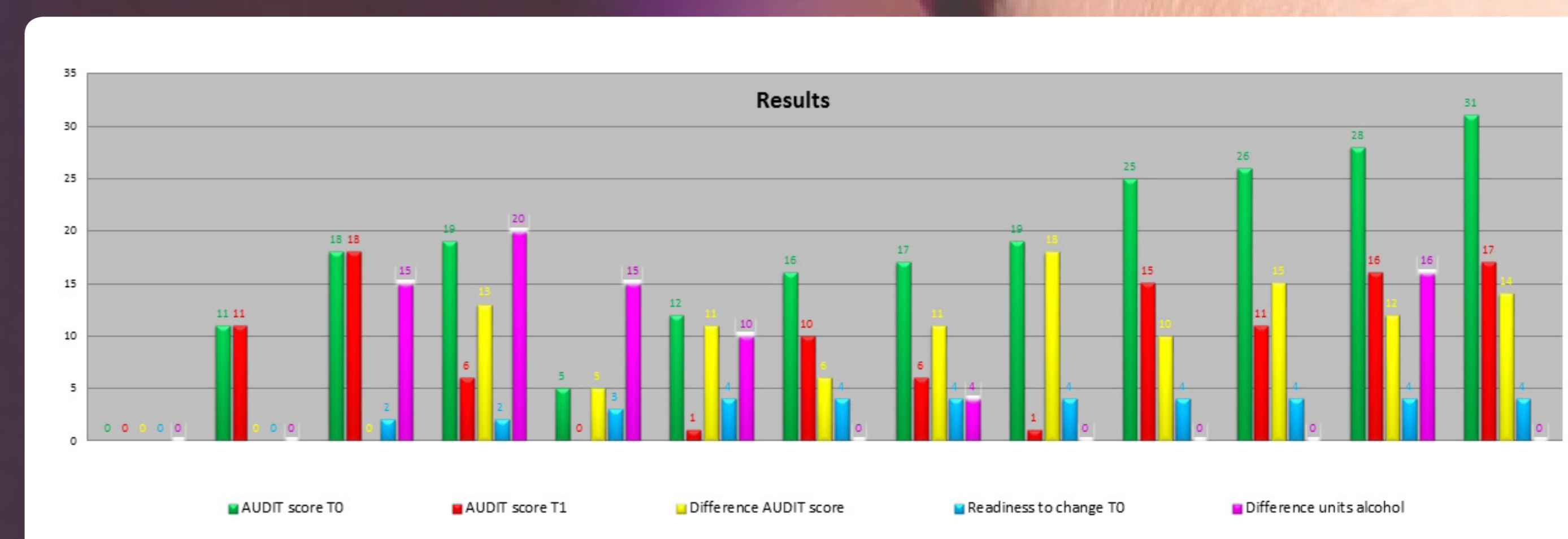
## RESULTS

### PARTICIPANTS

- Substance use, more than one: n = 13 (72.2 %)
- Comorbid psychiatric disorder: n = 13 (72.2%)
- No daytime activities: n = 10 (55.5 %)

### EFFECTS

- The average AUDIT score of treatment completers decreased from 17.5 to 8.6 points (n = 13, Z = -2.805; p < 0.005), the number of units daily consumed decreased from 9.0 to 2.15 (range 0 - 24) (Z = -2.524; p < 0.012)
- High scores on readiness to change before the intervention correlated moderately but significantly (r = 0.57, p = 0.05) with the decrease in AUDIT score



## CONCLUSION

In this pilot study, CGT+ appears to be effective in reducing alcohol consumption in people with mild to borderline intellectual disability, especially in people with a higher pre- intervention readiness to change score.



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\* VanDerNagel, J. E. L., Kiewik, M., & Dijk, M. van. (2015). CGT+: Cognitief gedragstherapeutische behandeling van problematisch middelengebruik bij met mensen met een licht verstandelijke beperking: verslag van een pilotstudie. Amersfoort / Deventer / Borne, Nederland: Resultaten Scoren / Tactus / Aveleijn.