



NOVEL APPROACHES IN THE TREATMENT OF ALCOHOL PROBLEMS

This project is seeking people aged 18 - 65 years who are concerned with their drinking and are experiencing depression or anxiety.

Volunteers are invited to take part in a research study which will investigate the effectiveness of a new approach to the treatment of alcohol problems. Some people may experience depression and anxiety as a consequence of drinking too much. Others may drink alcohol in order to cope with their depression or anxiety. Our study aims to address this relationship by first encouraging people to reduce or discontinue their drinking, then by offering additional treatment to those who are still experiencing depression or anxiety. Experts in the field recognise that better treatment is needed and this study hopes to contribute important information to improving the care of people with alcohol-related problems.

To assist with reducing their alcohol consumption, participants will be prescribed 12 weeks of anti-craving medications: Revia[®], Campral[®] or a combination of the two. The choice of medication will be based on Physician judgment in each individual case. Both are approved for use in Australia.

After a 3 week period on medication, aimed at achieving a significant reduction in alcohol consumption, participants will undergo a formal assessment for depression and anxiety with a Clinical Psychologist. Those participants with a diagnosis of depression or anxiety will be offered the next step of care. The remaining few will be monitored for a further 9 weeks on their prescribed medication and will have the choice of utilizing any of the drug and alcohol services within our department. Participants eligible to undergo the next step of care will also continue on their regime of medication but will be randomly assigned to one of two treatment groups.

Volunteers must be willing and able to attend regular weekly appointments (both for clinical and research purposes) at Drug Health Services, Royal Prince Alfred Hospital during the 12 week treatment program. All treatment, therapy and research appointments are provided free of charge. In addition, you will be reimbursed up to \$100 for your participation in the study.



Contact Stefanie or Kirsten on **(02) 9515 8972** for more information or to participate.



Your responses will be completely anonymous and confidential, and used only for research purposes.

Novel Treatments for Alcohol Dependence: A randomised controlled trial of structured stepped-care intervention for psychiatric co-morbidity

INCLUSION CRITERIA

1. Good command of English
2. Aged between 18 and 65 years
3. Men: > 21 std. drinks / week **OR** Women: > 14 std. drinks / week
4. Willing to abstain from alcohol for 3 days prior to starting treatment
5. Desire to achieve abstinence or greatly reduce alcohol consumption
6. Stable residence and able to provide a back-up contact
7. Willing to be stabilised on Campral and/or Revia for 3 weeks

EXCLUSION CRITERIA

1. Clinically significant medical condition (esp. liver disease)
2. Significant suicide risk
3. History of complicated alcohol withdrawal
4. Concurrent dependence on other drugs (except cigarettes and cannabis)
5. Sensitivity to study medications (Campral or Revia)
6. Concurrent use of methadone
7. Pregnant women or mothers breastfeeding
8. Recent participation in another clinical trial (< 6 months)
9. Court-mandated participation in alcohol treatment programme