

RESEARCH ROUNDUP IBR

Texas Christian University

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DATAR Data at Work

DATAR Project Enters 4th Year

The Drug Abuse Treatment for AIDS Risk Reduction (DATAR) Project has entered its 4th year with over 800 clients admitted to the project to date from treatment sites in Corpus Christi, Dallas and Houston. DARCO Drug Services in Dallas will not continue with the DATAR project in the 4th year.

Table A on page 3 shows a breakdown of descriptive data from treatment sites based on clients admitted to the DATAR project through June 1992.

DATAR's treatment modules, including *AIDS/HIV Education*, *Contingency Management*, *Relapse Prevention*, and *Time Out! For Me* (women's

assertiveness training), have been implemented at the treatment sites and will continue to be offered to clients during the project's 4th year. In addition, a module dealing with support and aftercare issues will be available in January 1993.

Meanwhile, researchers at IBR continue to analyze data obtained from the project. Dr. Grace Rowan-Szal has com-

See DATAR PROJECT on page 3.

NADR Study Shows Early Intervention May Reduce AIDS Risks

The behaviors that place injection drug users (IDUs) at risk of HIV infection and AIDS seem to decline in the first month following an educational intervention and tend to remain stable over the next 6 months. These findings come from the National AIDS Demonstration Research (NADR) Project's Validity Study which is looking at outreach and intervention data from five municipalities across the country.

Dr. Dwayne Simpson, who designed the comprehensive study almost 2 years ago, and a team of NADR researchers are now carrying out the analyses of data from a total of 1,368 IDUs taking part in the collaborative project. The special study includes the use of systematic experimental designs to evaluate the effects of detailed personal risk assessments and alternate intervention strategies on short- and long-term outcomes.

See NADR STUDY on page 2.

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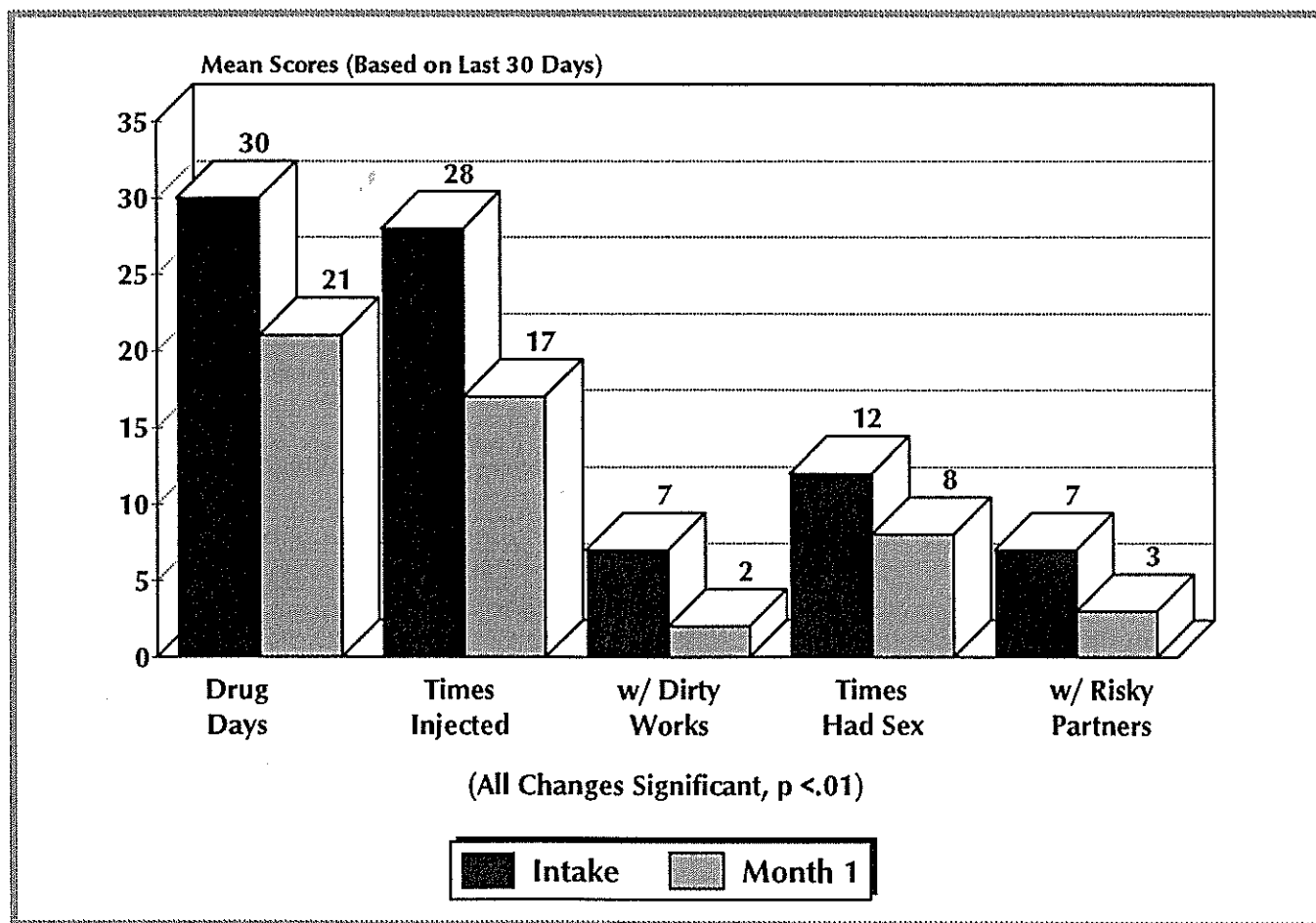
NADR STUDY *(continued from page 1)*

The five sites (Cleveland, Dallas, Houston, New Orleans, and San Antonio) were very different in terms of the content of their educational interventions and the level of intensity of their outreach efforts. However, all outreach and intervention efforts provided IDUs with basic risk-reduction information, such as the correct way to clean needles and injection equipment, condom use, and safe sexual practices. Preliminary findings from the NADR Validity Study were presented at a meeting of the Southwest Research Group in San Anto-

nio, Texas in June by Drs. **Simpson** and **Mabel Camacho**, and Ms. **Melynda Cloud**. Scientists from each of the collaborating sites are currently working with IBR staff to complete the full report.

"Taken at face value, it appears that even a modest amount of street outreach, HIV testing and counseling, and educational efforts has a positive impact on reducing the behaviors that place injection drug users at risk for AIDS," notes Dr. Simpson. "However, further study is needed to help

identify the specific components of outreach and intervention that work best with individual IDUs." He adds that future studies should address the diversity of drug use and sexual behaviors that place IDUs at different levels of risk. This would include comprehensive assessments of their psychological functioning, their environmental and social barriers to behavior change, the process of service delivery used by outreach programs, and the interactions among these domains. **RR**



NADR VALIDITY STUDY. Drug Use and Sex Risk Measure -- Changes from Intake to Month 1.

Methadone Dose Linked to Treatment Effectiveness

A newly released study by the National Institute on Drug Abuse (NIDA) finds that a large number of methadone treatment programs in the United States fail to provide adequate doses of methadone for successful treatment of heroin addiction. In addition, half of all treatment programs urge their clients to get off methadone within 6 months. According to NIDA, this means that many programs are not using methadone maintenance effectively.

Previous research by NIDA has shown that methadone can be a very effective treatment for people addicted to opiates

when administered at doses of 50 to 100 milligrams daily and combined with counseling and provision of social services.

In addition, there is growing evidence that long term methadone maintenance may reduce the spread of HIV infection and AIDS by 50 percent among injection heroin users. A number of studies have found that clients maintained on an adequate dose of methadone (above 50 milligrams a day) are less likely to continue injecting heroin. Clients must also be allowed to stay on the medication long enough to benefit from counseling and social services aimed at helping them

sustain a positive lifestyle. For some clients, this may mean years of methadone maintenance.

Dr. James Cooper, chief of NIDA's Medical Affairs Branch, advises: "Physicians should insist on a clinical reevaluation of patients receiving less than 60 milligrams a day who continue to use illicit narcotics." For these cases, he recommends that a trial of higher methadone doses in conjunction with psychosocial therapeutic interventions be considered. **RR**

(Source: NIDA NOTES, July/August 1992, Volume 7, Number 4.)

DATAR PROJECT

(continued from page 1)

pleted her initial study of contingency management techniques, and the results have been submitted in a paper for journal publication. **Dr. Danica Knight** and **Dr. David Cross** (TCU Psychology Department) are working with **Dr. Dwayne Simpson** on a new study of family functioning and its relationship to treatment effectiveness. The study is based on Intake and Monthly Status Report data from a sample of 535 DATAR clients. **RR**

Client Characteristics at Intake	DATAR Total (N=753)	CORPUS (N=314)	DALLAS (N=268)	HOUSTON (N=171)
Average Age	37	35	37	40
Female (%)	32	26	40	31
Anglo (%)	38	34	41	37
Black (%)	24	2	46	29
Hispanic (%)	37	62	11	32
High School Graduate (%)	41	30	55	40
Work Full-time (%)	32	34	30	33
Any Illegal Income (%)	57	66	55	45
Any Cocaine/Past 6 Mos. (%)	57	63	55	48
Daily Cocaine/Past 6 Mos. (%)	10	7	11	12
Any Speedball/Past 6 Mos. (%)	61	53	74	55
Daily Speedball/Past 6 Mos. (%)	28	10	50	28
Know Someone w/ AIDS (%)	32	22	31	55
Average Frequency of Needle Use in Last 30 Days	111	122	110	93

Table A. DATAR CLIENTS AT INTAKE -- Apr. 1990-June 1992.

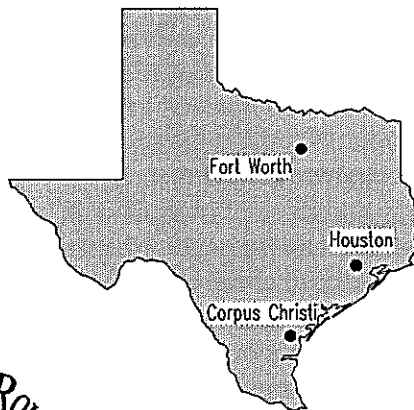
Staff Notes

Fort Worth

Welcome to **Dr. Danica Knight**, who joins IBR as an Associate Research Scientist.

Congratulations to **Dr. David Farabee**, former IBR graduate student, on the successful completion of his dissertation and finals. David has accepted a position with the Texas Commission on Alcohol and Drug Abuse (TCADA) to work on research and evaluation issues.

Welcome to **Matthew Hiller** and **Eric Olson**, new graduate students at IBR. Matthew will work with the DATAR Project, and Eric with the Workplace Project.



Corpus Christi

DATAR Counselor **John Michael Gonzales** has been promoted and will work at the Corpus Christi Drug Abuse Council's Kingsville facility. **Luanna Guajardo** will take over John Michael's client load at CCDAC. **RR**

Research Roundup
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IBR RESEARCH STAFF

D. Dwayne Simpson, Ph.D.
Director and Professor

Lois R. Chatham, Ph.D.
Senior Research Scientist

George W. Joe, Ph.D.
Research Scientist

Jack M. Greener, Ph.D.
Research Scientist

Wayne E.K. Lehman, Ph.D.
Research Scientist

Donald F. Dansereau, Ph.D.
Professor of Psychology

Mabel Camacho, Ph.D.
Associate Research Scientist

Danica Knight, Ph.D.
Associate Research Scientist

Kevin Knight, Ph.D.
Associate Research Scientist

Angie Rosenbaum, Ph.D.
Associate Research Scientist

Grace Rowan-Szal, Ph.D.
Associate Research Scientist

Norma Bartholomew, M.A.
Research Associate



Institute of Behavioral Research
P.O. Box 32880
Fort Worth, TX 76129

RESEARCH ROUNDUP is published quarterly by the Institute of Behavioral Research, Texas Christian University. (817) 921-7226; (FAX) 817-921-7290. This newsletter is prepared by Norma Bartholomew and Charlotte Pevoto.

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