

Motivational Interviewing

Review 5

Cleary, M., Hunt, G., Matheson, S., Siegfried, N., & Walter, G. (2008). Psychosocial interventions for people with both severe mental illness and substance misuse. *Cochrane Database of Systematic Reviews*, Issue 1, Art, No. CD001088. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/18253984>.

Objectives	Assess the effects of psychosocial interventions on substance use reduction in patients with severe mental illness as compared to standard care.
Studies Included	Twenty-five U.S. and international studies published from 1991 to 2007
Participants in the Studies	Adults with severe mental illness and concurrent substance misuse problems
Settings	Community settings, hospitals, custodial settings
Outcomes	Substance use, mental state, life satisfaction, social functioning
Limitations of the Studies	The authors found there was variation among studies with regard to treatment fidelity, duration, and intensity of treatment conditions. There was unclear use of nonvalidated scales and variation in outcome reporting periods.

Results

This review found no compelling evidence to support any one psychosocial treatment over standard care for alcohol dependence or abuse, amphetamine, cannabis, or polydrug use with this population. There were no significant differences found for symptom severity, distress symptoms, or social functioning between MI and control groups. Some support emerged from studies that included MI for substance use reduction, and there was minimal support for MI when it was offered in conjunction with cognitive behavioral therapy for improved mental state in adults with concurrent mental illness and substance misuse problems.