

Swiss Multisite Study (SMS 2000)

Franz Moggi, PhD, Principal Investigator
Anna Giovanoli, MSc, Project Coordinator

The purpose of this prospective multisite study is to evaluate patient-treatment matching hypotheses. Interaction of patient and treatment characteristics will be examined to determine whether patients respond differentially to treatment. In addition, this study will give an evaluation of the overall improvement in different outcomes by comparing patients' pretreatment functioning with their functioning at discharge and at follow-ups.

The multisite study is guided by an expanded evaluation paradigm, utilizing a prospective, comparative, and naturalistic design. It capitalizes on realistic treatment selection and conditions and typical treatment atmospheres that can be generalized to established programs. In the German speaking part of Switzerland, 12 inpatient substance use disorder treatment programs with a total case-load of about 1000 patients a year and about 200 patient care staff members participate in this study. Started with data collection in the end of the year 2000, questionnaires and interviews are used at intake, discharge, 1-year and 5-years follow-ups.

This study provides a better understanding on aspects of substance use disorder treatments. Based on empirical evidence, this project is an important contribution to patient-treatment matching and development of the best practice within the existing Swiss health care system. This study also gives an evaluation of the most important treatment programs for alcohol/legal drug use disorders in Switzerland and can contribute to the current quality management discussion.

In co-operation Prof. Dr. Rudolf H. Moos, Center for Health Care Evaluation, Veterans Affairs and Stanford University Medical Centers, Palo Alto, California, USA, the Swiss sample is directly compared to a sample from a similar US study consisting of 3,700 patients and 330 patient care staff members from 15 inpatient substance use disorder treatment programs.

References

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Treatment intensity and orientation are associated with better 1-year psychosocial outcomes but not with abstinence for Swiss and US patients.

Outcome ^a	1-year follow-up		
	Abstinence	Emotional distress	Employment
Program characteristic			
<i>Intensity</i>			
Length of stay	.11	-.18***	.68***
Interaction with country			-.98*
12 -Step sessions	.01	.10**	-.23**
Individual sessions	-.02	-.10**	.22*
<i>Treatment orientation</i>			
Attendance	.06	-.11***	.24**
12 -Step	.10	.14***	-.16
Cognitive-behavioral	-.04	.07**	.18*
Interaction with country	-.45**		
<i>Outpatient aftercare</i>			
Professional treatment	.11	.05	-.09
Self-help groups	.49***	-.01	-.01

^aHierarchical regression analyses in matched samples using covariates

* $p < .05$ ** $p < .01$ *** $p < .001$