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Grace Peterson Nursing Research Colloquium

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

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# Adolescent Substance Abuse Patients Within the Therapeutic Alliance



## Alliance



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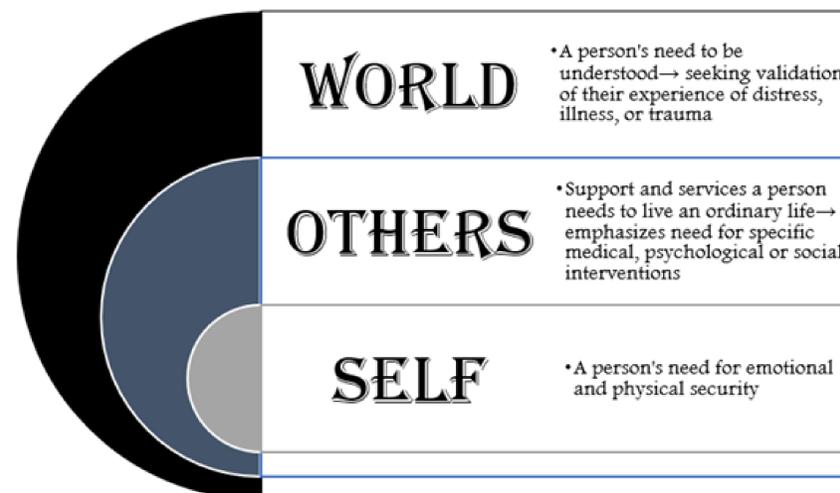
## Background

- 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 MVA's, 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

## Purpose

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

## Tidal Model



## 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

## Findings

Table I. Summary of Interpersonal Patient Characteristics

Study	Patient Variables
Bertrand <i>et al.</i> (2013)	Concurrent mental illness, especially depressive and anxiety disorders
Boswell <i>et al.</i> (2017)	"Cold/dominant" vs "warm/submissive" personality types
Garner <i>et al.</i> (2008)	Cautious Personality Index
Jaffee & DZurilla (2008)	Rational problemsolving skills
Urbanski <i>et al.</i> (2012)	More metacognition, more reasons for quitting, higher self efficacy and coping skills

## 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