

The 5-Step Method

Data on
Effectiveness



The 5-Step Method – The Questionnaire

- Previous presentation mentioned the Questionnaires:
- Research Trials (eg RCT in UK, RCT in Goa, India) used Long Versions of 4 Scales:
- Family Member Impact scale [FMI], Symptom Rating test [SRT], Coping Questionnaire [CQ], Alcohol, Drugs, Family Social Support Scale [ADF-SSS]: 101 Qs.
- Plus we developed from these 4 longer questionnaires a 33-item ‘Short Questionnaire for Family Members –Affected by Addiction [SQFM-AA]’ / ‘Family Member Questionnaire’.

The 5-Step Method – The Questionnaire

- Both long and short versions measure Stress, Strain, Coping, Support - last 3 mths.
- SQFM[AA] also measures Total Family Burden – a combination of 15 Qs assessing Stress, Strain, some forms of Coping
- Given out before Step 1 starts
- Given out again in Step 5 or at 3 mth F/Up
- Also have data for 12mth F/Up

The 5-Step Method – Examples from the Questionnaires

Asks the Qs in relation to the relatives addiction issue

Stress Q.

**Have your family finances been affected?
/ Has your relative upset family occasions?
- never, once or twice, sometimes, often**

Strain Q.

As a result of your relative's drinking, have any of the following happened e.g. worrying, waking early and not being able to fall asleep again

Coping Q.

Have you watched their every move/checked up/kept a close eye

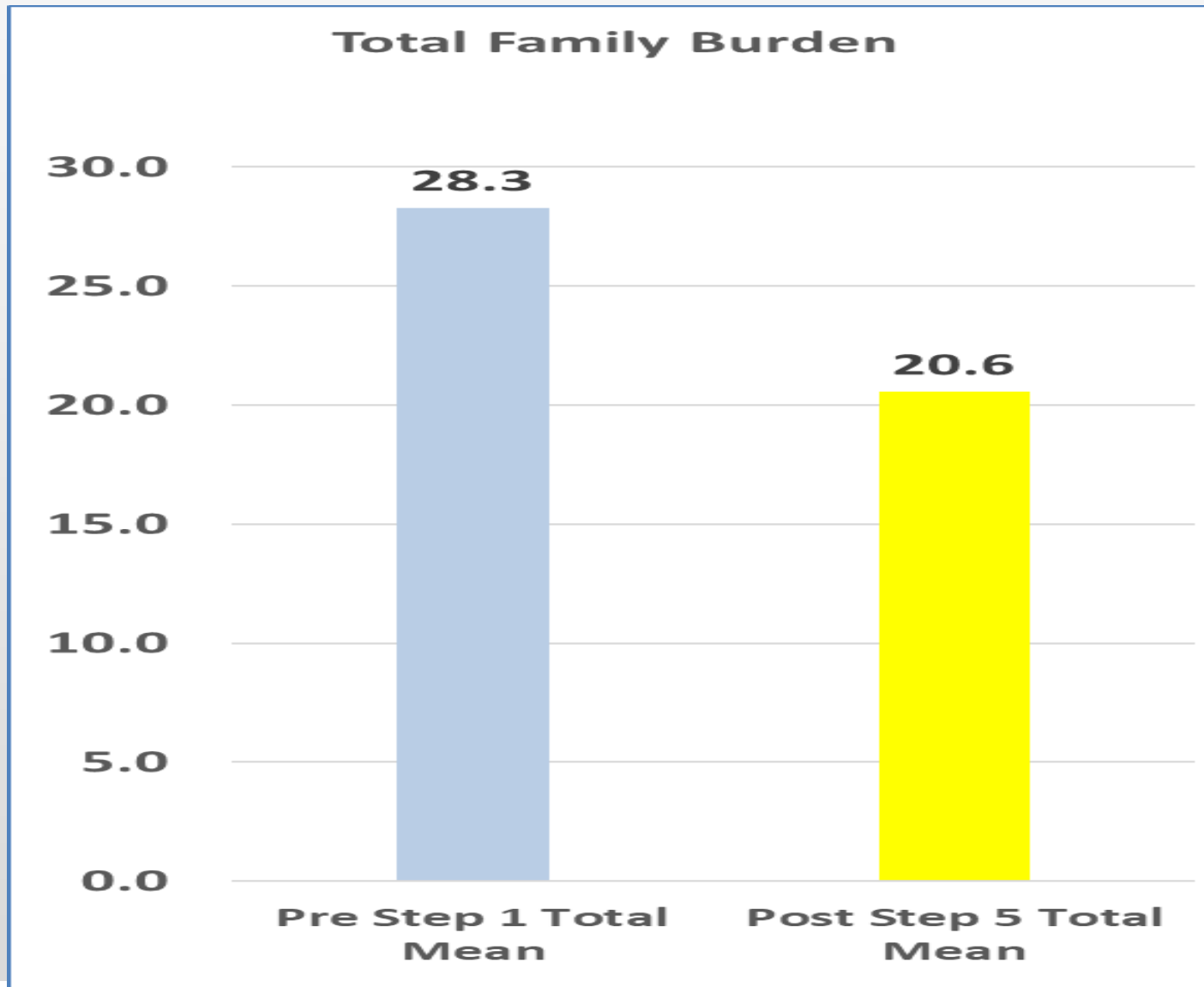
Support Q. Friends/relations have talked to me about my relative and listened to what I have to say

The 5-Step Method – The Questionnaire

- We have combined results from 15 samples - a diverse range of both services plus some research study results: all from Alcohol, Drug and Gambling Services in England, Scotland, Northern Ireland, Republic of Ireland, New Zealand, Australia, Goa, Hong Kong.
- Research Trials usually used Long Versions of the 4 Scales: FMI / SRT / CQ / ADF-SSS
- Services routinely use SQFM[AA] - FMQ (33 Questions from longer scales)
- Baseline or Pre Step 1: n= 860 - 883
- Matched, Pre Step 1 with Post Step 5 and/or 3 mths f/u: n= 354 - 398
- About to get 100 more

5-Step Latest Results: Summary Graph Total Family Burden

*(Draft*Not to be quoted)*



Total Family Burden score range: 0-48

27% drop but still high score.

47% Biggest drop in one UK sample

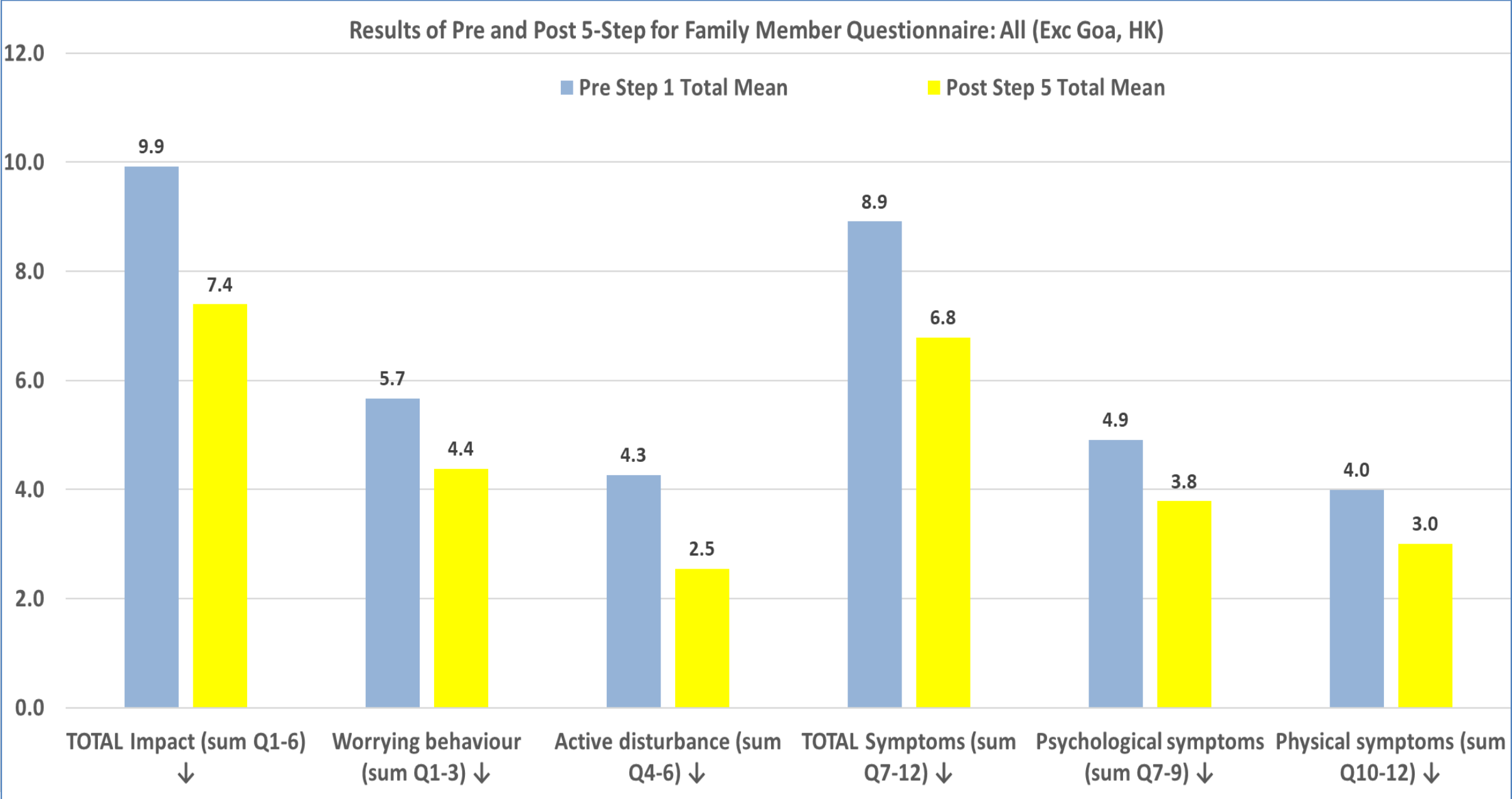
No of Affected Family Members where scores moved:

in the right direction **83%**

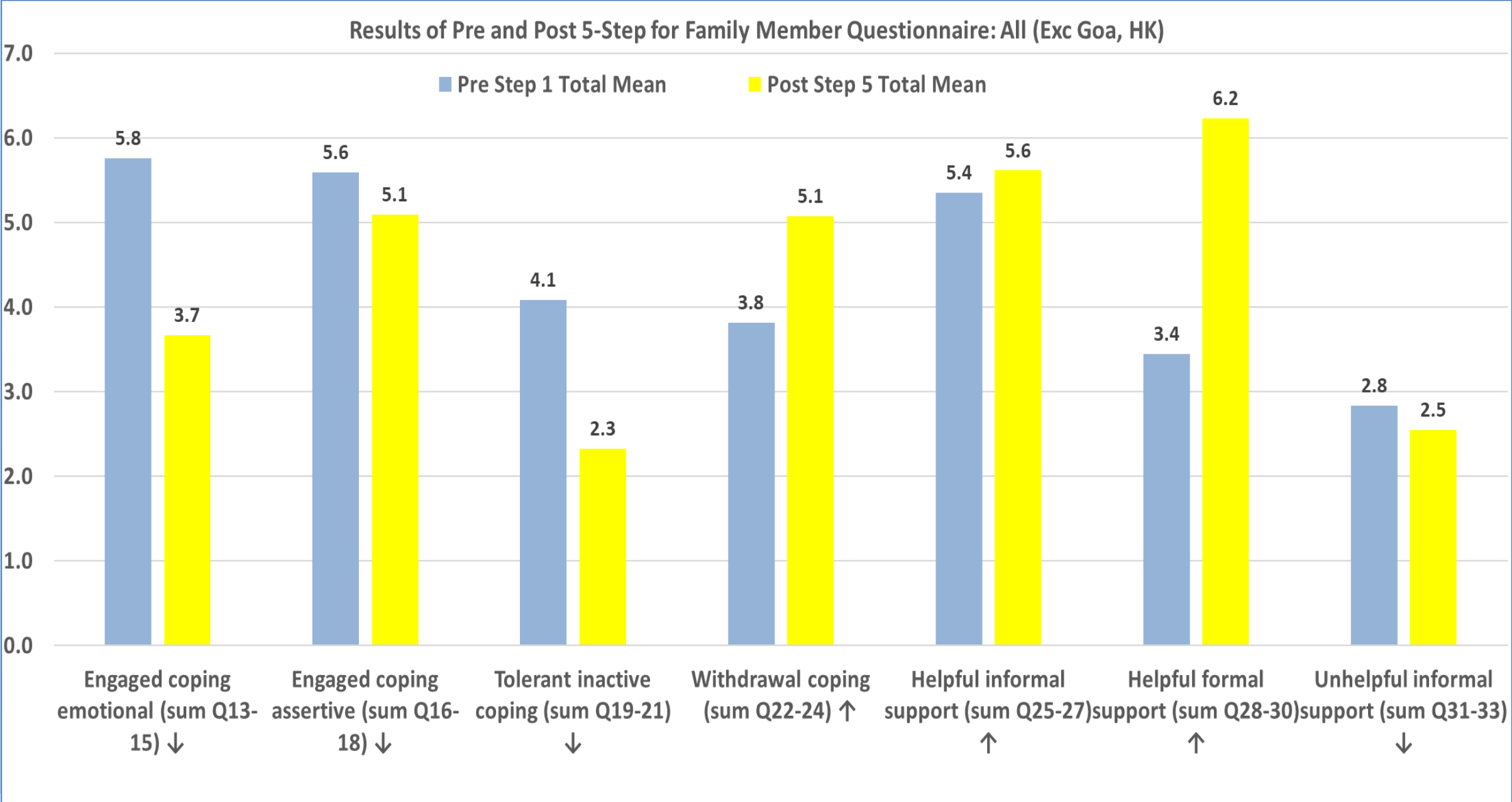
in the wrong direction **14%**

no change **3%**

5-Step. Stress= Impact, Strain= Symptoms *(Draft*Not to be quoted)*



5-Step. Coping and Support *(Draft*Not to be quoted)*



5-Step Latest Results: General Summary

- **Sample: Majority are wives/ partners of drinkers/ gamblers aged 40-55**
- **No difference in results between men and women**
- **Samples too small for other analysis eg ethnicity**

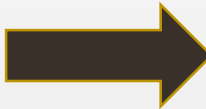


- **Significant pre-post change (except informal support)**
- **All changes are positive reductions or positive improvement**
- **Reduction in total family burden was particularly significant.**
- **Reduction in stress and strain.**



- **Increase in withdrawal-independent coping**
- **Increase in helpful formal (*) (and informal support).**

5-Step Latest Results: Summary



No difference in results so far when looked at 1 Day courses vs 2 Day courses with accreditation. BUT other benefits



- **Goa and one Hong Kong sample- most areas went in the wrong direction or little change**

Some Organisational Differences and differences between gambling and other problems.

- **Ireland even bigger increase in helpful support.**
- **Gambling – lower on user’s disruptive behaviour.**
- **Further analysis is ongoing and more results coming in.**

Conclusion

- **Results (*Except Goa and one sample in Hong Kong*) show a Reduction in Stress, Strain and Positive changes in Coping and Support.**
- **Almost all results are statistically significant.**
- **Some differences between organisations - unclear why.**
- **Practitioners who receive training in using FMQ- useful as a clinical tool.**
- **Affected Family Members find that filling in FMQ highlights the impact on them and this leads to the session focusing on their needs – “*given me clarity and insight into the effect on me*”**

Discussion Points

- **Resistance to using the FMQ in some clinical services: How to overcome that.**
- **Although significant improvements (statistically, and clinically, significant), people still have major burden even by the end of the 5-Step Method – not a panacea. How could it be improved?**