Adolescent Substance Abuse Patients Within the Therapeutic Alliance: An Integrative Literature Review

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Adolescent Substance Abuse Patients Within the Therapeutic Alliance

Background

• Substance use disorders (SUDs) cost the United States more than $740 billion annually
• Adolescence is the developmental period associated with the highest risk for developing a SUD due to their unique brain development
• Adolescent SUDs are associated with greater risk of incarceration, violence, drug-related MVAs, suicide, delinquency, risky sexual practices, and psychiatric disorders
• Adolescents are also less likely to seek treatment, less likely to be motivated during treatment, and less likely to stay in treatment

The relationship between patient and provider, or therapeutic alliance, is a significant mediator of treatment engagement and outcomes.

Methods

• An integrative literature review was completed within the following online databases: CINAHL, PsycINFO, ProQuest, and PubMed
• Five main concepts: substance use disorder, adolescence, interpersonal characteristics or personality, alliance or relationship
• Inclusion criteria: peer-reviewed literature written in English that was published within the last 10 years

Tidal Model

WORLD

• A person's need to be understood
• A person's need to seek validation of their experience of distress, illness, or trauma

OTHERS

• Support and services a person needs to live an ordinary life
• Emphasis on need for specific medical, psychological, or social interventions

SELF

• A person's need for emotional and physical security

Findings

Table I. Summary of Interpersonal Patient Characteristics

<table>
<thead>
<tr>
<th>Study</th>
<th>Patient Variables</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bertrand et al. (2013)</td>
<td>Concurrent mental illness, especially depressive and anxiety disorders</td>
</tr>
<tr>
<td>Boswell et al. (2017)</td>
<td>“Cold/dominant” vs. “warm/submissive” personality types</td>
</tr>
<tr>
<td>Garner et al. (2008)</td>
<td>Cautious Personality Index</td>
</tr>
<tr>
<td>Jaffee &amp; D'Zurilla (2008)</td>
<td>Rational problem solving skills</td>
</tr>
<tr>
<td>Urbanski et al. (2012)</td>
<td>More metacognition, more reasons for quitting, higher self efficacy and coping skills</td>
</tr>
</tbody>
</table>

Purpose

To identify interpersonal characteristics of patients which influence the development of the therapeutic alliance

Implications

• Tidal Model as it applies to nursing
  • Assessment focused on identifying safety risks
  • Assuming the role of counselor
  • Screening tools to identify at-risk patients or patients who may be difficult to engage in treatment
  • Providers can further individualize plans of care