

RESEARCH ROUNDUP

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DATAR Study Sheds Light on Drug Treatment Process

DATAR researchers have completed a new study of the factors involved in drug treatment effectiveness. The study followed 557 clients during their first 90 days of treatment in community-based outpatient settings and looked at client "engagement" or involvement in the actual treatment process. Client engagement was defined as the number of individual and group counseling sessions attended, and this measure was examined in relation to indicators of client progress, such as improved psychosocial functioning and changes in drug using behavior. The study was conducted by IBR Director Dr. Dwayne

Simpson, and Drs. George Joe, Grace Rowan-Szal, and Jack Greener.

The results showed that level of client engagement, represented by 1 - 5, 6 - 8, and 9 or more sessions attended, was positively associated with recovery-oriented perceptions, as well as favorable behavioral changes. In addition, level of engagement was related to positive perceptions by clients and counselors of their therapeutic interactions. These relationships were sustained even after statistically adjusting

(Please see DATAR STUDY on back page.)

Workplace Study to Focus on Drug Use and Attitudes in Smaller Municipalities

IBR researchers studying drug and alcohol use in the workplace will begin gathering data from city workers in smaller municipalities as part of an ongoing 5-year study investigating indicators of employee substance use on the job. The earlier phases of this study, which focused on two large Southwestern cities, looked at self-reports of alcohol and drug use, perceptions of coworker use, and work-related behaviors and attitudes. The study found moderate rates of substance use, with about 10% of workers reporting use of

alcohol or drugs while at work during the previous year. This is consistent with findings from similar investigations of other large workforces in the U.S.

In gathering data from smaller worksites, Workplace Project Principal Investigator Dr. Wayne E.K. Lehman, and Associate Research Scientist Dr. Angie Rosenbaum hope to discover if findings from larger workforces are

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Profile: IBR Graduate Students

Since its inception in 1962, a central objective of IBR has been to provide valuable research training opportunities for graduate and postgraduate students. This objective has

been fully realized at IBR today, where Texas Christian University (TCU) students work side-by-side with experienced research scientists in a supportive environment that encourages

productive collaboration. The following profile of current IBR students highlights the important contributions made by these young scientists to the overall mission of IBR.



“ TCU students work side-by-side with experienced research scientists in a supportive environment that encourages productive collaboration. ”

Kirk Broome is a graduate of Northwestern University with a BS in Human Development and Social Policy. He's a second year student at TGU, working on his doctorate in Social Psychology. Kirk collaborates with **Dr. Kevin Knight** on IBR's Criminal Justice Project which focuses on evaluating substance abuse treatment programs for first-time offenders charged with drug-related crimes.

Melynda Cloud holds an MS in Educational Administration from Texas A & M and is completing her Ph.D. in Social Psychology. Melynda works with **Dr. Mabel Camacho**, assisting with data management and evaluation of AIDS intervention studies. These national studies have examined the effectiveness of AIDS outreach and prevention strategies among injection drug users.

Michael Czuchry earned his MA in General Experimental Psychology from East Tennessee State University and is working toward a Ph.D. in Cognitive Psychology. Michael works with **Dr. Donald Dansereau** investigating frameworks and predictive models for the therapeutic use of node-link mapping in drug treatment settings.

Matthew Hiller is a graduate of Angelo State University with a BA in General Psychology

and a second year student at TCU working toward his Ph.D. in Social Psychology. Matthew works with **Drs. Lois Chatham and Grace Rowan-Szal** in IBR's DATAR project, assisting with the data management system. The DATAR project is studying the effectiveness of drug treatment interventions at three community outpatient programs in Texas. Matthew also assists in the Criminal Justice Project, studying the predictive utility of dual diagnosis in probationers.

Erik Olson holds an MA in Industrial and Organizational Psychology from Texas A & M and is currently finishing his doctoral dissertation on predictive variables for substance use on and off the job. Eric works with **Drs. Wayne E.K. Lehman and Angie Rosenbaum** in IBR's Workplace Project which is investigating indicators of employee drug and alcohol use.

Jamie Forst is also involved in the Workplace Project. He received his MS in Industrial and Organizational Psychology from Radford University and worked for several years as a labor relations manager before returning to

TCU to complete his doctorate in Psychology. Jamie is investigating ways to improve the reliability of employee surveys that help identify individuals who use drugs or alcohol on the job.



The training and research opportunities provided to IBR students help assure that graduates are much in demand in both the private and public sectors. Recent graduate **Dr. David Farabee** now conducts program evaluations for the Texas Commission on Alcohol and Drug Abuse. **Dr. Melvin Holcom**, another recent graduate, joined Psychological Services, Inc., a private consultant firm in Ohio. And **Dr. Kevin Knight**, who completed his studies in 1991, joined IBR as manager of the Institute's Criminal Justice Project. ❁

Study Finds Outreach Important for AIDS-Risk Reduction

Analyses of data from the National AIDS Cooperative Agreement Study shows outreach efforts may play a critical role in reducing HIV-risky behaviors among injection drugs users (IDUs) who are not in treatment. The study collected data from three sites (Houston, Long Beach, and New Orleans) in order to evaluate the impact of brief interventions on AIDS risks. IBR Director Dr. Dwayne Simpson, and Associate Research Scientist Dr. Mabel Camacho helped design the protocol, the data collection instruments, and the evaluation for this study.

Overall results showed there was risk reduction among IDUs who had participated

in a "formal" intervention (such as HIV testing, counseling and education). However, since IDUs who had not participated also reduced their risks, it is hypothesized that outreach contacts (during which AIDS/HIV issues were discussed informally), served as effective interventions in themselves. Future research directions for the National AIDS Cooperative Agreement Study will involve the investigation of new paradigms to better understand the dynamics of outreach among IDUs who are not in treatment. ❀

IBR Publications in 1993



Dansereau, D.F., Joe, G.W., & Simpson, D.D. (1993). Node-link mapping: A visual representation strategy for enhancing drug abuse counseling. *Journal of Counseling Psychology*, 40(4), 385-395.

Dees, S.M., Dansereau, D.F., Peel, J.L., & Knight, K. (1993). Using scripted cooperation to communicate information about the consequences of alcohol and cocaine use. *International Journal of the Addictions*, 28(2), 153-166.

Joe, G.W., & Simpson, D.D. (1993). Needle-use risks: Composite measures and comparisons. In B.S. Brown, G.M. Beschner, and National AIDS Research Consortium (Eds.), *Handbook on risk of AIDS: Injection drug users and sexual partners* (pp. 137-154). Westport, CT: Greenwood Press.

Knight, K., & Dansereau, D.F. (1993). Tools for drug and alcohol education: Using decision worksheets in personal problem solving. *Journal of Drug Education*, 22(3), 261-271.

Simpson, D.D. (1993). Drug treatment evaluation research in the United States.

Psychology of Addictive Behaviors, 7(2), 120-128.

Simpson, D.D., Chatham, L.R., & Joe, G.W. (1993). Cognitive enhancements of treatment in DATAR: Drug abuse treatment for AIDS risks reduction. In J. Inciardi, F. Tims, & B. Fletcher (Eds.), *Innovative approaches to the treatment of drug abuse: Program models and strategies* (pp. 161-177). Westport, CT: Greenwood Press.

Simpson, D.D., & Joe, G.W. (1993). Motivation as a predictor of early dropout from drug abuse treatment. *Psychotherapy*, 30(2), 357-368.

Simpson, D.D., Knight, K., & Ray, S. (1993). Psychosocial correlates of AIDS-risk drug use and sexual behaviors. *AIDS Education and Prevention*, 5(2), 121-130.

Stephens, R.C., Simpson, D.D., Coyle, S.L. & McCoy, C.B. (1993). Comparative effectiveness of NADR interventions. In B.S. Brown, G.M. Beschner, and National AIDS Research Consortium, (Eds.), *Handbook on risk of AIDS: Injection drug users and sexual partners* (pp. 519-556). Westport, CT: Greenwood Press. ❀

IBR RESEARCH STAFF

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

Barry S. Brown, Ph.D.
Visiting Senior Scientist

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

George W. Joe, Ed.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

Sandra M. Dees, 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

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DATAR STUDY

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for the effects of client background and motivational characteristics at intake.

Previous work by scientists at IBR has shown length of time in treatment is associated with better treatment outcomes. This new study lends support to the importance of understanding features of the therapeutic process at work. "Historically, reten-

tion has served as one of the most reliable predictors in outcome studies," says Dr. Simpson. "Now we see that treatment engagement is a major factor on which retention effects depend." Additional studies of treatment process are underway, including efforts to increase therapeutic engagement and intensity. ❁

WORKPLACE

(continued from front page)

generalizable. Dr. Lehman served as a panel member for a National Research Council (NRC) study on drugs in the workplace. The recently released NRC report, *Under the Influence? Drugs and the American Workforce*, suggests that employee substance use on the job is

not as widespread as once believed, and that further study is required to determine what types of intervention programs are most effective for minimizing problems caused by workers who use drugs or alcohol in the workplace. ❁



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



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