

Mar 22nd, 10:00 AM

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

Emily Decker  
ewright051@gmail.com

Follow this and additional works at: <https://via.library.depaul.edu/nursing-colloquium>

Part of the [Counseling Psychology Commons](#), [Pediatric Nursing Commons](#), [Personality and Social Contexts Commons](#), [Psychiatric and Mental Health Nursing Commons](#), and the [Substance Abuse and Addiction Commons](#)

---

Decker, Emily, "Adolescent Substance Abuse Patients Within the Therapeutic Alliance: An Integrative Literature Review" (2019).  
*Grace Peterson Nursing Research Colloquium*. 4.  
<https://via.library.depaul.edu/nursing-colloquium/2019/winter/4>

This Event is brought to you for free and open access by the School of Nursing at Via Sapientiae. It has been accepted for inclusion in Grace Peterson Nursing Research Colloquium by an authorized administrator of Via Sapientiae. For more information, please contact [wsulliv6@depaul.edu](mailto:wsulliv6@depaul.edu), [c.mcclure@depaul.edu](mailto:c.mcclure@depaul.edu).

# Adolescent Substance Abuse Patients Within the Therapeutic Alliance



## Alliance



Emily Decker  
DePaul University



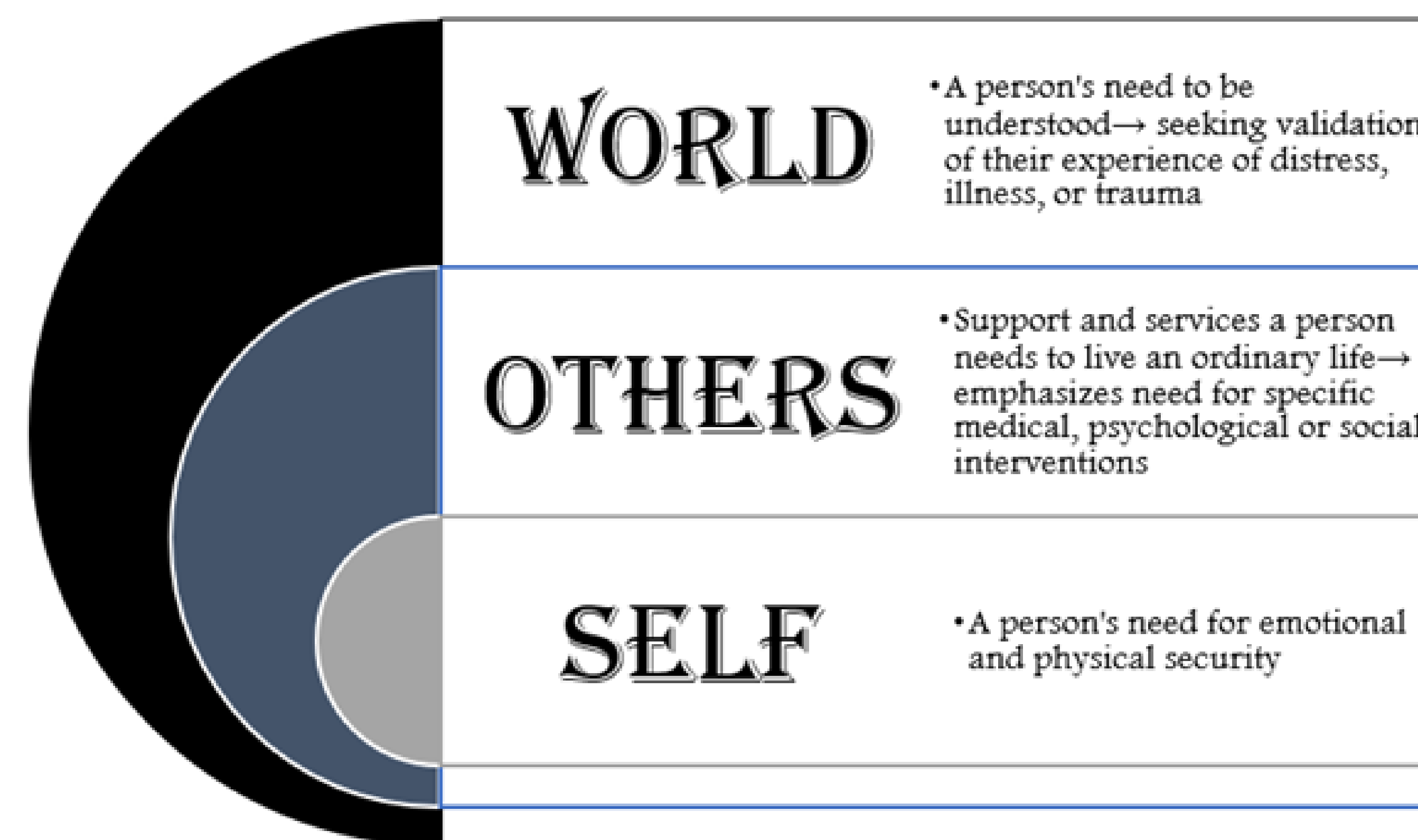
## Background

- 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