

READY 2 CHANGE- A NEW, BRIEF, TELEPHONE DELIVERED INTERVENTION FOR PROBLEMATIC ALCOHOL USE

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Introduction and Aims: Fewer than 16% of Australians dependent on alcohol seek treatment. Telephone-delivered interventions can overcome several common barriers to seeking treatment (e.g., stigma, geographical distance). The aim of this research was to evaluate the efficacy of a new telephone-delivered, modular, transdiagnostic intervention, Ready 2 Change (R2C). R2C is a structured 4-6 session intervention for people negatively impacted by their alcohol, cannabis or methamphetamine use. Drawing on several evidence-based approaches (e.g., CBT, ACT, DBT and Motivational Interviewing), R2C uses self-help workbooks and counsellor facilitated exercises focusing on skills training.

Design and Methods: 45 participants were directed to R2C via a telephone hotline for alcohol dependence. Measures of problem severity (AUDIT) and psychological distress (K10) were administered by clinicians prior to participants' first session. Baseline measures were re-administered by a researcher in a telephone follow-up interview 3-months later.

Results: Preliminary results based on those followed up to date (N= 22) identified significant reductions in mean AUDIT score (22.3(±5.9) to 12.2 (±8.8), $t(19)= 4.0$, $p< 0.01$) and K-10 scores (24.75 (±6.9) to 9.50 (±6.1), $t(19)= 2.7$, $p<0.05$) between the baseline and 3-month follow-up interview. Mean scores for treatment participation and satisfaction and counselor rapport also fell into the top quintile.

Discussion and Conclusions: Evidence thus far suggests R2C is effective for both harmful and dependent drinkers, reducing alcohol problems and a well-received program for individuals who may otherwise never seek help for their AOD related problems. Changes in clinical measures and both client and clinician experiences observed in the full data set will be discussed.