

Presentation,

How does patient motivation change during alcohol and drug rehabilitation treatment?
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Background: Numerous studies showed that patient motivation during alcohol and drug rehabilitation is an essential factor that impacts treatment outcome. However, research on the individual development of treatment motivation during in-patient treatment and its determinants is scarce. Our main questions are (1) How does treatment motivation change during alcohol or drug rehabilitation treatment, and (2) Which individual factors determine these changes.

Method: Data were collected in two in-patient treatment centers in 2007/2008. The total number of patients was n=177 for alcohol dependence and n=147 for illicit drug dependence. Analyses are based on a short motivation questionnaire completed weekly during rehabilitation treatment. Individual characteristics were obtained as part of a personal interview. Descriptive analyses will show different patterns of treatment motivation over time. Multilevel regression analysis will be used to examine whether motivation significantly changes over the course of the treatment and to determine which individual factors contribute to different patterns of motivational growth.

Results: The results of our regression analysis will show if patient motivation changes significantly over time, and which factors contribute to these changes.

Discussion: The identification of individual variables that influence treatment motivation could help to improve substance abuse treatment contents and outcomes.