

RESEARCH ROUNDUP IBR

Texas Christian University

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Contingency Management Shows Results

DATAR's Contingency Management (CM) intervention is proving to be a helpful tool for encouraging clients to attend counseling sessions and reduce drug use. The CM protocol, developed by Dr. Grace Rowan-Szal, was field-tested in Corpus Christi during June, July, and August of last year.

"Behavioral interventions and reinforcement schedules such as CM are based on the principles developed by B. F. Skinner," says Dr. Rowan-Szal. "The idea is to reward a specific behavior in order to increase the likelihood that the behavior will be reinforced, and therefore repeated frequently."

Dr. Rowan-Szal's approach involved a system which allowed clients to earn "points" (represented by stars) based on providing clean urines and attending counseling sessions, two critical factors for maintaining treatment continuity. These stars could then be traded in for reinforcement rewards such as food and gas coupons, bus tokens and sunglasses. During the 3

months that CM was in effect, clients earned one star for each group or individual session they attended, and one star for every clean urine.

““

By reinforcing treatment-positive behaviors we are able to help clients comply more fully with treatment protocols and thus improve their chances for recovery.

””

To study the effects of CM, clients were randomly assigned to one of three conditions for redeeming their stars for gifts. One group of clients could redeem for gifts immediately after earning 4 stars; a second group could redeem after earning 8 stars; and a third group received a gift only at the end of the 3-month intervention, regardless of how many stars they earned.

"When the data were analyzed, the results were very close to what we predicted," says Dr.

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Contingency Results *(continued from page 1)*

Rowan-Szal, "with clients in all three conditions showing an increase in group counseling session attendance during the reinforcement phase, compared to the three months before and after the it." There was also an increase in the number of clean urines submitted, especially in the 4-star condition group. Dr. Rowan-Szal feels the results are consistent with other studies of methadone clients which indicate that positive rewards for compliant behavior work better than negative or punishment contingencies.

CM is due to be implemented by all three DATAR treatment sites later this summer. Based on data from the pilot study, in the next stage of evaluation the time frame will be modified to 2 months and will

use only 2 reinforcement conditions (4 stars and no reinforcement until the end of the 2 months). This will help pinpoint the amount of reinforcement that is optimum for producing behavior change. DATAR is working toward a CM model which can be used on an ongoing, permanent basis in treatment programs. "The contingency management approach holds great promise as an adjunct to treatment," says Dr. Rowan-Szal. "By reinforcing treatment-positive behaviors we are able to help clients comply more fully with treatment protocols and thus improve their chances for recovery." Dr. Rowan-Szal will present an analysis of the CM data at the annual meeting of the Committee on Problems of Drug Dependence in Keystone, Colorado, this summer. **RR**

SESSION ATTENDANCE

Across Intervention Months and Reinforcement Groups

Average # Group Sessions

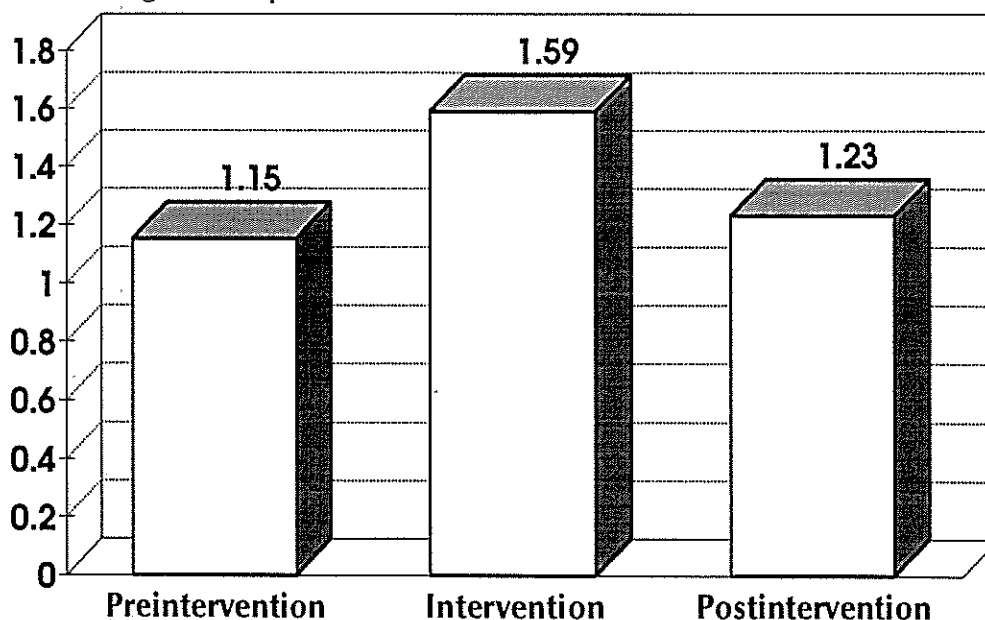


Figure 1. Analysis of group sessions revealed a significant increase in attendance during the months the intervention was in effect (June, July and August). The increase in group session attendance was not related to the clients' assigned reinforcement condition (0, 4 or 8 stars).

DATAR Staff Recognized for Outstanding Data Collection

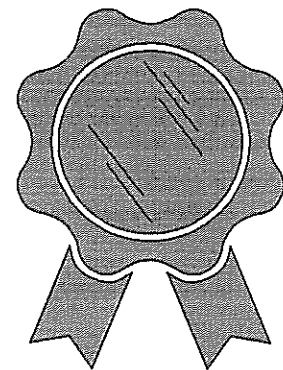
Data collection for the DATAR project seems to involve forms, forms and more forms in a never-ending cascade. In order to recognize the sometimes heroic efforts undertaken by DATAR staff to complete and return forms on time, special Appreciation awards have been initiated. These awards are designed to recognize the best overall data collection within the DATAR project, as well as the best performance at each clinic. Each person recognized receives a Certificate of Appreciation, plus a dinner for two at a popular restaurant.

The first awards have been made for the 6-month period covering October 1, 1991 through March 31, 1992. And the winners are... **Kenna Roberts** and **John Michael Gonzales** for Superior Performance in Collection of Data for the DATAR Project. Kenna was the top overall winner, with only 9% missing data, followed closely by John Michael, with only 10% missing data.

Winners in Dallas were **Frances Feist** and **Kenneth Williams** for Outstanding Performance in Data Collection for DATAR at DARCO Drug Services. And in Houston, the winner was **Faye Miles** for Outstanding

Performance in Data Collection for DATAR at adVance Treatment Center.

A second award will be presented in the Fall, based on data collection from April 1, 1992 through September 30, 1992. **RR**



DATAR Research is Topic at National and International Conferences

The data collected in DATAR's Corpus Christi, Dallas and Houston research sites will have an international audience this summer. **Dr. D. Dwayne Simpson**, Principal Investigator for DATAR, will travel to Taiwan and Scotland to address drug treatment conferences. In Taipei, Taiwan, Dr. Simpson will speak on drug treatment evaluation research in the United States, and in Glasgow, Scotland, he will present a program on data management and current findings from the DATAR project. In addition, **Dr. George Joe**, Research Scientist

at IBR, will present a paper on DATAR's client assessment strategies and scales for the American Psychological Association's Annual Meeting in Washington, D.C.

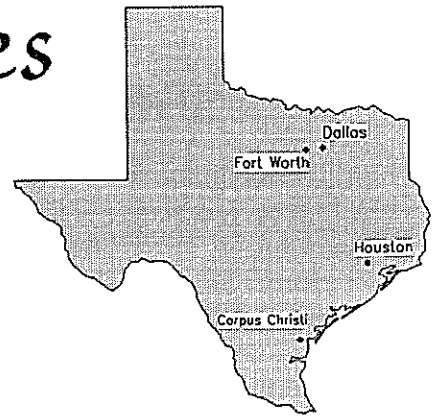
Norma Bartholomew, IBR Research Associate, and **Dr. Lois Chatham**, DATAR Project Manager, will present workshops on the **Time Out! For Me** module at the Alcohol and Drug Problems Association's Conference on Women's Issues in Chicago, and at the TCADA Annual Institute of Alcohol and Drug Studies in Austin, Texas. **RR**

Study on Workplace Drug Use in Full Swing

The response to IBR's new study on drug use in the workplace has been very good, according to Principal Investigator **Dr. Wayne E.K. Lehman**. The study is being conducted at a large southwestern city under the supervision of **Dr. Angie Rosenbaum** and **Gracie Partido**. So far, about half of the expected 1,000 surveys have been administered to city employees. Dr. Lehman anticipates that the data collec-

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Staff Notes



WORKPLACE STUDY

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tion will be completed by the end of July, at which time analysis will begin. The study hopes to develop and refine indirect measures of employee drug use on and off the job, based on data derived from a series of vignettes that get at workers' attitudes and tolerance for drug use. These measures will then be used as part of a broad-based evaluation of organizational climate and employee performance. **RR**

Dallas

Welcome to **Jeffrey van Lingen**, who joins DATAR as a standard counselor, and to **Carolyn Turner**, who joins DATAR as an Intake Worker.

Fort Worth

Welcome to **Gracie Partido**, who joins the Workplace project part-time to work with survey collection.

Houston

Welcome to **Gregory Green**, who joins DATAR as a standard counselor. **RR**

Research Roundup 4

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