





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🌐 The leading role of evidence-based practices in the treatment of patients with substance use disorders: A systematic review

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None

ABSTRACT

Objectives: This study aims to explore the effectiveness of motivational interviewing (MI), motivational enhancement therapy (MET), and cognitive behaviour therapy (CBT) for patients with substance use disorders and to estimate the effect of this comparison in the patient care setting.

Methods: In database electronic search results, 314 articles were found, 273 were excluded, 41 were assessed for eligibility, and 16 were reviewed. In this systematic review, eleven databases were searched between 2001 to 2021 were explored from September 2021 to February 2022. Most of the studies were conducted in USA=6 and UK=3, and limited studies were conducted in Germany=1, England=1, Australia=1, Korea=1, South Africa=1, Alabama=1, and Miami=1.

Result: All studies were intervention-based, and six RCTs provided pre-and-post comparisons between experimental and controls. Eight studies were conducted using MI and CBT and produced substantial improvement among patients. Five studies produced effective and significant results with a combination of MET and CBT, such as adherence to treatment, reduced secondary symptoms, and MET supported the efficacy of CBT. Three RCTs supported MET and CBT effective practices in combination. Two studies combining MI, MET, and CBT reported significant results simultaneously addressing multiple patients' variables.

Conclusion: All studies were heterogeneous with different interventions, case controls, samples, and outcomes. MI produced short-term treatment outcomes and played a supportive and helping role in sustaining motivation. MET was an effective therapeutic intervention that significantly addressed the inadequate motivations and enhanced motivations for treatment. CBT improved short-term and remained effective in the long term to address cognitive and behavioral setbacks.

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