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SMART Recovery:

Emerging Evidence and the
Innovative Use of Routine
Outcome Monitoring and Feedback

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Introduction

Mutual Aid is an important element of addiction **recovery**

Evidence primarily derived from **12-step** models.

Tailoring/ choice is important within addiction services and support

SMART Recovery represents an alternative



Systematic Review

Does SMART Recovery promote change in the **severity of addiction** & its **consequences**?

Is outcome influenced by **treatment engagement** or other **process measures**?



Methods

Studies

- ✓ Randomised
- ✓ Non-Randomised
- ✓ Cross sectional
- ✗ Qualitative Only

Participants

- ✓ 'Problematic' addictive behavior
- ✓ Current/ past
- ✓ Patient/carer report, self-report assessment and/ or clinical interview

Interventions

- ✓ Group SMART Recovery
- ✓ Trained facilitator
- ✓ Stand alone/ in combination

Comparison

- ✓ Active
- ✓ Inactive
- ✓ No comparison



Outcomes

- ✓ Severity of addiction & its consequences
- ✓ Treatment engagement
- ✓ Other process measures
- ✓ Feasibility
- ✓ Clinician and/ or patient rated with or without collateral
- ✓ Objective and/ or subjective
- ✓ Any follow-up period

**FULL TEXT
ASSESSED FOR
ELIGIBILITY
(118)**



**EVALUATION
(12)**



**EFFECTIVENESS
(3)**

RCT

- SMART vs ‘Overcoming addictions’ vs SMART + ‘Overcoming Addictions’
-

Comorbidity

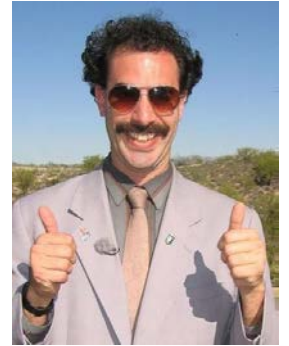
- SMART Informed vs AA Informed
-

Correctional

- ‘Getting SMART’ +/- SMART vs. SMART vs. Neither

Key Findings

Does SMART Recovery promote change in the **severity of addiction** & its **consequences**?



Setting

Key Outcomes

Community

✓ Alcohol (days abstinent, drinks per day, consequences)

Comorbidity

? Alcohol

✓ Functioning (hospitalisation)

✓ Quality of life (perceived health status)

Correctional

✓ Risk of reoffending (Getting SMART + SMART Recovery)



Is outcome influenced by **treatment engagement** or other **process measures**?

Preliminary findings

- ✓ Attendance (and alcohol)
- ✓ Self-efficacy (and sobriety)
- ✓ Homework (and behavioural skills)
- ✓ Quality of facilitation (and group cohesion)
- ✓ Group cohesion (and cognitive skills)



What else did we learn?



- Research is mostly about **alcohol**
- Hard to compare studies (differences in how **‘success’** is measured)
- What about **mental health** ??

Emerging Evidence

- Facilitator measures
- Routine outcome monitoring study
 - Participant and Facilitator input to develop an online ROM + Feedback Tool
 - Is it useful/ helpful/ will people use it?



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QUESTIONS?

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