

SMART Family and Friends

The feasibility of a video-conference delivered intervention for Australian families affected by another's methamphetamine use.

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Introduction

- Families and friends, affected by a loved one's methamphetamine use experience significant physical and mental health concerns.
- Evidence-based interventions to support families remain limited.
- This study examined the feasibility of SMART Family and Friends, a group intervention for affected families, delivered via video-conferencing.

Method

Design: Pre-post feasibility study using mixed-methods.

Setting: SMART Family and Friends groups delivered via video-conferencing.

Participants: Self-selected convenience sample recruited via the Australian SMART Recovery website (March-October 2021).

Baseline: N = 45; 1-Week follow up interview: N = 32 (71%); 1-Month follow up measures: N = 33 (73%).

Measures:

Feasibility: Attendance, participant satisfaction questionnaire, Semi-structured phone interview.

Outcomes (pre-post): Psychological Distress (K10), Quality of Life (EUROHIS-QOL), Family Member Questionnaire (Stress, Strain, Impact, Coping).

Results

Feasibility

Attendance
84% completed
≥4 modules

Participant Satisfaction
4.63 out of 5

Treatment Fidelity
≥94% consistency of content

Participant perspectives

1 Mutual-support reduces feelings of isolation

2 Less opportunity for impromptu connection

3 Convenience and accessibility of video-conference delivery

4 The workbook is an effective and helpful resource, providing lasting support and future confidence

Outcomes

Psychological distress Stress symptoms Family member impact

↓ *
d = 0.43

↓ *
d = 0.38

↓ **
d = 0.58

Total family burden

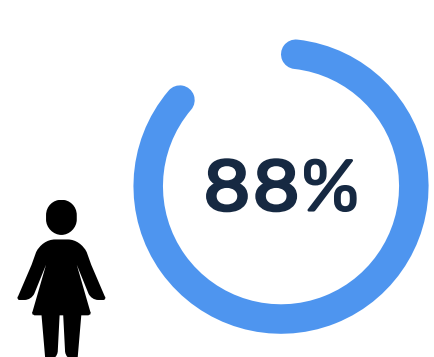
↓ **
d = 0.65

Coping

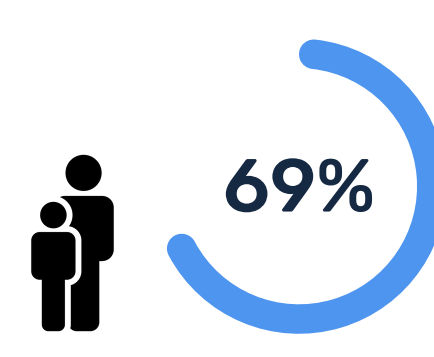
↑ *
d = 0.49- 0.88

Cohen's d; Two-sided p-value; * p <.05; ** p <.005

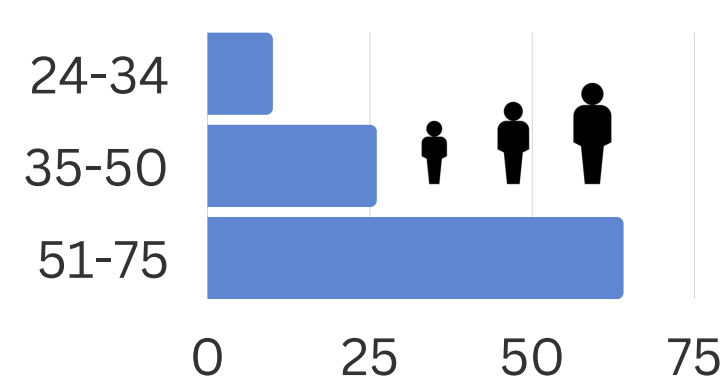
Characteristics



88% Female



69% parents of an adult child

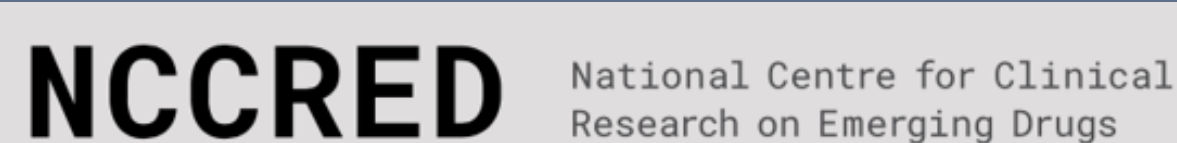


64% aged 51-75

11.6 years

Average duration of loved one's drug use

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The Family and Friends Survey:

Scan for information on our current study, a national survey of people affected by a loved one's alcohol or other drug use. URL: bit.ly/uowfamilysurvey

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