

Questions from “Technology-Based Interventions and SBIRT”

- **Earlier research has suggested that the client’s relationship with the therapist is highly correlated with engagement. Has anyone addressed this in evaluating the apparent efficacy of automated interventions?**

As mentioned in the presentation, there are at least eleven studies/articles that found that using a computer to collect data helped with more accurate reporting by the patient, especially regarding the reporting of stigmatizing behaviors. In addition, two studies found that using a computer or tablet to answer questions allowed patients to go at their own pace when answering questions and gave them time to reflect. Of course how the therapist or health care professional interacts with patients before and after having them use the device to complete the screen is important for client engagement, too. Dr. Nancy Wolff does a good job reviewing this topic in her article:

Wolff, N. & Shi, J. (2015). Screening for substance use disorder among incarcerated men with alcohol, smoking, substance involvement screening test (ASSIST): A comparative analysis of computer-administered and interviewer-administered modalities. *Journal of Substance Abuse Treatment*, 53; p 22-32.

- **Are there any studies on technology-based SBIRT in mental health settings?**

There is a recent study by Blow and Lawton-Berry (2015) that discusses how digital interventions for SBI might be applied to psychiatric setting in emergency departments. This article did a literature review and found that this topic had been ‘inadequately explored’ and reported only a few studies on the topic. The Blow and Lawton-Berry article is a brief review of their presentation conducted at the INEBRIA conference in September 2015. The authors suggest that digital SBIRT could be helpful along with continuing care for psychiatric patients. The lead author of the article, Frederic Blow, can be contacted at: fredblow@med.umich.edu.

Blow, F.C. & Lawton-Berry, K. (2015). How digital interventions on screening and BI might be applied to psychiatric ED settings. *Addiction Science & Clinical Practice*, 10(Suppl 2):O10.

- **Do you have any information on opioid use screening tools, or are all of the technology tools currently only used for alcohol?**

Some of the screening tools do screen for drug use but many just focus on alcohol. I do not know of any screening or studies that use technology-based interventions that focus just on opioid screening tools.

- **Are there many differences in the research with technology interventions for treatment and recovery vs. SBIRT?**

Yes and no. There are numerous studies on the efficacy of online screeners with some studies being twelve years old while the studies on technology-based treatment and recovery studies are more recent (in the last five years). There are several systematic review articles that are helpful to understand the literature on technology-based interventions. If you go to www.sudtech.org there is a section on literature that provides references- click on the Technology Assisted Care Reference section. Here are several citations for articles that provide a good overview:

Kiluk, B.D. & Carroll, K.M. (2013). New developments in behavioral treatment for substance use disorders. *Current Psychiatry Reports*, 15(12), 420.

Barak, A., Hen, L., Boniel-Nissim, M., & Shapira, N. (2008). A comprehensive review and a meta-analysis of the effectiveness of internet-based psychotherapeutic interventions. *Journal of Technology in Human Services*, 26(2-4), 109-160.

Carroll, K.M. & Rounsaville, B.J. (2010). Computer-assisted therapy in psychiatry: Be brave—it's a new world. *Current Psychiatry Reports*, 12(5), 426-432.

Litvin, E.B., Abrantes, A.M., & Brown, R.A. (2013). Computer and mobile technology-based interventions for substance use disorders: An organizing framework. *Addictive Behaviors*, 38(3), 1747-1756.

- **Do you know of any Level I trauma centers using these programs?**

The University of California - Irvine has the UC Irvine Health: Trauma & Critical Care Surgery Services Center which has been using the CASI since 2009.