

**Addressing substance abuse
and depression on line. An
example of eHealth innovation
in Mexico**



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Background

- Although it is known that substance users are at risk for depression at twice the rate of the general population, there are no intervention programs that address these problems jointly.
- The options for treatment of drug abuse in Mexico are limited, and not all of them have scientific evidence for their efficacy and effectiveness.
- We are currently exploring the potential of the internet as a means of broadening the availability of professional attention.
- We have found that better results are obtained when there is a counselor who guides and motivates users through the process of change.
- It is hoped that this type of intervention contributes to close the gap between the need for professional attention and the availability of services.

- Health-oriented internet access is made available rapidly.
- The internet contributes to:
 - Broaden the availability of treatment;
 - Close the gap between the need for professional attention and the availability of services.
- Evidence is needed regarding treatments that address comorbidity.
- Results of online interventions to reduce alcohol consumption are encouraging.
- Online programs are in development for reduction of other substance use.
- Counselor-guided programs are more effective.

OBJECTIVES

- 1) Develop an online intervention, with counselor support, to reduce substance abuse and depressive symptomatology.
- 2) Evaluate the usability of the intervention in a pilot study.
- 3) Evaluate the efficacy of the intervention through a controlled pilot study.

Online Intervention Phases

1a. Development of the online intervention
2011-2012



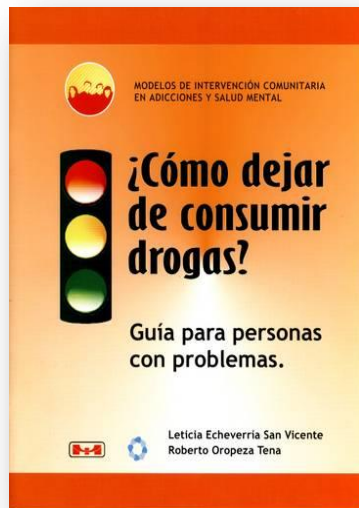
1b. Evaluation of Usability and Feasibility 2012



2. Controlled pilot study 2012-2013

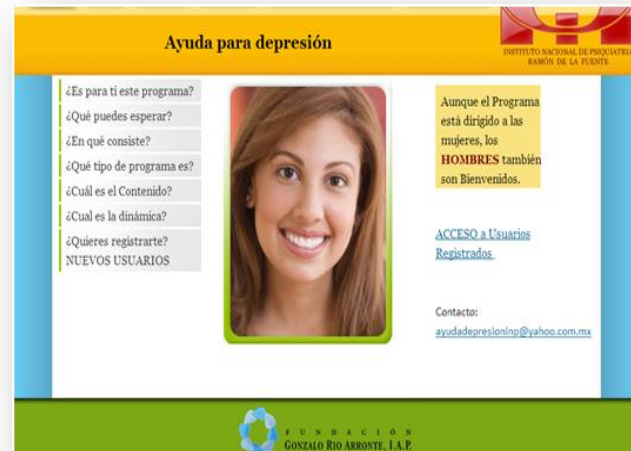
Design of the Support Program for Drug Abuse and Depression (PAADD)

Based on three cognitive behavioral programs and review of the existing literature regarding online and in-person intervention programs.



How Do I Stop Using Drugs?

Printed manual



Help for Depression

Online self-help program



Drinking Less

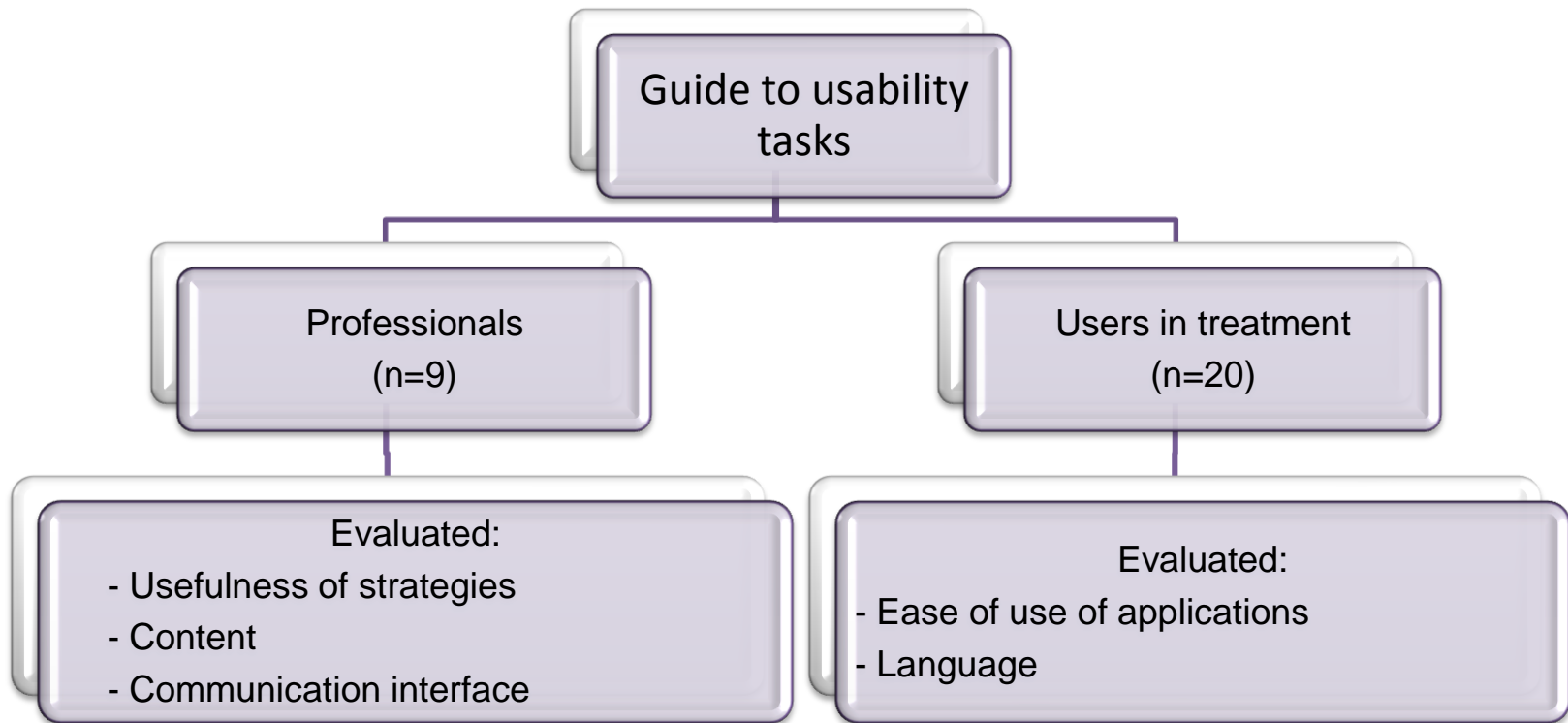
Online self-help program

Strategies and Structure of the PAADD

<p>Step 1 My starting point</p>	<ul style="list-style-type: none"> ✓ Establishment of baseline ✓ Identification of pattern of use ✓ Depressive symptomatology ✓ Identification of negative thoughts ✓ Decisional balance ✓ Motivation and reasons to change 	<p>Guidance and motivation from counselor</p>
<p>Step 2 Where I want to be</p>	<ul style="list-style-type: none"> ✓ Goal setting 	
<p>Step 3 Strategies for change</p>	<ul style="list-style-type: none"> ✓ Self monitoring ✓ Functional analysis of substance use ✓ Developing a plan of action ✓ Psychoeducation ✓ Relaxation exercises ✓ Stopping unwanted thoughts ✓ Cognitive restructuring ✓ Positive reinforcement 	
<p>Step 4 Maintaining change</p>	<ul style="list-style-type: none"> ✓ Social skills for resisting pressure ✓ Seeking social support ✓ Assertiveness ✓ Monitoring results ✓ Adopting behaviors incompatible with use ✓ Preventing relapse 	

Usability Test

Evaluate the ease with which users and professionals can make use of the PAADD elements, with the aim of identifying sections that require adjustment.



Phase 1 Intervention Development

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