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An emotion regulation model of substance misuse

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Abstract

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Introduction and Aims: In spite of the major focus on risky single occasion drinking (RSOD) by young people in Australia, little is known about the specific circumstances of risky drinking occasions. This study examines drinking behaviours and drinking contexts for the most recent RSOD episode in a representative sample of young risky drinkers in Victoria, Australia.

Methods: A representative sample of 802 young risky drinkers was recruited across metropolitan Melbourne and surveyed about their drinking and related behaviours. Specific questions focused on participants most recent drinking occasion in terms of self-reported amount drunk, alcohol expenditure (including buying rounds) and drinking partners for up to ten different drinking settings.

Results: Participants reported drinking a mean of 13 Australian standard drinks (10 g alcohol) on their last episode of RSOD, which for half of the participants occurred less than 20 days prior to being surveyed. They spent on average AU\$79 on this occasion, spending AU\$56 on their own and AU\$23 on others' drinks. The majority (62%) of RSOD sessions commenced at private homes in the company of close friends (81%). Around 40% of the sample reported going to one (42%) or two (37%) drinking locations, and only 5% reported going to more than three drinking locations.

Discussion and Conclusions: Contrary to public portrayals, a significant amount of risky drinking by young people occurs in private settings. These contexts are rarely mentioned except in relation to underage drinking. Further work is needed to understand how these drinking behaviours and contexts link to harms.

Paper 51

AN EMOTION REGULATION MODEL OF SUBSTANCE MISUSE

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Issues: Psychological models of substance misuse have tended to neglect the role of emotions and emotion regulation, despite ample evidence of their central role in the initial development and maintenance of these disorders as well as in relapse following treatment. This poster describes an emotion regulation model of substance misuse (Figure 1) derived from Gross's 2001 process model of emotion regulation. A systematic review of research that addresses components of the model in participants with substance use disorders is presented.

Approach: A systematic literature review with the terms "alcohol", "drug", "addiction" or "substance" AND "emotion regulation", "attention", "acceptance", "suppression", or "cognitive reappraisal" in the title yielded XX papers for inclusion in the review. The results are reported using Preferred Reporting Items for Systematic Reviews and Meta-Analyses guidelines.

Key Findings: The research summarised in Table 1 shows that there is evidence of altered attention to cues and impaired cognitive reappraisal in intoxicated individuals and in individuals with substance dependence. The evidence regarding emotional response modulation is mixed. Suppression impairs self-control over drinking behaviour, while emotional acceptance was positively related to substance use outcomes in some studies yet unrelated to drinking measures in another study.

Implications: The emotion regulation model of substance misuse accounts for the important role of emotion in these disorders and provides several avenues for new treatment interventions. Aspects of the model requiring further research are identified.

Conclusion: The regulation of positive as well as negative emotional states warrants further research in samples with substance use disorders.

Paper 155

THE AIMhi 'STAY STRONG' IPAD APP FOR INDIGENOUS PEOPLE WITH SUBSTANCE MISUSE

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Issues: Cross-cultural considerations and difficulties recruiting and retaining skilled workers in rural and remote regions may contribute to poorer service use for Indigenous people. However, growing internet use and associated technological advances provide the opportunity to deliver evidence-based, non-stigmatising and low-cost treatment online.

Approach: We developed a structured, computerised intervention (i.e. iPad application), to assist workers to address substance misuse and mental health issues with Indigenous clients. The project utilised Indigenous specific content and imagery, and built on the existing Aboriginal and Islander Mental health Initiative (AIMhi) resources developed through Menzies and Queensland University of Technology's 'OnTrack' suite of e-mental health tools. An expert reference group consisting of Aboriginal and non-Aboriginal service providers was established providing advice and guidance on acceptability and appropriateness of the design and content.

Key Findings: The program content asks clients to identify friends and family who help keep them strong and healthy, identify things in their life that help keep them strong and healthy (e.g. spirituality); and identify things that negatively impact upon strength (e.g. substance use). This exercise helps clients identify their own concerns using meaningful graphics and engaging animations. The client is then encouraged to identify a behavioural goal and develop a plan for achieving their goal by breaking it down into manageable steps.

Implications: The intervention will assist services to deliver cost-effective, evidence-based substance misuse and mental health treatment to Indigenous clients.

Conclusion: The original tools translated easily into electronic format, providing an engaging approach to addressing substance misuse for Indigenous clients.

Paper 56

THE SCHEDULING OF DMAA IN AUSTRALIA: WHAT IS THE HUMAN EVIDENCE?

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Issues: In June 2012 DMAA (1,3-dymethylamylamine), an ephedrine-like vasoconstricting substance which had been included in many popular sports supplements, became a scheduled substance in Australia. This review aimed to collate and critique the available evidence into the acute and/or long-term harms of DMAA.