O-03 - USEFULNESS OF SUPPORTIVE TEXT MESSAGES TO PATIENTS WITH ALCOHOL USE DISORDER AND COMORBID DEPRESSION -A SINGLE-BLIND RANDOMISED TRIAL

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Background: Individuals with Alcohol Use Disorder and depression (dual diagnosis) present greater challenge to treatment than individuals with a single disorder. Mobile phone technology has the potential to provide personalised support for this group of patients.

Aims: To explore the feasibility of using supportive text messaging as an effective strategy to improve outcomes in patients with dual diagnosis.

Methods: The study is a single-blind, randomised, trial of supportive mobile text messages. After randomisation of all fifty four eligible patients, those in the intervention group (n= 26) received twice daily supportive SMS text messages for 3 months. At three months, all the study participants completed a range of assessment tools relating to the outcome measures. Data was analyzed with a combination of statistical methods.

Results: The end-point mean Beck's Depression Inventory score was significantly lower in the intervention group compared with the control group: 9.3 (SD= 7.5) vs. 16.0 (SD=10.3), p= 0.01, Eta Square=0.12. There was also a statistically significant difference in mean Global Assessment of Function (GAF) scores between the two groups, with the intervention group having a higher mean GAF score compared to the control group: 89.8 (SD=12.2) VS. 76.1 (SD=15.3), P< 0.01. Eta square= 0.2. There was also a trend to finding that the mean Cumulative Abstinence Duration in the text message group was higher than that for the control group {88.3 (SD=6.2) vs. 79.3 (SD=24.1), p=0.8).

Conclusion: Supportive text messages have the potential to improve outcomes for patients with alcohol dependency syndrome and comorbid depression.