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Drinking Levels, Related Problems and Readiness to Change in a College Sample
Paul Elliott Caldwell

Drinking levels, related problems, and readiness to change alcohol use were assessed among college students (N = 179) referred to a university-based, early-intervention program. As expected, alcohol use and related problems within this sample exceeded university-wide norms, but problems were concentrated within a small sub-group who drank well above customarily defined “binge” levels. Furthermore, some individuals experienced significant problems drinking below binge levels. In general, participants showed limited acknowledgment of a drinking problem or interest in changing their behavior. Findings suggest that prevention and early intervention efforts should be based on college students’ diverse drinking patterns and risk profiles, and support the argument against the dichotomous binge-drinking characterization of the problem.

KEYWORDS. College students, alcohol, binge drinking, readiness to change, harm reduction

Factors Associated with Dropping Out from Outpatient Treatment of Alcohol-Other Drug Abuse
Pekka Saarnio

The purpose of the study was to investigate what factors cause outpatient substance abuse treatment to be discontinued. Data were collected from three areas: (1) client’s background and substance use, (2) therapist’s interpersonal function-
The Relationship Between Use of Alcohol, Other Drugs, and Crime Among Adolescents: An Argument for a Delinquency Syndrome

Robert Flynn Corwyn
Brent B. Benda

This study consisted of a stratified random sample of 3,550 adolescents selected from 35 public school districts from a statewide population in the Midwest. The purpose was to replicate a previous study that tested the delinquency syndrome construct by examining the amount of overlap between alcohol consumption, use of other drugs, and crime using log-linear analysis. The overlap in various forms of delinquency also was examined according to age, gender, and race, with the hypothesis that these factors interact with the amount of overlap between the behaviors examined. In agreement with the previous study, the results support the delinquency syndrome construct, but they indicate less overlap than the delinquency syndrome construct suggests. Moreover, overlap between these forms of delinquency is moderated with age, gender, and race; however, age does not account for enough variance in the multiple contingency table to be selected by log-linear procedures in the most parsimonious model. Implications of these findings for the syndrome construct are discussed.

KEYWORDS. Delinquency syndrome, drug use, alcohol use, crime

Women with Alcohol and Drug Problems in Aftercare Treatment: At Admission and Discharge

Anne Helene Skinstad
Michele J. Eliason
Patrice Carrello
Jayatta Diallo Jones

The purpose of this study was to analyze changes if any in alcohol and drug abusing women from admission to discharge from an aftercare program. Sixty-nine women were admitted to three programs and 51 of them completed aftercare treatment. Of the women who did not complete aftercare treatment (n = 18), fourteen relapsed or did not successfully complete the program and were discharged, two were still in treatment, one was referred to treatment in another agency or could not be located, and one had an abusive partner who prevented her from continuing in the program. Symptoms of obsessive-compulsive disorder and sleep disturbance were reduced at discharge. Women's experiences of verbal, physical, and sexual abuse were significantly reduced at discharge and the number of women having custody of their children increased at discharge. Women's personal concerns about ability to raise their children, as well as those of others, were reduced at discharge.

KEYWORDS. Women and alcohol/drug abuse problems, aftercare treatment, measures of change

Pathways to Long-Term Recovery from Alcohol Dependence: Comparison of Spontaneous Remitters and AA Members

Kenneth R. Kubicek
Oliver J. Morgan
Nancy C. Morrison

This descriptive qualitative pilot study explored like attributes of successful recovery among 13 alcoholics with six or more years of continuous sobriety. Seven subjects were current members of Alcoholics Anonymous (AA). Six subjects were spontaneous remitters (SA) chosen through convenience sampling techniques: these persons achieved and maintain stable, long-term recovery without the assistance of a support group. Open-ended questions about attributes that contribute to successful recovery were posed to these participants. Common attributes and themes were identified as these recovering alcoholics: utilized the help of supportive people, accepted help from God or a Higher Power, had a strong desire to get well, strove to be honest with self and built self-confidence, and remembered the negative consequences of their past alcohol abuse. Implications for treatment and further research are suggested. The spiritual attributes listed by both groups of participants as important for successful recovery are noted.

KEYWORDS. Long-term recovery, spontaneous remitters, attributes of success, spiritual aspects of recovery

Low-Elements Ropes Course as an Intervention Tool with Alcohol/Other Drug Dependent Adults: A Case Study

Samuel S. Faulkner

This case study assesses the ability of persons being treated for alcohol/other drug dependency to increase their problem solving activity following their participation in a low-elements Ropes Course. The Problem Solving Inventory, administered pre and post the Ropes Course, indicates an improvement in problem solving ability.

KEYWORDS. Ropes course, problem solving, alcohol/other drug dependency, treatment