A Randomized Controlled Trial of Contingency Management for Alcohol Misuse with Alaska Native and American Indian People

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65,000 voices
Vision
A Native Community that enjoys physical, mental, emotional and spiritual wellness

Mission
Working together with the Native Community to achieve wellness through health and related services
Goals

S hared Responsibility
C ommitment to Quality
F amily Wellness
Family Wellness Objectives

- Reduce the rate of and improve the management of cancer.
- Reduce the rate of domestic violence, child abuse and neglect.
- Reduce the incidence of suicide.
- Reduce the rate of obesity.
- **Reduce the rate of substance use.**
- Reduce the rate of and improve the management of diabetes.
- Improve oral health
- Reduce the rate of and improve the management of cardiovascular disease.
Learning Objectives

▪ Background and cultural-tailoring process

▪ Randomized Controlled Trial Methods

▪ Participant Characteristics and Retention
Background

- Partnership with Washington State University and three AI/AN communities, including Southcentral Foundation

- Contingency Management (CM):
  - Evidence-based
  - Widely used in substance use treatment
  - Reinforces positive behaviors (alcohol abstinence)
Background

- AN/AI rates of alcohol abstinence are high\textsuperscript{1,2,3}.

- AN/AI more likely to seek treatment but also more likely to drop out \textsuperscript{4,5,6}.

- Effectiveness of treatment for AN/AI people is largely unknown \textsuperscript{7}.  
Specific Aims

1) Maximize cultural acceptability of CM intervention

2) Determine if participants randomized to CM use less alcohol than those in control group

3) Identify demographic, cultural, and other predictors of treatment outcome in CM group
Aim 1 - Methods

- Focus groups (n=20)
  - 10 providers
    - 8 women, 2 men
  - 10 customer-owners
    - 7 women, 3 men

- Content analysis by 2 researchers to identify common themes
  - Areas of analysis: study design, recruitment, reward types, etc.
Aim 1- Select Results

Focus Groups

- Key Themes:
  - Practical and traditional cultural rewards
    - Movie tickets, toiletries, kitchen items
    - Fishing poles and gear, beads, leather
  - Rewards that could be used with family to rebuild relationships
  - Use Alaska Native Language for positive messages
  - Public support of intervention from local leaders and elders
Methods

- **Eligibility**
  - 18 or older
  - AN/AI
  - 4 or more alcoholic drinks in one sitting on 1 or more days in the last 30

- If eligible → baseline

- Total Sample of 400
  - 50% to Contingency Management
  - 50% to Control
Methods

**Induction Phase** (4 weeks)

**Contingency Management** (12 weeks)

**Follow Up** (3 months)

Screening (Eligible)

Baseline Assessment

Total n= 400
Methods
Participants (Preliminary)

- Total Screened = 657
- Eligible = 343
- Consented = 74
- Total Randomized = 33

Ineligible for Randomization
- Attendance (<4 UAs) = 32
- Insufficient Drinking = 5
- Other = 5
## Preliminary Results

### Characteristics at Baseline

<table>
<thead>
<tr>
<th>Demographic Characteristics</th>
<th>n</th>
<th>%</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>74</td>
<td></td>
<td>44.4</td>
<td>10.9</td>
</tr>
<tr>
<td>Male</td>
<td>39</td>
<td>52.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stably Housed</td>
<td>47</td>
<td>62.7</td>
<td></td>
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</tr>
<tr>
<td>Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>&lt; High School</td>
<td>16</td>
<td>21.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High School</td>
<td>30</td>
<td>40.0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>&gt; High School</td>
<td>28</td>
<td>37.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unemployed (last 3 years)</td>
<td>28</td>
<td>37.3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unemployed (last 30 days)</td>
<td>49</td>
<td>65.3</td>
<td></td>
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</tr>
</tbody>
</table>
### Preliminary Results

#### Characteristics at Baseline

<table>
<thead>
<tr>
<th>Demographic Characteristics</th>
<th>n</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Urine Test Positive</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol (EtG)</td>
<td>36</td>
<td>48.0</td>
</tr>
<tr>
<td>THC</td>
<td>25</td>
<td>33.3</td>
</tr>
<tr>
<td>Other Drugs</td>
<td>2</td>
<td>1.48</td>
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</tbody>
</table>
## Preliminary Results

### Predictors of Induction Retention

<table>
<thead>
<tr>
<th>Predictors</th>
<th>n</th>
<th>% retained</th>
<th>% dropout</th>
<th>All Participants</th>
<th>N = 75 Comparison (p)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol (EtG) Positive Urine Test (&gt;149 ng/ml)</td>
<td>36</td>
<td>58.3</td>
<td>41.7</td>
<td>x² = 5.7 (&lt; 0.05)</td>
<td></td>
</tr>
<tr>
<td>Homeless</td>
<td>15</td>
<td>20.0</td>
<td>80.0</td>
<td>x² = 9.2 (=0.01)</td>
<td></td>
</tr>
</tbody>
</table>
Next Steps

- Continue recruitment until 200 people are consented.
Questions?
References


Thank You!

Qağaasakung  
Unangax

Quyanaaa  
Alutiiq

Quyanaq  
Inupiaq

Awa'ahdah  
Eyak

Mahsi'  
Gwich’in Athabascan

Igamsiqanaghghalek  
Siberian Yupik

Háw'aa  
Haida

Quyana  
Yup’ik

T’oyaxsm  
Tsimshian

Gunalchééesh  
Tlingit

Tsin'aen  
Ahtna Athabascan

Chin’an  
Dena’ina Athabascan