

Motivational Interviewing

Review 4

Cleary, M., Hunt, G. E., Matheson, S., & Walter, G. (2009). Psychosocial treatments for people with co-occurring severe mental illness and substance misuse: Systematic review. *Journal of Advanced Nursing*, 65(2), 238–258. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/19016921>.

Objectives	Assess the current evidence on the efficacy of psychosocial treatments for people diagnosed with co-occurring mental illness and substance misuse.
Studies Included	Fifty-four U.S. and international studies published between 1990 and 2008
Participants in the Studies	Dually diagnosed patients with schizophrenia, bipolar disorder, major depression, or psychotic disorder
Settings	Residential programs, forensic settings, inpatient facilities, outpatient facilities
Outcomes	Substance use, polydrug use, abstinence rates, mental state, treatment retention, hospitalization rates
Limitations of the Studies	The review included randomized and nonrandomized studies, so reliability may be questionable. Consistency in results may have been affected by the heterogeneous samples, varying study design quality, skewed data, and differing outcome measures.

Results

The assessment of the 54 studies indicated MI had the most quality evidence for reducing substance use in a short-term follow-up point when compared to other psychosocial interventions. When MI is combined with longer CBT, there are improvements in participants' mental state, fewer hospitalizations, several months of increased days abstinent, and increased treatment attendance. There was inconsistent evidence from this review supporting integrated assertive community treatment and intensive case management approaches, and little support was found for the efficacy of group therapies.