Synopsis

The Effects of “Internal” and “External” Problem Oriented Paradigms on Early Recovery

IRB Reference # 2011A7943

1. Subjects for this study will be drawn from an intensive outpatient program (IOP) for drug and alcohol addiction. Participants will be of varied age and ethnicity depending upon IOP enrollment and will be required to meet a minimum age limit of 18 years of age in addition to any requirements set forth for enrollment in the IOP. Participants will not be required to meet any requirements other than age and enrollment in an IOP. This study expects to enroll thirty participants to protect the validity of statistical analysis, and will enroll participants from multiple IOP classes to meet this number if necessary.
2. Participants will be recruited through their IOP, and will be approached before beginning the IOP and asked to participate in the study. Consent forms explaining the study will be given to the subjects as a group before the first meeting of their IOP by either the Principal Investigator (Michael Cawvey- Student at Texas State University - San Marcos) or an IOP administrator. Confidentiality is guaranteed, but anonymity is not. Participants do not need to be identified by name during the study and will be given identification numbers for tracking purposes at the time of enrollment. ID numbers will be collected from all participants who complete the IOP and compared with the ID numbers of the initial assessment to judge which participants completed the program.
3. After consent is obtained before the first meeting of the IOP, participants will be given an assessment taking approximately 15 minutes and consisting of three questionnaires. The first questionnaire will assess locus of self-control (Rotter’s locus of self-control), the second will assess self-monitoring (Snyder’s self-monitoring scale) and the third measure will be a subset of questions from Beck's Sociotropy-Autonomy Scale (The full scale will not be used due to the cost). Participants will be classified as either “externally problem oriented” or EPO (defined for this study as scoring highly for at least two of the following: external locus of control, high self-monitor, and Sociotropy) or “internally problem oriented” or IPO (defined for this study as scoring high for at least two of the following: internal locus of control, low self-monitor, and Autonomy) and participants will be assigned an ID number based on their classification. At the end of the IOP the ID numbers of those who completed the program will be reported. Only completion or non-completion of the IOP will be reported, participants will NOT be asked to report relapse, and relapse will only affect this study if it affects successful completion of the IOP. Participant completion of the IOP and participant classification as EPO or IPO will then be compared statistically.
4. The risks of this study lie primarily in bringing greater awareness to existing problems and increased introspection that some questions may cause. All participants will also be enrolled in an IOP which will likely cause the same danger, and thus the primary risk of this study is that it will bring about such emotions before they are intended in the IOP and participants will not be as prepared to cope with them. Given the context of the risk it is slightly reduced in magnitude from a 3/10 to a 2/10
5. To mitigate the risk of this study, participants will be encouraged to discuss any new emotions that arise with the qualified health professionals in their IOP. Participants will also be given the number to the county mental health hot line (512-xxx-xxxx), and contact info
6. Benefits of this study include insight into stressors other than withdrawal in early alcohol and drug addiction recovery and as a starting point for future research. Any benefit from future research lies with that research though, and thus the benefits of this research are confined primarily to minor insights into early recovery. Benefits are minimal and rate at a 3/10
7. No compensation for participation will be offered except the positive emotions participants may experience in knowing that they are contributing to the body of knowledge which may one day ease the suffering and treatment of future addicts. Participants will be advised that participation is voluntary, they may withdraw at any time, and that they will not be compensated monetarily or otherwise.
8. Both the risk and benefit of this study are relatively minor. Since the risk is assessed as a 2/10 with the benefit slightly outweighing it at 3/10, the study has value because even a small benefit to the field of psychology is worth pursuing as it may spark the ideas for greater developments in the future.
9. Awaiting approval from Texas State IRB
10. Randall Osbourne
11. None
12. Michael Cawvey (Student at Texas State University- San Marcos, E-mail [mc1641@txstate.edu](mailto:mc1641@txstate.edu)), Randall Osbourne (Professor at Texas State University- San Marcos, [reosborn@txstate.edu](mailto:reosborn@txstate.edu)) and the administrators of the IOP would have access to sensitive information such as patient consent forms and collected data.