



FFSP

Providing an anchor for the storm

The Family and Friend Support Program: A Pilot Study Examining Usability, Acceptability, and Feasibility

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Background



Alcohol and drug use (AOD) impacts the individual using AOD as well as their families, friends, and communities



Supporting a loved one using AOD can take a toll on one's own mental, physical and social wellbeing



There is a need for evidence-based well-being interventions that are co-developed and accessible



The Family and Friend Support Program (FFSP)

MODULES

CORE MODULES

In the first 4 modules, we want to learn about what life is like for you, what problems have developed and how you have been dealing with things so far.

- 1 - Your First Stop
- 2 - Looking Ahead
- 3 - Sailing Ahead
- 4 - Stop and Reflect

MINI MODULES

The following modules are designed to help you develop skills to navigate the path ahead

- 1 - Finding Support out at Sea
- 2 - Mapping out your Thoughts and Feelings
- 3 - Preparing for the Conditions
- 4 - Searching for Calmer Seas
- 5 - Emergency Planning for Rough Seas
- 6 - Navigating Values and Friendships
- 7 - When the Tides Surge

MODULE 2

- Looking Ahead ✓
- Important Values ✓
- Value Barriers ✓
- Value Selection ✓
- Putting your Value into Practice ✓
- Where am I Investing my Energy? ✓
- Problem Brainstorming ✓
- Family and friends ✓
- Money ✓
- Health** ✓
- Work/study ✓
- Mental Health ✓
- Legal problems ✓
- My Time/My Plans ✓
- My Problem Summary ✓
- Mapping Problems Onto Values ✓
- Key points ✓

Health

I was tired, because that's what it's like caring for somebody with an addiction...

A 69-year-old woman doesn't want to have to run around after a two-year-old. If you're 69 and you've got a daughter or son that has an addiction problem that's what you're dealing with. You're dealing with a naughty little kid. You know, that's how I looked at it and how I felt... You've got a little kid, a naughty kid doing all the wrong things and when you get to my age your body, you're worn out, you're tired...

We would now like you to think about your health.

Do you have any health concerns?

In the questionnaire at the beginning of the program, you reported the answers below. Are these still true for you today? Please tick if so.

A white first aid kit with a red cross on a red circular background.



Aims

1. Evaluate the usability, acceptability and feasibility of AOD FFSP as an online support intervention for AFFM's
2. Assess AFFM's experiences of caring for a loved one using AOD across Australia





Methods

Recruitment:

Family members and friends supporting a loved one using AOD

Baseline Survey



Participant is invited to interact with FFSP AOD



Post Program Survey
(10 weeks post baseline)



Follow-Up Survey
(14 weeks post baseline)

Measurements:

- Demographics
- Kessler-10 (K10) and Adapted Short Questionnaire for Family Members (Affected by Addiction; SQFM (AA)) scales

Repeated baseline measurements + barriers to help-seeking + site usability and feedback questions

+

Optional: An additional in-depth interview with a research team member



Results - Demographics

Baseline Survey

N = 131



Demographics:

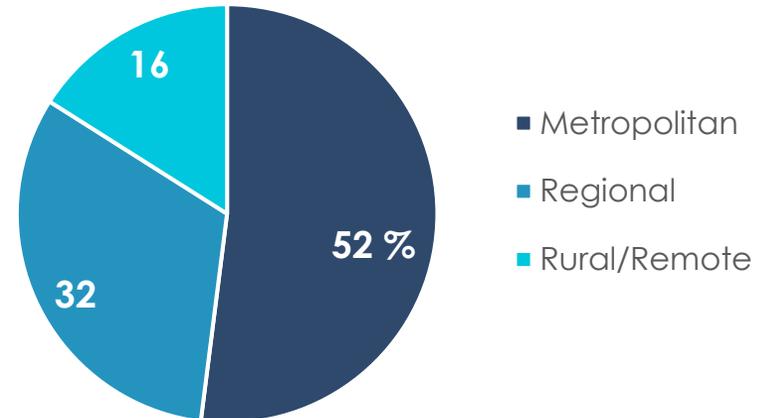
Female (80.2%);
51±12.7 (STD) years



17 people (13%) said they had accessed FFSP between baseline and post program surveys

Post Program Survey
(10 weeks post baseline)

Follow-Up Survey
(14 weeks post baseline)





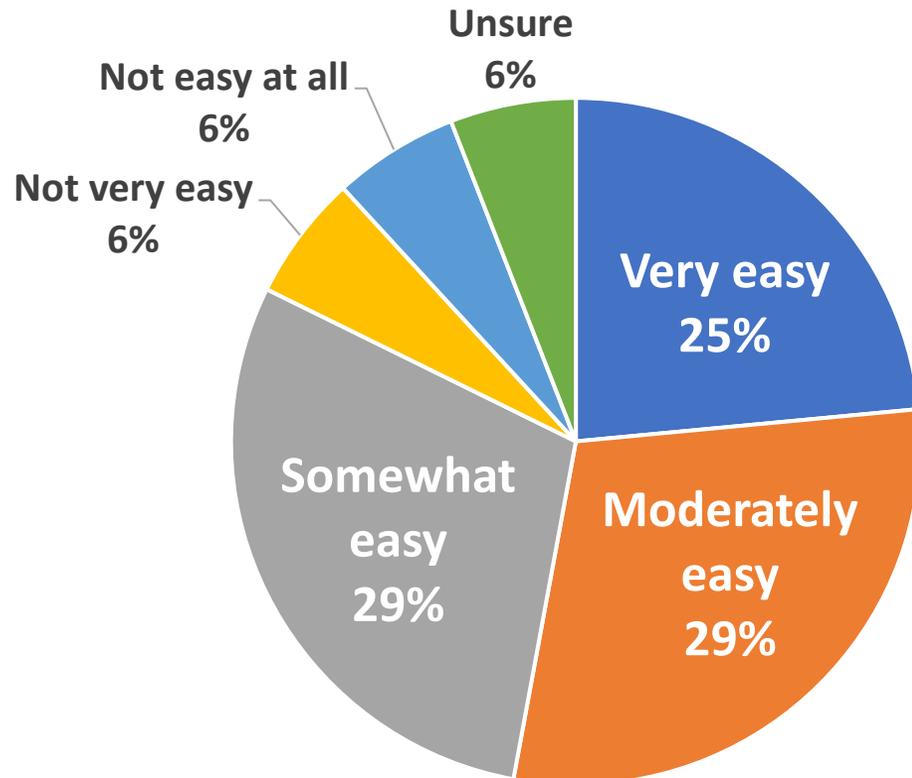
Results – Usability and acceptability

- Average System Usability Scale score was **70** (STD 18, N = 17) which is above average compared to 500 other websites.
- **53.1%** of participants felt that the activities were either somewhat, moderately, or very helpful.
- **71.5%** of participants would recommend FFSP to others.

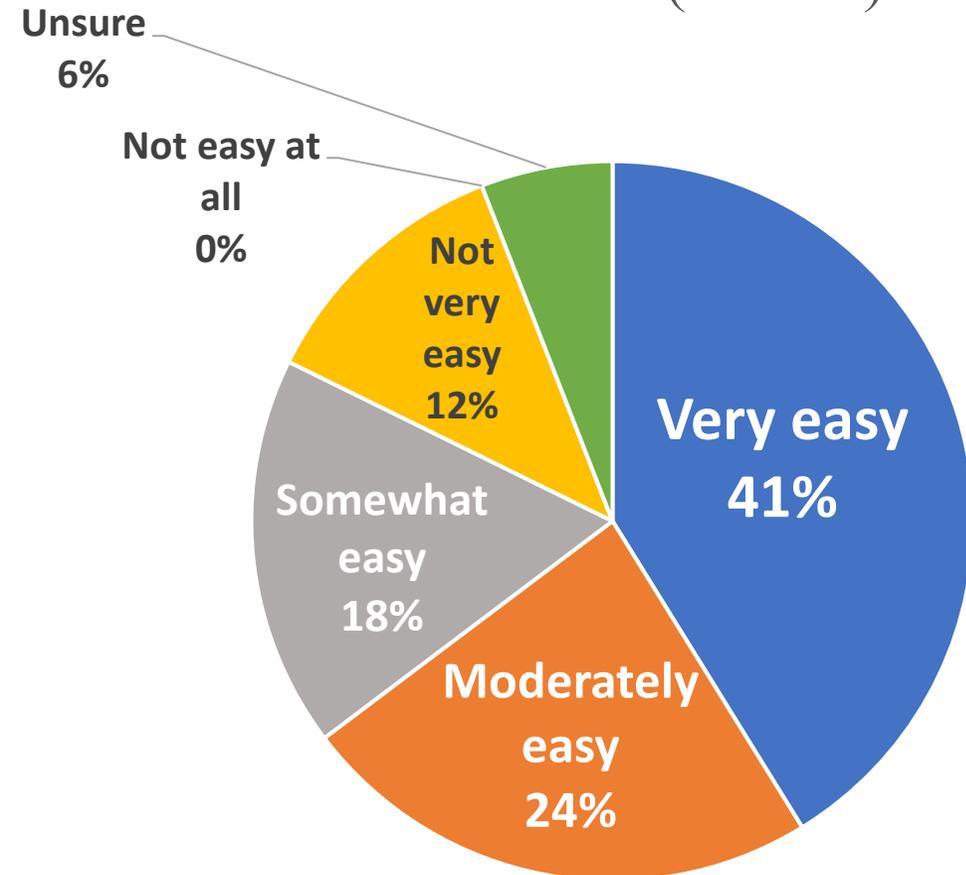


Results – Usability and acceptability

How easy was it to find the information you wanted? (N = 17)



How easy was the information to understand? (N = 17)





Results – Qualitative feedback

[I accessed FFSP] to know that I am not alone and feel validated.

I found the content on the site quite good

It's extremely comforting, for a while anyway, to find that there is somebody else who is just like you.

More stories of what being a friend or family support person might involve.

...learning to keep yourself in good shape so that you can help somebody else is extremely good

Those little vignettes of people's experience, they're quite important

There was just so much information, it required considerable time to work through.



Discussion



Overall, FFSP seems to be an acceptable, useful and feasible way to provide accessible, evidence-based support to AFFMs



Limitations

- Low engagement
- High attrition



Reported barriers to accessing FFSP included

- Perceived lack of need
- Time restrictions
- Other stressors
- Technical difficulties



Future Directions

1. Use feedback to improve and refine the program

- Clinical and non-clinical support
- More lived experience stories
- Connect with local services
- Optimise for mobile

2. Conduct large-scale efficacy evaluation across the Family and Friend Programs

For more information

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