



Title	Dual Diagnoses – Severe Mental Illness and Substance Use Disorder. Part 2 – Effect of Psychosocial Interventions
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Aim

To summarize the effects of psychosocial interventions in people with dual diagnoses (concurrent severe mental illness and substance use disorder).

Conclusions and results

The psychosocial interventions in question were: integrated treatment, case management, assertive community treatment, cognitive behavioral therapy (CBT), motivational interviewing, family therapy, social skills training, self-help groups, housing care, and vocational rehabilitation. Reported outcomes were substance use, mental state, functioning, and quality of life. The report summarized the effects of the interventions compared to other psychosocial interventions or usual treatment.

We included two systematic reviews, neither of which reported compelling evidence to demonstrate the superiority of one type of psychosocial intervention over another. However, there was some indication of motivational interviewing having a positive effect on alcohol consumption. There were also indications of motivational interviewing combined with cognitive behavioral therapy having a positive effect on social functioning and quality of life. It was not possible to draw conclusions on the effects of the other psychosocial interventions.

Methods

The results in this report are based on systematic reviews (overview of overviews). We searched the following databases in January 2008: Cochrane Database of Systematic Reviews, MEDLINE, EMBASE, PsycINFO, Database of Abstracts of Reviews of Effect (DARE), Health Technology Assessment Database (HTA), and SveMed.

Further research/reviews required

Further research is needed to enhance knowledge in this field. Both of the included systematic reviews pointed to the lack of reliable research.