

RESEARCH ROUNDUP IBR

Texas Christian University

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DATAR Data at Work

DATAR Standard Counselors Switch to Mapping

All counselors working with the Drug Abuse Treatment for AIDS Risk Reduction (DATAR) Project in Corpus Christi and Houston have now been trained on how to incorporate cognitive, node-linked mapping techniques into their counseling interventions with clients. The cognitive, node-linked

mapping model used in the project was developed by **Dr. Don Dansereau**, Professor of Psychology at TCU, and a collaborating Research Scientist with IBR. His mapping techniques are considered a useful visual tool for improving communication, memory, thinking, and problem-solving.

For the first years of the DATAR project, counselors and clients were randomly assigned to either mapping or standard conditions for counseling and group interventions. In this design, mapping counselors incorporated node-linked mapping in their sessions with clients,

See MAPPING on page 3.

Data Reveals High Crack/Cocaine Use Among Probationers Admitted to Treatment Facility

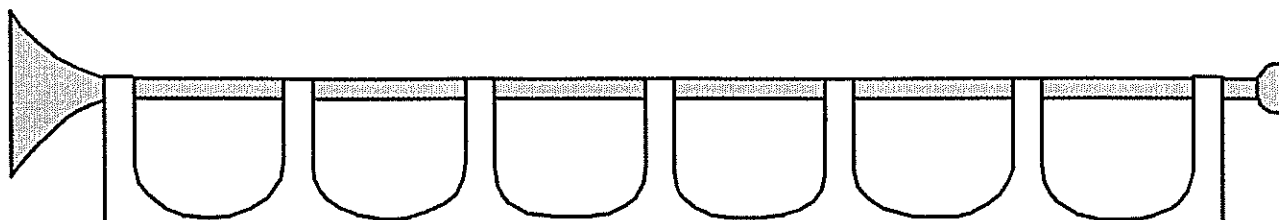
Data from 110 probationers admitted to Tarrant County's Substance Abuse Treatment Facility (SATF) in May - August, 1992 shows cocaine and crack are the most commonly abused illicit drugs in the 6 months prior to admission. The analyses were undertaken by **Dr. Kevin Knight**, Associate Research Scientist at IBR, as part of an ongoing evalua-

tion of treatment and relapse prevention interventions implemented by SATF. The admission data reveal that 55% of probationers were using cocaine or crack at a frequency of weekly or more often. In addition, 54% had used alcohol at this frequency, 24% had used cannabis, 6% had used heroin and cocaine together, and 4%

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Dwayne Simpson Named to Saul B. Sells Chair in Psychology

Dr. Dwayne Simpson, IBR Director and Professor of Psychology at TCU, has been appointed as holder of the **Saul B. Sells** Chair in Psychology. Dr. Sells founded the original IBR in 1962, and was instrumental in leading the institute to a national reputation in drug abuse treatment studies. Under Dr. Sells' direction, IBR was among the first to use posttreatment

studies of addicted people to measure treatment effectiveness.

Dr. Simpson, who received his degree from TCU, has continued to focus on drug abuse treatment. He led a team of researchers in the nationally renowned DARP study, which included a 12-year follow-up of clients from several treatment modalities. The results, edited with Dr. Sells, were published in 1990. *

Long-term HIV Survivors Studied

The San Francisco Department of Public Health is conducting a study of HIV-positive men who have remained healthy and have not developed AIDS for 14 years. The researchers hope that a better understanding of these atypical cases will shed light on ways to help all HIV-positive people live longer. Out of a group of over 6,000 HIV-positive men known to be positive since 1978, researchers have identified 135 men who have failed to develop full blown AIDS for 10 or more years. Within this group, 25% have CD4 counts under 200, 50%

have CD4 counts between 200 and 500, and 25% have counts over 500.

Three areas are under investigation to try and answer the question of why these men remain healthy. The first area relates to the immune system itself. The long-term survivors seem to continue producing certain lymphocytes and antibodies directed against several HIV-related proteins. The second area relates to genetics - it's considered possible that some people have genes that trigger a stronger and more effective immune system

response to HIV. A third area of investigation involves the strains of HIV involved in the person's infection. It may be possible that certain strains of HIV are not as pathogenic as others. In addition, cofactors such as age, means of infection, frequency of reexposure to HIV, and exposure to other viruses and sexually transmitted diseases are under consideration.

(Source: *AIDS Alert*, December 1992, Volume 7, Number 12) *

Treatment Facility

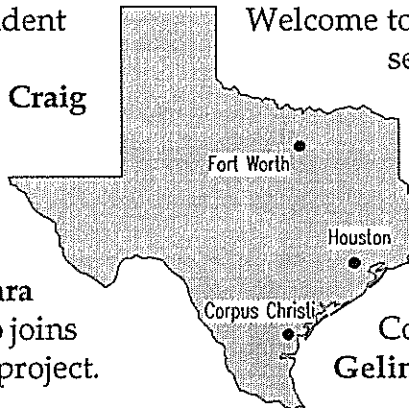
(continued from page 1)

had used heroin alone. At total of 68% of the probationers considered cocaine or crack to be their primary or secondary drug problem. These data in conjunction with other measures of psychosocial stability and motivation for treatment allow SATF to better plan and implement its treatment interventions. *

Staff Notes

Fort Worth

Welcome to Student Assistants Joy McFadden and Craig Lee, who are working with the SAF and DATAR projects, and Sara Hartsfield, who joins the Workplace project.



Corpus Christi

Welcome to DATAR counselors Patrick McGrew, Michael Lloyd Smith, and Laura Thorndike, and to Data Coordinator Gary Gelin. *

Mapping *(continued from page 1)*

while standard counselors relied on basic counseling strategies. However, recent analyses of client and counselor data from the first 3 months of treatment undertaken by Dr. George Joe, Senior Research Scientist at IBR, and Dr. Dansereau found statistically significant differences in favor of mapping. These differences were most apparent in three indicators of counseling success: (1) clients' commitment to treatment, measured by number of counseling sessions attended; (2) clients' perceptions of counselor and treatment program, measured by the clients' perceptions of counselor competence, rapport, and therapeutic

helpfulness; and (3) counselors' perceptions of client characteristics, measured by the counselors' perceptions of client rapport, motivation, problem-solving ability, and confidence.

In addition, mapping counselors felt the use of node-link maps helped keep counseling sessions on target, provided memory enhancement both during and between sessions, helped clients see gaps and inconsistencies in their thinking, and promoted greater cause and effect thinking among clients. Based on these data, Principal Investigator Dr. Dwayne Simpson has encouraged

all DATAR counselors to begin using mapping as a therapeutic tool in all individual and group counseling sessions. A paper describing these results authored by Drs. Dansereau, Joe, and Simpson has been submitted for publication.

The node-link mapping system used in the DATAR project appears to have potential for enhancing counseling by helping clients and counselors visualize a wide range of issues, relationships, problems, and solutions. Future studies will focus on strategies for identifying the clients, counselors, and issues most benefited by mapping. *

Season's
Greetings



*Wishing you a safe
and happy holiday
season and all the
best for the coming
year.*

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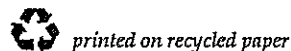
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